

VOLUNTARY SIMPLICITY

**A FIVE-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 acknowledge the connection between our lifestyle choices and the condition of the earth.

“The course has given me a sense of hope and support for a happier, healthier, more balanced life.”

- Course participant.

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?

Making a living: 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 contemporary 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?

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?



Simply Living — Creating a compassionate and sustainable world through personal, community and cultural transformation.

Simply Living

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