

## 2. Letting Go of Material Desires

Find a comfortable spot to sit quietly. Close your eyes, take a deep breath in, and exhale slowly. Repeat this a few times, allowing your body to relax. Shift your focus to your breath. Feel the rhythm of each inhale and exhale. If your mind starts to wander, gently bring your attention back to your breath. Imagine you're walking into an imaginary shop filled with items of all kinds. Take a moment to observe the shelves and displays. As you look around, notice that nothing seems to catch your interest. You pick up a few things, examine them, and then put them back. There's a sense of detachment from these objects. Pay attention to your feelings as you explore the shop. Recognize any sense of restlessness or disappointment that arises. Return your focus to your breath. Inhale, exhale. Inhale, exhale. Repeat these words to yourself: "My contentment comes from within, not from things." Visualize yourself leaving the shop, the door closing behind you. As you step away, you feel a lightness, as if a burden has been lifted. Take a deep breath in, and as you exhale, release any lingering attachment to material possessions.

When you're ready, slowly open your eyes. Take a moment to appreciate the calm and clarity you've created.

As you go about your day, remember the experience of the imaginary shop. It's a reminder that true contentment doesn't come from external things, but from the peace you cultivate within.