



sufficiency —

Sufficiency is the experience of *having enough*—and *being enough*. It's not a middle ground between poverty and surplus. It's a state of consciousness that naturally occurs when we are able to experience a rich value exchange in every moment, in every place.

WHEN WE ARE NOT EXPERIENCING SUFFICIENCY

I WOULD BE BETTER OFF WITH A BIT MORE MONEY.

MY FAMILY NEVER SPENDS ENOUGH TIME WITH ME.

I DIDN'T GET ENOUGH DONE TODAY.

I NEED TO SAY *YES* TO THIS OPPORTUNITY EVEN THOUGH I DON'T HAVE TIME FOR IT—JUST IN CASE OPPORTUNITIES STOP COMING.

I DON'T WANT TO PAY THE FULL PRICE.

I WOULD PREFER A BETTER HOUSE. A BETTER CAR. OR A BETTER WHATEVER.

I WISH I DIDN'T HAVE TO PAY THIS BILL. BUY THIS GAS. CONTRIBUTE THIS TAX.

I'M ANTSY TO MOVE ON TO THE *NEXT THING*, EVEN THOUGH I WAS LOOKING FORWARD TO DOING *THIS THING*.