

APRIL MONTHLY THEME:
LESS—THE VALUE OF HAVING ENOUGH

As a late capitalist society, “stuff” is everywhere as is the message that we need more. Apart from the materialist value of things, this impulse for “more” can also extend into a way of measuring many aspects of life. But is “more” always what we need? Modernist architect Mies van der Rohe first popularized the idea of “less is more”, but the idea has been referenced far beyond building lines. Our theme this month asks us to consider what “less” might look like in our lives. Less stuff, yes. But are there other places also where the impulse to have “more” may be impeding rather than enhancing our life? What might it look like to you to choose “less” in some aspect of your life? Less activity, less negativity, less worry, less distracting, less regret, less _____? In resisting the impulse to “more”, how might we come to more deeply experience what it means to have enough? What might we discover if we shift more of our attention from accumulating quantity and instead leave space for immeasurable qualities and ineffable values such as love, beauty, and kindness?

Which question is calling to you? Where is it leading you?

1. Where does the impulse to have “more” show up in your living?
2. What do you wish to have less of in your living?
3. How might you teach a child the lesson of having enough?
4. How do you know when you have enough?
5. Name important values in your life that you cannot quantify or measure.

Wise Words:

We need much less than we think we need.

Maya Angelou

The quality of the friends you keep is much more important than the quantity.

Christine E. Szymanski

A tomb now suffices him for whom the world was not enough.

Tombstone epitaph for Alexander the Great

Whoever is not in his coffin and the dark grave, let him know he has enough.

Walt Whitman

That if you could acquire enough, accomplish enough, you’d never want to own or do another thing. That if you could eat or sleep enough, you’d never need more. That if enough people loved you, you’d stop needing love.

Chuck Palahniuk, [Choke](#)

We are buried beneath the weight of information, which is being confused with knowledge; quantity is being confused with abundance and wealth with happiness.

Tom Waits

You will never get everything in life but you will get enough.

Sanhita Baruah

It's easy to get sidetracked with technology, and that is the danger, but ultimately you have to see what works with the music and what doesn't. In a lot of cases, less is more. In most cases, less is more.

Herbie Hancock

Mastering music is more than learning technical skills. Practicing is about quality, not quantity. Some days I practice for hours; other days it will be just a few minutes.

Yo-Yo Ma

Being content with less, creates space in the heart for more love.

Margo Vader

When I dare to be powerful to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.

Audre Lorde

Somebody once said we never know what is enough until we know what's more than enough.

Billie Holiday