

The Keys to "Discontentment" By Claude Niero

The keys to discontentment is an article which both looks at the reasons people are or become discontent, or why indeed they perceive discontentment in their life. It also gives one the essential keys to be able to "unlock the gates" to find success!

Feb. 19, 2009 - [PRLog](#) -- Causes of Discontentment and the "Keys to its elimination!"

Discontentment, or the reasons for ones unhappiness in life, is I believe often caused by ones own perception, and also by making the wrong choices in life, and of his or her own level of self esteem. To expand on this further, I will add that if someone has a certain wish or desire they wish to accomplish in life, and that wish, dream or desire does not come true, then one may become discontent with the outcome. Furthermore, it is important for one to have and to be able to hold, a strong belief of ones self, and this belief and positive image can also be interpreted, as levels of "self esteem."

If someone does not have or hold a strong deep respect, and love for themselves, then this can and does lead to a very low self esteem. It is very difficult for someone with a low self esteem to be content in their own lives, and also for them to find true happiness. People with low self esteem, often think that it is an outside influence which is causing their discontentment, so they go on to search for that special partner, or car, or house etc. Which they believe will bring them true contentment, when all along it is the person who is lacking in self esteem which is the real problem, because it is true that for one to be happy and truly content, the person first needs to be happy and content in themselves, then after this is achieved, sure it's ok for one to have to add contentment to their life, but this is only the icing on the cake so to speak, and not the total cake, for the cake comes from the person with the desire, and healthy level of self esteem.

This I believe is the true reason for discontentment, and its causes. Of course there are also many other reasons one may become discontent, and to give a simple example, it could be that ones is born into severe poverty, or that ones life long partner has suddenly died, or the army's are attacking our people, or that our parents do not allow us some freedom, etc etc but I believe the true on going reason to being discontent in life is through a lack of having a strong discipline, understanding and a genuine love for ones self. Thus comes discontentment, and also thus here in lies your answer.

The Effects of "Discontentment"

Discontentment may cause several different types of outcomes in a person, ranging from the very negative, through to the very positive. (This all lies in the given persons level of understanding, given self esteem and belief).

To give you an example of this, we could say that if a person has and holds a negative state of mind, then their discontentment for a certain behavior or thing which is the cause of their "discontentment" may then have further cause on them (sometimes in an extreme situation) to even cause this "discontented" person to try and end their own life, as they can not clearly see any other way out of their disillusion with both the situation, and also to the source which their discontentment stems from.

On the other hand, someone could be "discontented" with something in their life, but they may hold a positive belief in themselves and a good level of high self esteem, where the person may then rationally and positively find an answer to why they are discontented, and then aim for and also positively achieve what they require so as to take them away from the source which had led to the initial discontentment in the first place.

There are many different scenarios which can and may be applied here to the causes, effects and final outcomes to discontentment, but the true answers and solutions to the causes of discontentment, really lie in the hands of the person who in themselves feel discontented for one reason or another, and also as I have demonstrated above, with the persons own personal "perception" as to how they interpret and process the given lesson or challenge which has been dished up to them, by way of a circumstance which has led to their "discontentment".

It is very difficult to try and give just any one reason for discontentment, as there are very many levels of human understanding and intelligence, and also in the way in which it is applied. For example I can demonstrate this by giving you a simple story on different levels of perception, which can lead to various outcomes and levels of discontentment:

There was once a person who was most "discontented" with their life, because for all their twenty years in living, the person never once had even a pair of shoes to wear. This caused great anguish to this person, and was one of their main causes for "discontentment," which caused the person also to be sad and often crying for what he did not have.

Then one day this person went to a market, and there this person saw and met a man who was happily singing, and taking in donations for his talents. These talents were attributed to the persons fine voice, and also to the fact that the man was also seen dancing, even though he had previously (some time back) lost his feet in some horrific accident. (So you see by this simple example, here we have a person who cried because they did not have any shoes, until he met a person who had no feet)!

Even with this simple example, it is difficult to exactly describe any given accurate outcome to "discontentment" as the outcomes and effects are purely governed by the person who has or perceives the discontentment in the first place.

There are many global markets who "feast" on discontentment, as this is a good source for them to keep pushing prescribed antidepressants and drugs (which seem to merely relieve the symptoms for a while) by "numbing" their systems to feel more relaxed. On the other hand there are those who teach the laws of attraction and also supply the keys to ignite these law's which then if used with discipline and commitment, can then come to a stage eventually where they are automatically "self guided" by our lower level "self conscious" to enable us to choose, and to be guided by our own positive thoughts and desires, in contrast to the ones who focus on doom, and then in turn come to receive it.

Mr Henry Ford (Now deceased) once famous Automobile maker once summed up this whole process with his following given brilliant statement:

"Whether you believe you can or you can'tYour Right!"

Dr Albert Einstein (Also Deceased) once stated the following:

"Reality is merely an "illusion"..... Albeit a very persistent one"....

So there for you to choose are the various "effects" of "Discontentment."

In Conclusion

In conclusion, I believe that "discontentment" may be derived from many sources in ones life, such as being born into poverty, allowing someone else's negative comments to influence you, having your own inner

voice (negative self talk) influence you, having your own narrow perspective and perception in life, not being able to focus on the positive, the inability to use the law of attraction to ones benefit, having a low self esteem, and to constantly be focusing on the problems at hand, rather than on the positive outcomes and solutions. All these issues and more, can and do influence the levels of discontentment that are experienced by an individual, and are therefore all relevant to the total picture of discontentment. A now deceased (past famous) automobile maker by the name of Henry Ford once summed up our levels of perception, which can lead to either contentment or discontentment, by having stated the following simple (nut shell) explanation, and I quote: "Wether you belive you can or you can't.... Your right!" So you see in many cases, discontentment can and is brought to life by the individuals own negative perception, and is not always due to the fact of one being born into poverty, or adverse conditions. Go to www.keys-to-the-secret.com or www.thecompassstv.com or www.theseccretttv.com for all your free e-book downloads etc.

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Keys to the Secret is both a web site, and also your avenue for you to both access and purchase the given keys to the "Law of Attraction" which for some reason were not made available to the reading and viewing audience to "The Secret" I believe that the compass tv is possibly a re hash after thought to try and rattle some more billions into the coffers of these given actors and geniouses alike.

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