



Simplicity Made Easy

Jennifer Kavanagh

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In folk history and religion, from the Shakers to Zen, simplicity has generally been considered a good thing. Our own motivation may be to leave a smaller carbon footprint, to express a compassionate solidarity with those who have least; or simply to downsize. Whatever our concern, it is likely that the motivation to live a simpler life will spring from within. At heart, simplicity is a focus on what matters. Reducing the clutter in our lives, whether in material objects, use of time or money, or in our religious practices, leads to an increased clarity of vision and a focus; a view of life and its priorities that is in itself simple. Step by step we can move towards a state in which our attitudes and life are all of a piece, integrated and made one. Simplicity is the outward and visible sign of an inward and spiritual grace. With this inspiring book, discover how simplicity can become a way of life.

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