



Abundance and Enough

August 30th, 2009

Enough is enough.

In the Harvest Season, which runs from mid-summer through much of the fall, there is a lot of discussion about abundance. I am finding myself very resistant to this word. I have so much abundance in my life

- an abundance of dirty clothes to wash
- an abundance of boxes to unpack from our recent move
- an abundance of phone calls to return
- an abundance of writing to complete
- an abundance of "stuff" requiring care

"Abundance" is not a word I am comfortable with right now!

Instead, I have been sitting with the word "enough." That word feels much better to me. How much is enough? How much food is "enough?" How much money is "enough?" How much time with my children is "enough?" How much "stuff" is enough?" The list goes on.

Assuming "abundance" is "more than enough," I must be clear about how much is "enough" before I can identify whether or not I have "more" than that! And, of course, to identify "enough" would require that I am able to make a distinction between "need" and "desire."

Just imagine what it would be like to settle into "enough!"

What if you had:

- enough love.
- enough friendship to savor.
- enough adventure and exploration in your life.
- Enough work to be purpose-full.

Ahriana's Musings

- enough food, shelter, clothing, and clean water to feel safe.

Can you feel the sense of satisfaction that “enough” brings? How about the recognition of personal accomplishment, or the feeling of safety that follows recognition of “enough”? In a state of “enough,” it is easy to relax a little.

We can be more discerning about our purchases, our commitments and our time. “Enough” is a catalyst for environmentally sound decision-making, and provides space in one’s life for the state of “Being” rather than “Doing.”

As we move into the fall and winter, we will gradually sink deep into the arms of Morpheus and dream about what brings us happiness and joy. If we understand that we have enough, we can fully enjoy this time. We can read books that feed our souls, drink warm tea, and listen to music that uplifts our hearts. We can take long walks and observe the beauty of the natural world around us. “Enough” is an incredibly powerful calming agent.

Our ancestors went into the winter making sure they had “enough” to get them through till spring. They tallied what they had, determined what they needed, and worked collaboratively to create what was lacking, so that they could rest and feel safe.

So dear reader, here is my challenge to you: While the sun is still high and the days provide the light to see by, take an inventory of your life. Explore the difference between “need” and “desire.” Make yourself a list of the areas in which you have “enough” and commit to spending the next few weeks addressing only those areas where “enough” does not yet exist. Plan to go into the dark time with “enough” – so you can rest and rejuvenate your mind, body and spirit.

Incidentally, “Time” is the gift Spirit offers to those who make friends with “enough.”

Blessed be,

Ahriana Platten