

Morning of Mindfulness 3/12/23. Zoom Chat on Mindful Consumption.

The 5 questions the groups were invited to discuss were:

1. What would help me be mindful before I go shopping or buy online?
2. What would help me be mindful whilst I am shopping?
3. What can I do to minimise waste and reduce my impact on Mother Earth?
4. What else can I do to reduce my consumption and my global footprint?
5. What things trigger my unmindful consumption?

Feedback of Chat from the Dharma sharing groups:

Presence is the best present...remembering Christmases past....the games, the cooking together, the fun, the sharing of being together are much more memorable than the gifts

We noted that that advertising is meant to make us feel inadequate and guilty , not good enough and this spurs us into buying to feel better about ourselves and relationships.....it is not real or true

the gifts of time and presence are the best

as we love our friends and family all round the year, giving gifts we make can be anytime and this rebalances what we feel about giving at 'special times'

We talked about the things that make us unmindful, stress, anxiety, or tiredness. Loofah pads were mentioned as a green alternative for cleaning dishes!

From Hazel group. Before and during shopping remember- use what you have, look after what you have, ask for nothing 'you have enough', share what you have, (phap hai) and BUD Is it beautiful, is it useful, is it durable (satish kumar) keep present giving for special times and for useful things make presents, so much love going into them, so appreciated,

Focussing on what we have, not on what we don't have

Using impermanence as a reminder that we have to let go of all physical attachment

Willow group; we all separately talked about how we were spending our time over this season and looked at the different ways in which we consume/don't consume. It was interesting to hear peoples' ideas about mindful consumption.

Making a list and sticking to it before shopping

Rather than Less is More. Less is Enough :)

Making and mending - using cotton t shirts, duvet covers, sheets etc. to make cleaning cloths with

3rd question (minimising waste)

Saturation point- reverse enforced state of lack not buying what I maybe do need

1st question (preparation for shopping)

Awareness of 5th MT, Ask if I have enough to be happy? Impulse? Genuine happiness? Sit, come back to myself

Stopping + breathing, insert pause before making a purchase

Realisation: don't want more stuff, see clutter build up over the years, older/wiser "no more cr*p!"

Wisdom gained from clearing a loved one's possessions after their death

Permission from loved ones not to buy each other xmas presents :)

Recycling consciously

Collective consciousness, expectation to have to spend money eg expensive baby equipment

List-making, be discerning

We talked about sharing things such as tools/machinery that we don't use often