The humanitarian approach to lessen the miseries of living beings is included in the abstention from greed of worldly possessions. Contentment aims at putting a limit on the worldly possessions by individuals according to their needs and desires.

Be content with the material gains that you have accomplished thus far. Contrary to popular belief, striving for greater material wealth and pleasure will not lead to happiness. Desire for more is a sign that we do not have all that we want. Reducing this desire and being content with what we have leads to satisfaction. Accumulating material objects merely fuels the fire of desire.

A king very often visited a saint to seek his blessings. He would always pray to him only to give him some holy sermon. The saint paid no attention to his frequent requests. One day the king made a forceful appeal to the saint. At length the saint was appeased and said to the king, "Tomorrow I shall visit your royal palace and deliver my sermon there." The king was overjoyed and again insisted that the saint should oblige him by taking his meals too in the royal palace. The saint readily consented to it. The next day the saint reached the royal palace at the appointed time taking his begging bowl. The king had devotedly got prepared various types of delicacies and dainty dishes for the saint. At first the king wished to serve to the saint kheer, a preparation of milk and rice. The saint brought forward his begging bowl to take it. The king peeped inside the bowl and drew back his hand without serving the kheer into the bowl. At this the saint stood up and got ready to go back. The king was terrified, as the saint had neither taken meals nor delivered sermon. The perturbed king said, "O holy saint! You neither took meals nor delivered a sermon as per your promise; still you are going back home leaving us in the lurch." The saint promptly replied, "I have delivered my sermon, which you have failed to grasp." The king stood dumbfounded. Then the saint asked the perplexed king, "Why did you not serve the kheer into my bowl?" The king said, "Holy Sir! Dust particles and pebbles were lying in your bowl. I did not serve the kheer into the bowl, lest my nectar like sweet and tasty kheer should get spoiled." The saint said, "I had also to teach you this lesson that your mind is full of filth and dirt in the shape of evil passions like anger, vanity, arrogance and greed. Until and unless your mind on being relieved of these evil passions becomes purified, how should I deliver my sermon to you? In the present state of mind my sermon will also be futile and go waste."

Only when the mind is pure, a man can dedicate his mental energies to the acquisition of wealth and other worldly possessions. If the mind is impure, all our energies go on trifles.