

Frugality

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Rebalancing Material and Spiritual Values in Economic Life

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Overconsumption



Present overconsumption, which is **unsustainable** and **socially unjust**, also causes **welfare-related diseases**.

It is possible to frame sufficiency and frugality as **positive ways** to a better **quality of life**.



Sufficiency is not about repressing all our desires. We should focus on how to deal with our wealth, how to satisfy our desires more deeply and how to enjoy a **better life** by **consuming less**. The **Slow Food Movement** is a fantastic example. It is a way toward using more **qualitative foods**, while recognizing the ecological limits of the Earth.

Consumerism and Frugality

– Contradictory Principles in Economics?

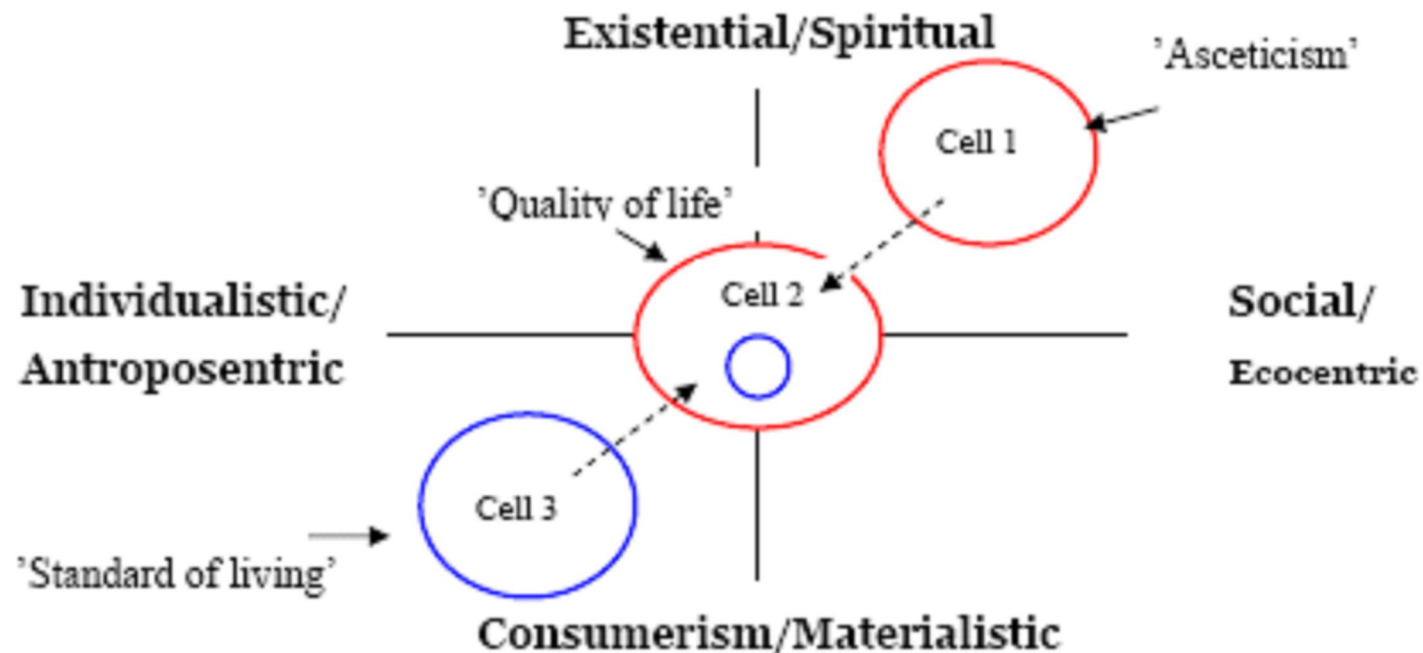
Integration, dynamics and holism needed in re-considering the economy with **sustainability** and **life quality**.

An important aspect of frugality is to **reduce waste** by changing habits of consumption.

In the Thomistic tradition, the use of external goods has a **natural limit**.

Material wealth is needed to a certain extent, but it should be used only as an **instrument**.

Quality of Life – as the Golden Mean



Simplicity and non-violence

Simplicity through negation of wants.

Less is more, small is beautiful.

**Marketing should turn into anti-marketing –
buy less, simple living.**

Non-violence (ahimsa)

**An organic world-view presupposes that when
you harm other sentient beings or nature, you
harm yourself.**

**The interplay between economy and ecology
becomes vital.**



Herman Daly:
Frugality First

Frugality should
precede efficiency
in achieving
sustainability.



An improvement in efficiency alone is equivalent to having a larger supply of the factor whose efficiency increased. The price of that factor declines and more uses for the cheaper factor are found. So scale continues to grow. A policy of “frugality first,” induces efficiency while “efficiency first” does not induce frugality. The main task of our age is to limit the scale of the economy relative to the ecosystem.

Conclusion

The present **unsustainable lifestyle** of **mankind** requires drastic changes.

Western-style consumer capitalism has resulted in global **climate change**, dramatic **ecosystem degradation** and **biodiversity loss**.

Also, it has caused massive **unhappiness** and **emptiness** in rich countries and **social disintegration** worldwide.

TIME Magazin

The Global Warming Survival Guide

There is an old path to reducing our impact on the planet that will feel familiar to Evangelical Christians and Buddhists alike.

Live simply. Meditate.

Consume less. Think more.

Get to know your neighbors.

Borrow when you need to and lend when asked.