

## A Message from Reclaiming Earth Committee – August 14

“Voluntary simplicity, or simple living, is a way of life that rejects the high-consumption, materialistic lifestyles of consumer cultures and affirms what is often just called ‘the simple life’ or downshifting. The rejection of consumerism arises from the recognition that ordinary Western-style consumption habits are degrading the planet, that lives of high consumption are unethical in a world of great human need, and that the meaning of life does not and cannot consist in the consumption or accumulation of material things. Extravagance and acquisitiveness are accordingly considered an unfortunate waste of life, certainly not deserving of the social status and admiration they seem to attract today. The affirmation of simplicity arises from the recognition that very little is needed to live well — that abundance is a state of mind, not a quantity of consumer products or attainable through them.”

[www.simplicitycollective.com/start-here/wjat-is-voluntary-simplicity-2](http://www.simplicitycollective.com/start-here/wjat-is-voluntary-simplicity-2)

“...Voluntary simplicity, in its widest context, refers to living an examined life; in other words, one in which you have determined what is important for you and your immediate family and discarding the rest.” ([thesimpledollar.com/some-thoughts-on-voluntary-simplicity](http://thesimpledollar.com/some-thoughts-on-voluntary-simplicity))

Rejection-reflection-examined life: Living simply is your choice. It can begin with small actions, but not if you don't make a choice.

