

Good

Keep practicing

A contended mind is a blessing kind

To be mentally at peace is indeed a blessing. Anything people are more short of is mental peace nowadays. Worldly temptations and people's ballooning aspirations are wrecking havoc in people's life. The world is so much involved in competition, so that people have lost their sight to their spiritual needs. They are not tending to their spiritual needs.

Running behind accumulation of more wealth and gratification of superfluous desires is ~~harming~~ <sup>harming</sup> people's mental <sup>peace</sup> dearly. However, it is not only because people have misplaced priorities that they suffer for, but also people do not know that mental health is something which deserves nurture as well. Consequently, people are running behind superfluous aspirations at the altar of their mental peace.

Moreover, mental peace is associated with fulfilment of all desires, genuine or not. This has directed people's attention towards aggrandizement of monetary resources. As they have wrongly drawn parallels between gratification of desires and mental contentment, it has become difficult for them to come to grips with <sup>the</sup> challenge. In order to address any malady, one in first place should know what is causing it. However, in this case, people are traversing a wrong path to counter the challenge they

are facing. Thus, deterioration of mental peace is also owing to misunderstanding <sup>where</sup> <sup>about</sup> what people are doing to be at mental peace is further worsening it.

Additionally, mental peace is at stake not only because of people's misunderstanding of it, but also people's pursuit of selfish goals. The spirit of working for common welfare and mutual progress is at its lowest ebb in recent times. Everyone is preoccupied with personal transformation where society finds no place. To bring about personal growth, they can go any length. They do not distinguish between illicit and licit means until and unless they are bringing comfort in their lives. For these people, luxury has become an ultimate purpose, and they want to retain it by hook and by crook. Hence, missing spirit of collective wellbeing and mutual transformation is also endangering people's mental peace.

All in all, achieving mental peace in one's life is, of course, a blessing. Many things are responsible for disturbing mental peace of people. If they come to grips with the causes of their mental discontentment, they can address them. Hence, in order to be mentally at peace, it is imperative to have comprehensive understanding of it.