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# Seasons of Simplicity

Buddha's Supper

Many believe the Ancient Wise Ones were simplicity itself - Holy Ones who walked the earth not burdened with the clutter that tends to be a reflection of the modern way.

This morning I smiled, as I elevated myself to a simple sacred state so I could keep my mind on weeding the pathway that leads to the house. I recalled yesterday -- a visit to my friend who keeps the kitchen spotless. I did not see the point of this ritual until she explained, "*you never know when Buddha is going to visit.*" In her temple of archangelic blue glass objects, she appears to have 'caught on to something huge'. **Spotless - Simple No Clutter!**

While I enjoyed the serenity, I contemplated the season rising up before me. Soon the mass marketing would begin. We're under so much pressure from commercials and guilt from the ads. The hype, the pressure...the STRESS! of the season of giving and receiving. It's the time of year when we tend to add more clutter to the cornucopia of our own lives, and likewise 'graciously' contribute to the piles of our friends.

"It didn't used to be this way", I thought out loud, with a quick glance over my shoulder to see if Buddha was listening. Once upon a time, an orange and a small treat was more than enough, versus the heavily laden trees of today. And that is to say nothing of stacks of bills piling up as each month brings us closer to January. Yikes... January = payback time!

Yes, I observed there was a definite relationship to my feelings of self worth and the looming season. I recalled in more affluent moments of my life, I did not feel the same

pressure that I feel today. With that thought, I knew I was onto something. It was that recurring F word again! It was FEAR of running out, not having enough, not being able to buy later that was a driving force in my purchasing unnecessary items now. It was often fear of not being loved or accepted that sent me back to the store for 'just one more' ...something /anything to insure my gift would pass the acceptance test. My own 'lack factor' obviously huge and running rampant here, was because when I had plenty, I felt confident in my abilities and worth. If I were really resonating the **law of attraction**, I would not even consider that giving bigger presents reflected my worth. I would not buy now *in case* I ran out later. Wow - maybe the TV is right..I DO need an instant makeover, but not the kind they are promoting! It was obviously time to take a stand.

"Let's make a difference this year", I shouted. "No new presents!" ...my friends were shocked!

"How about I make you a nice supper or provide a service for you? I could babysit your kids - take them to the park or a movie. I could do something useful for you (weed, mow, clean up) when you're tired and just need a break." Those are very valuable presents and don't add to clutter or contribute to New Year's morning depression. I shocked myself by my chattering. I was feeling good in the relaxed freedom of knowing, not any item I can buy you is more valuable than my time.

Or perhaps I could give you something I already own, something we both love, and my joy becomes your joy. Not adding any more new stuff would be an amazing gift for Mother earth. Besides, I don't want to con-

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## Buy Nothing Day: November 24, 2007



International Buy Nothing Day always falls on the day after the American Thanksgiving in November, traditionally the first day of Christmas shopping in the U.S. People are encouraged to not make any purchases throughout the entire day. The idea is to increase participants' awareness of their spending habits and to think about mass consumerism and its effect on the cultural and natural environment of the world.

Kalle Lasn, co-founder of the Adbusters Media Foundation, which was responsible for turning Buy Nothing Day into an international annual event said, "Our headlong plunge into ecological collapse requires a profound shift in the way we see things. Driving hybrid cars and limiting industrial emissions is great, but they are band-aid solutions if we don't address the core problem: we have to consume less. This is the message of Buy Nothing Day."

As Lasn suggests, Buy Nothing Day isn't just about changing your habits for one day. It's about starting a lasting lifestyle commitment to consuming less and producing less waste. With six billion people on the planet, the onus is on the most affluent – the upper 20% that consumes 80% of the world's resources – to begin setting the example.

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*continued...*

tribute to any of your worries in the New Year. I prefer the thought of helping you 'clear the path'.

Imagine, people acting consciously in neighbourly ways, exchanging - not using as much raw material from Mother Earth. It has to start somewhere. They cheered! I scurried home as if a 100 pounds had been lifted from my shoulders, thanked Buddha and cleaned the kitchen!

What a relief! No presents to buy this year- no pressure. Time now to watch the drops of water and anticipate Buddha's arrival. It doesn't matter that I'm not a Buddhist, I dance with the stars in my mind's eye with the freedom of my new choices and blessing my friends. I pause a moment, to enjoy my new sparkle within, knowing that the power goes beyond the walls of this house. Knowing I have also left my 'inner kitchen' looking 'as if Buddha was coming to dinner'.

*Janit Bianic is a clutter buster, and visionary willing to co-create a new way of living. Call her at 250-331-3335.*

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