

VOLUNTARY SIMPLICITY

AN EIGHT-SESSION COURSE FOR THE WORKPLACE, FAITH CENTER OR HOME

PURPOSE

- ∞ To understand the meaning of voluntary simplicity.
- ∞ To explore the material and psychological distractions that prevent us from caring for the earth.
- ∞ To consider how life might be enriched through the practice of simplicity.



The course has given me a sense of hope and support for a happier, healthier, more balanced life.”
- Communications consultant, Portland, Oregon

SESSION THEMES:

The Meaning of Simplicity: The concept of simplicity, as a religious practice or philosophy of life, has a long history. Inner simplicity and outer simplicity are both involved. What are some common misconceptions about a simple life?

Living More with Less: Accumulating material possessions is part of the American Dream. For some, the dream has become a nightmare. When do material possessions add meaning to our lives and when do they detract?

Your Money or Your Life: A growing number of people wish to resolve the conflict between the desire to make and spend money and the desire for a simple life. Why is that so difficult in our culture?

Do You Have the Time?: In modern society, our minds are focused on the "busyness" of the day, our current problems, and our future challenges. Are there alternatives to the fast pace of mainstream culture?

How Much Is Enough?: As a society, we engage in patterns of material consumption that are damaging the environment. How much do we *really* need?

Swimming Against the Tide: Our country's current guiding economic principles push growth, consumption, and technological advance as inextricable and desirable goals. In our efforts to live simply, we may feel like we are swimming against the tide.

The Practice of Simplicity: There are countless practical benefits in moving toward simplicity. What steps can be taken to move toward a life *simple in means, rich in ends*?

CANADIAN EARTH INSTITUTE

To start a discussion course, please contact CEI at:

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DEVELOPED BY NWEI

Motivating individuals to examine and transform personal values and habits,
to accept responsibility for the earth, and to act on that commitment.