**Living Simply Presentation Tim Darby**

Slide one – introduction

Living simply is good for – your health both mental and physical

-health of the planet (look at in the Story of Stuff)

Slide two

Do this individually first - but be prepared to share

Slide three

Complete in groups of three – hear from each person in totality first

Then write on post in notes and cluster (Shani will assist)

Hopefully there will be some indications that the things that are most important, bring us the greatest joy etc are not very complex or material.

Slide four – What is Living Simply? Let read in relation to past activity

Or in other words

Slide five – Having less stuff so you can have more of a life!

Too much stuff “people move houses, add rooms to homes and even purchase more “stuff” such as storage containers to accommodate the stuff they bought or acquired but never use”

There are 1000 brands of shampoo available, but anything over 7 options makes people nervous.

Slide six– Does it make us happier?

Obviously not - explain graph

The rise in incomes started a bit after the WWII.

This is the point that marks the start of some very steep climbs in consumption, pollution, social dysfunction etc

Since WWII US depression has increased by 1000%

Slide Seven why do we have so much stuff?

Shakti Gurawin’s model

Basically we have become a material culture, but fairly socially and spiritually bereft. To fill the void we feel we tend to do more of what we do best – ie HAVING to fill the void

Our culture is predominantly material ie look at our language Eskimos have 38 words for ice because it is important to them.

OR for the busy amongst us maybe DOING . . . Shani and I both suffer from business. We’ve taken to writing in “dates” ie good quality time together once a week.

Which ultimately leaves us with more cluttered and still unsatisfying lives.

Slide eight

So this theory assumes we got stuck on the lower levels of Maslov’s hierarchy of need

Similar in a way

Slide nine Enough Remember our brain?

Book by John Naish

His book “Enough Breaking Free From a World of Excess” looks at the biological hard wiring that makes it so difficult for us to be moderate. Basically he says that we have flourished so well as a species not just because we are cleverer but because we are hardwired to desire without and off switch, which up until fairly recently was a good survival strategy. As recently as the 1300’s one in five british citizens died in famine and over 150 famines occurred over the next 300 years, canabalism is still reported in England, size of soldier in the first world war – didn’t grow etc

So up to a point being an opportunistic feeder was an appropriate biological response. Unfortunately our constant desire is making us unhappy, unhealthy, unfulfilled and carbonizing the planet in the meantime.

Basically our primitive brain will always want more . . . . . . of everything and we want it NOW

To be happy with less we need to recognize what we have and consciously decide to simplify our lives

From Affluenza – 65% of Australians believe they can’t afford to buy everything they really need (not want but need) Even in the top 20% of incomes half felt this 5% could not pay their bills. This despite Aust being one on the wealthiest countries in the world and mean incomes of 3 times that in 1950s   
ABS only 3-4% are actually have to pawn something or go without home heating

Slide 10 Voluntary Simplicity

Another excellent read – Voluntary Simplicity – the name says it all

Voluntary – as in becoming aware of our distorted view of everything and making a conscious choice (frontal cortex over reptilian brain)

Simplicity – as opposed to poverty or suffering. If you think back to the things in life which give you the most ---- you will see they are all very simple things.

Slide 11 and 12

Shani’s wardrobe and mine. Here is a voluntary choice Shani and I made.

Slide 13 Gifting – Shani’s 40th birthday

Slide 14 A homework exercise – Listen to the reptile!

Go, ideally with someone else into a shop which you know makes you drool (eg tool shop for Tim, clothing store, or a general shopping mall) Don’t buy anything but walk around, touch, smell, pick things up and just notice your physiological responses and internal dialogue.