



daily GOOD

We can describe "voluntary simplicity" as a manner of living that is outwardly more simple and inwardly more rich, a way of being in which our most authentic and alive self is brought into direct and conscious contact with living. This way of life is not a static condition to be achieved, but an ever changing balance that must be continuously and consciously made real. Simplicity in this sense is not simple. To maintain a skillful balance between the inner and outer aspects of our lives is an enormously challenging and continuously changing process. The objective is not to dogmatically live with less, but is a more demanding intention of living with balance in order to find a life of greater purpose, fulfillment and satisfaction. --Duane Elgin

Be The Change: