



Lesson 29: Journal

How do my cleansing practices relate to my experience of contentment? Is there a connection?

What is it like to “chase happiness?” Are there any ways I am doing that now?

If I have been chasing happiness, what might it be like to stop?

When have I experienced contentment?

Am I willing to let go of clinging to desires as the way to happiness?

What is the difference between happiness and contentment? Which one is fundamental? How do they relate to each other?