

Title:

Simplicity as a Life-style: 10 Practical Steps

Word Count:

953

Summary:

This article discusses the concept of living with simplicity. 10 practical steps provide guidance.

Keywords:

voluntary simplicity, life-style, frugality, personal responsibility, organic, non-toxic products

Article Body:

There is a relatively new phenomenon in North America called 'voluntary simplicity.' The term

Simplicity means making time for yourself in a hectic world. You clear out what is cluttering your life.

Voluntary simplicity comes from within. It is a social movement of a more sustainable lifestyle.

### Pursuing a Life of Simplicity

The Chinese pictograph for 'busy' is composed of two characters: heart and killing. When you are busy, you are killing your heart.

As we search for meaning in our lives, we start to become aware of the emptiness and dissatisfaction that often accompanies a busy life.

What we don't realise is that we are spiritual beings, in a physical body, having a human experience.

### Practical Steps to Simplifying Your Life

1. Reuse paper bags, envelopes, newspapers, etc. Newspapers and shredded paper make excellent mulch for your garden.
2. Have a Buy Nothing Day.
3. Carve some space for 'mindful living' so that you have time for 'beingness' rather than 'doingness'.
4. Find friends who know the glass is half-full or in other words, find friends who share your vision of a simpler life.
5. Grow your own food or buy as much as possible from local growers.
6. Use non-toxic products such as borax, vinegar, baking soda, lemon, and salt in your household.
7. Before you buy something, write the item down on a note and if you still want it after 24 hours, then buy it.
8. Decide what is really working in your life and let go of that which no longer serves your highest good.
9. Surround yourself with what you really need and love.
10. Go Organic. Organic gardening is not only about the avoidance of chemicals, but in the larger picture, it is organic living using Nature's laws.

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