

THE “FOUR KEYS TO CONTENTMENT”



By Kevin Bulmer

TABLE OF CONTENTS

| <u>Content</u> | <u>Pages</u> |
|-----------------------|---------------------|
| Introduction | 2 |
| Key #1 - Awareness | 3-4 |
| Key #2 - Acceptance | 5 |
| Key #3 - Forgiveness | 6 |
| Key #4 - Focus | 7-8 |
| What's Next? | 9 |

INTRODUCTION

Hello!

Thank you for inviting me to connect with you via email, and for downloading this eBook/PDF. I'm humbled and grateful. I will do my best to be a positive voice and provide some good energy to your journey.

As you might know, I went from being dumped into divorce, a business failure, unhealthy, unhappy and drinking every night to being happier & healthier than ever, enjoying a great relationship with my former wife and her new husband (and their new son, who is a little buddy of mine and even comes for sleepovers sometimes to hang out with me and my boys, his half-brothers). I went from a job I hated to running my own business doing something that I love.

How did I do it?

I learned about and disciplined myself to use these four "keys to contentment." Take them or leave them (and call them whatever you want), but what I can tell you is that I worked really, really hard all my life to do what I was absolutely sure was right ... and ended up miserable. Since I learned what I'm going to share with you, my entire life has turned around for the better.

I hope it does for you, too.

Much love,

Kevin Bulmer

KEY #1 - AWARENESS

We are all far more powerful and adaptable than we think. And we all have superpowers within us, but we don't often use them because we're not conditioned to look for them.

Here's the first of the four Keys to Contentment: Awareness.

This may well be the granddaddy of underappreciated - or completely misunderstood - personal powers. As I've heard it said many times over, “Most people are unaware that they are unaware.”

Unaware of ...

~ What they think.

~ What they believe.

~ What they assume.

~ How they feel.

~ How they react.

~ What they're saying to themselves.

~ What they're saying - and how they're affecting - others.

~ How and why they choose as they do.

~ How other people affect them.

~ How their environment affects them.

~ How what they watch, listen to and read affects them.

~ How much power and influence they can have over their own experience.

~ ... and on and on it goes.

You see, there is *self* awareness ... and then there is awareness *of self*. The first allows for objective internal dialogue to proactively recognize one's own thoughts, feelings, beliefs, habits, patterns, etc.

The other - awareness of self - allows one to objectively gather feedback and perspective from people outside of themselves, understanding that nothing other people do is because of

us - it is because of themselves. It also helps us evaluate and improve ourselves as we gather feedback on what others might see that we cannot.

I don't mean self judgement. I mean empowerment; illuminating the trees we can't see for being too far into our own forest.

Another good word for this is “perspective.” Mine will not be the same as yours, and vice versa. I've found this is so important to understand and embrace. But so often, a difference in perspective fuels fear rather than understanding.

One of my favourite phrases on this subject is from the psychologist, Gay Hendricks: “You can't get unstuck if you don't know that you're stuck.”

So where are you stuck?

How in the world do you ever expect to get to where you want to go if you don't really know where you are, how you go there, or where you really wish to be?

I'll tell you how: By building your awareness. Constantly. Forever, from here on in.

Start by asking yourself the questions from the list of things, above (what are you thinking, what are you feeling, etc) and start to keep track of how your mind, spirit and body respond. As time goes on, you will begin to notice thoughts and feelings that had not previously been a part of your consciousness.

You were unaware.

But once you begin to gain an awareness of something (what you want vs. what you don't or what is serving you well vs. what is not), you can then start to actually do something about it

That was revolutionary for me! I was completely unaware that I was unaware.

KEY #2 - ACCEPTANCE

Acceptance is a simple-looking word with a lot of deep meaning. There are two specific areas it addresses for me. I hope it does the same for you.

The Two Sides of Acceptance:

Side One: Letting Go - The first is the idea of acceptance as it relates to the Serenity Prayer (“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”): letting go, understanding and embracing impermanence and change as fundamental facts of life.

When I was at my lowest, many years ago, I remember reading, “Reality + Resistance = Suffering.” That hit me hard, because there was a lot I felt quite justified in resisting, needing to “be right.”

But if that phrase is true, it stands to reason that suffering ceases (or at least begins to ease) when we remove resistance, accept what *is*, and let go of what is no longer serving our higher good. That sounds simple enough, but I have found it can take enormous strength of character to accept and let go when life takes a darker turn.

And then there are the times when you are trying to identify areas of your life that may well be under some measure of your control and to then balance acceptance with affirmation and positive expectation in order to manifest something new in your life (in other words, the second half of the Serenity Prayer). I find that to be a really tricky balance that requires daily attention at this point in my journey.

Side Two: Open To Receive - The second meaning I see for acceptance is that of gratefully and gracefully receiving. I doubt that I'm the only one here who has realized that they are energetically blocking some good things from coming their way because of the inclination to feel that more needs to be given or that we're not yet worthy or that we should be giving more and not taking.

Of course, gratefully receiving (accepting) and “taking” are two entirely different things. But I know this is an area that I have really had to work on and will continue to.

Acceptance. A path to peace of mind, soul and spirit; sometimes much easier to say than do, in my experience.

#3 - FORGIVENESS

Here we're going to deal with one of the biggest obstacles many of us will ever face. It is something that exhibits and requires enormous strength. And yet, in so much of society, so many view it as weakness.

It is not.

If you can effectively do this, it means you're able to let go of whatever may be holding you down.

In other words, if you're able to master this key to contentment ... you're free.

Forgiving ourselves and others is one of the most heroic and liberating powers of all.

Forgiveness is tied closely to Acceptance. Without forgiving we're actively *choosing to carry pain with us*. That seems almost callous and even cruel to say given the sorts of trauma some people have encountered, but what other workable alternative is there?

Pills, drinks, foods, the next relationship, a better job, more money, a bigger house, a faster car ... do we not just carry the same pain into each of these things if we can't forgive it, let go and start again from where we are?

I especially love something about this I read in Bob Proctor's book, "The Art of Living.". He's actually quoting Dr. Michael Beckwith's 3-Step Approach to dealing with a dark situation, which is:

1. Accept it. It is what it is.
2. Harvest the good.
3. Forgive all the rest.

Simple? Maybe.

Easy? No. Not at all.

But that's why I feel that the ability to forgive is one of the greatest powers of all. For our own good.

Here's another quote I love, from Jen Sincero in her book, "You Are a Badass": "Forgiving isn't about being nice *to them*. It's about being nice *to you*."

KEY #4 - FOCUS

This one should bring it all together and loop us right back around to where we started, with "Awareness." That step is about being honest with yourself, becoming more mindful and truly noticing what you're thinking and feeling and identifying the reasons why.

This step is about choosing, setting intention, and deliberately putting people and things into your awareness that are going to fuel you forward to the life that you desire and deserve.

A more "advanced" word for this might be "mindset." But put in simpler terms, I feel that the incredible power wielded by understanding focus can be summed up with a question:

What's got your attention?

I first heard from Bob Proctor, the phrase, "Energy flows where attention goes."

So what's got your attention?

In other words upon what are you focused?

Taken in this context, it's easy to see how closely tied together Awareness and Focus are, just as Acceptance and Forgiveness hold each other's hands.

That's why those four words are in a circle around the logo for my online community, *The Turtle Tribe*: one leads to the next and to the next and to the next in an on-going, never-ending quest for authenticity and peace of mind and experience.



Growth never stops. Ever. And your focus likely determines your next steps.

- If you're focused on telling yourself you can't, or shouldn't, you won't.
- If you're focused on believing the world is scary and unfair, it is.
- If you're focused on the idea that rich people are bad, they are.

- If you're focused on the notion that you can't trust anyone, you cannot.

What a way to live ...

And so it would seem to be a massive flaw in our collective programming that it could ever seem at all unnatural, at least at first, to focus on - and believe - the opposite of those statements:

- That I CAN and WILL.

- That the world is beautiful, benevolent and full of love.

- That money gives us the opportunity to contribute even more to our world in an empowering way, just as so many wonderful people are doing already.

- That people are great. That we are all one. That I am a part of you and you are a part of me.

Which scenario sounds or feels better to you?

It's a choice.

It's a choice that takes, at least initially, an incredible amount of courage and then a long-term commitment ... fit for a turtle.

But it's still a choice.

Focus. It is a superpower which you already possess. The fact that you are already here tells me that you've recognized that and have made the commitment to choose how you use it very carefully.

WHAT’S NEXT?

My suggestion is to go back through these four keys and work at what's suggested. Be kind to yourself. Take your time. I'm finding that there's no end to the amount that we can discover about ourselves.

If it helps, I've got plenty of other resources available including:

Podcast

My podcast featuring conversations on personal and professional growth. It's called "[Journeys with the No Schedule Man](#)" and it's available on iTunes, Stitcher, YouTube, iHeart Radio and all the regular podcast spots. All archived episodes and related blog posts can also be found at [NoScheduleManPodcast.com](#)

Books

Many of the books that have been most helpful to me are listed on my website [at this page](#) (or just click the “Resources” tab on my site and select “Books”).

Online Community

If you'd like access to me and other like-minded people for ongoing support, encouragement and creative collaboration, try out [The Turtle Tribe](#) online community (it's hosted on Facebook) for a week for free. If you like it, stick around. It's just \$4.99 per month after that and you can cancel anytime.

Thanks again for reading!

Best wishes always,

Kevin