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## Sufficiency Lessons From India

Sufficiency. What determines that in our individual lives? I explored that elusive sense of adequacy during a recent trip to India. This country of great contrasts allowed me to experience extremes from ostentatious wealth, like the Taj Mahal, to abject poverty, like villages of shacks sitting in what would be comparable to a city refuse dump. Before the trip, I created an intention that my experience would be as an objective observer. That allowed a flood of precious insights.

As citizens of a developed nation, many regard prosperity to be measurable in income, assets, and toys. We struggle with a sense of gratitude because TV commercials repeatedly tell us that our happiness depends on bigger, better, and more. It's tough to be satisfied, complete, or happy with that belief system. Many of the Indian people I met evidenced immense satisfaction and sincere personal happiness no matter their economic status. How can this be I wondered? What values are sufficiently met that peace of mind and satisfaction is already the norm? This causes me to reflect on what can be done to increase our satisfaction with sufficiency, and protect us from consumerism, maxed credit cards, and trouble with lowered self-esteem.

First, I recommend trying frequent journaling of what is going well: smart financial decisions, loving folks in our families, precious friends, sources of our income, wise use of our resources, consciousness around conservation, and being a part of helping the world work for all. We are already awesome in many aspects of our relationship with money, why not acknowledge ourselves for that? Second, we have the opportunity to slow down and live more consciously. For example: increase the enjoyment of food by eating slowly, create a ritual of gratitude when paying bills, acknowledge the people who provided those services, express authentic recognition of those with whom we work, and acknowledge ourselves through habits of loving self-care.

Personally, I'm celebrating the sufficiency of my own life that allowed me the privilege to visit the land of mystics, to experience their inclusivity of all religious beliefs, and to have enjoyed warm, Indian hospitality.



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