



TODAY I UNDERSTAND WHAT I CONSUME.

DAY.10

Epicurus Introduced the term '**hedonistic life**'. A life full of **pleasure and meaning**. He didn't value bubble baths or luxuries, as he believed that a simple life with wisely chosen consumptions is a key to a hedonistic life.

In Epicurism terms, a real pleasurable life, would not only be devoted to momentary pleasures, but would carefully evaluate whether personal decisions such as the career you choose, or the impact you make in your society.

Consumption is broader than just what we buy. We consume all the time. We consume with our eyes, our ears, our hands our noses and our mouth. Everything that we bring **inside** our system with our senses, is a consumption.

We consciously consume because we want to experience something directly with our senses (tasting ice cream) or indirectly (getting a compliment on our new outfit). Moreover, we **unconsciously** consume all the information around us.

Ancient Greeks pointed out how important it is to be careful of what we consume. **What we consume, we become.**

Ayurveda, the ancient Indian medicine system, sees someone as a whole system. The body structure, our preference for food or drinks, our sleeping patterns, or our emotional reactions are all connected. What we consume, affects our system as a whole. Do you need to consume what I need? No, everyone is a **unique system**, and only by listening to ourselves, we can understand what we truly need.

Everything we consume carries the energetic blueprint of the ingredients and the energy of the people who made them. As Thich Naht Hanh wrote beautifully: "If you are a poet, you will see clearly that there is a cloud floating in this sheet of paper. Without a cloud, there will be no rain; without rain, the trees cannot grow; and without trees, we cannot make paper. The cloud is essential for the paper to exist." He calls this "**Interbeing**" is a word that is not in the dictionary yet, but it is a great reminder that whatever we consume is connected to many other people, things, nature. Questioning what we truly need can become a life-altering habit.

DAY.10

Phrase of the day: 'Today I understand what I consume'

Please also write this phrase in your journal.

PRACTICE

Start your day by holding a glass filled with a hot or cold drink of your choice, and meanwhile listen to the 'SENSES' meditation (10').

Throughout your day be AWARE of everything you consume with all of your senses.

Again, don't criticize yourself for anything you consume. Just observe everything that you consume or you desire to consume.

1. Observe what you buy, what you eat, read, listen to, and watch throughout the day.
2. Observe if your desire to consume comes from your need to bypass a negative emotion, or to achieve a state of being, or you truly desire this consumption.
3. Reflect on how what you consumed today has ripple effects on your future self, other people & nature?

Write in your journal any thoughts, insights or emotions that arise from this practice.

Good luck!