



# **The Contentment Paradox**

## The Third Doorway To Mastering The Abundance Frequency

### **The Paradox:**

If you were always content, there couldn't be many adventures in your life, if any. The energy of contentment does not have the driving force necessary in order to evolve. However, if you are never content you will never be happy. So then, is there a way to be happy and content while simultaneously driving to evolve every day?

Think about learning to play an instrument, as an example. If you were content with what you knew and how you played the instrument now, how much time would you devote to practicing to become better? Can a master ever really be content? Is it only after mastery that you are content? If someone never labels themselves a master, they could literally go mad attempting to become better when they are already the best in the world or the best that has ever been.

### **The Threshold:**

Evolution never stops. Masters of self still wake up every day looking for blind spots. The greatest pianist doesn't care who is better than them, they only care about creating their next masterpiece. If they were content and stopped evolving they wouldn't know what to do with their life or they would be off to master something new. So how do you be happy knowing that today you are the best you have ever been and yet you still have more to learn? How do you be content while still keeping a hunger for your own evolution?

You could say, "Well, why not set aside time to evolve every day, and then after that time has passed, be content with all you have gained



from your evolution.” A great idea, and one you can possibly use as a foundation, but evolution doesn’t care about your time clock. When a masterpiece is pouring through you and you are in flow, time is irrelevant and it would be jarring to stop yourself due to a clock. “Okay then, just trust that your heart will tell you when it is time to stop evolving and enjoy the day then,” you may reply. But that still separates evolution and contentment. Meaning that you can only be evolving or content and happy like you can only be in darkness or in light.

“Okay then well surely you must be happy by getting to do what you love every day correct? You evolve yes but you are doing what you love. Can’t you simply be content with mastering your heart’s calling even if you are never truly done evolving?” That is the question, isn’t it? No matter how you slice it the question is always, how do you evolve while being content the same as you would evolve by not being content?

**The Solution: ?**