

## Article 423: Feeling Well•Feeling Content –part 1

This week's Article, the beginning of a miniseries, is short ...because we want you to focus on just a few vital questions and comments before we begin the series.

Would you rather feel well ...or feel content? If you choose to feel well ...but you are in any way discontent, are you truly well? ...and if you choose to feel content ...but you are not well, ...does "not being well" really matter?

If you would rather feel content, ...what are you doing to feel content? Are you content in living your memories "as usual"? Advertising today tells you that to feel well ...you should eat right, exercise properly and frequently, and get 8 hours of sleep every night, ...but what are you supposed to do to feel content? ...you don't know, do you? It seems advertisers are interested in your body but not in you, ...so, what will you do for yourself?

If you are a physician or healer, would you rather have your patients feel well ...or feel content? If you want them to feel well, we know about your profession and what you are doing to help your patients feel well ...but what are you doing to have them feel content? ...because it seems that feeling well is not sufficient.

If you go to doctors or healers for help and advice, what is your doctor or healer doing to help you feel content ...anything?

Or, if you rely on an "inner physician", what is your inner physician doing to help you feel content?

If none of this matter to you, then you must be satisfied just to survive until you die ...right?

Don't you ever worry about your "inner-child"?