

DOWNSHIFTING DOWNUNDER



simpler richer living

www.downshifting.net.au

August 2005

Welcome to Simpler Richer Living

Welcome to the first Downshifting Downunder Newsletter, the first of what will be a regular publication. We will feature interesting stories, news and upcoming events as well as keep you informed of what we are doing to help people realise **simpler richer living**.

Remember this newsletter is for our members and we welcome any of your stories, news or relevant short articles you would like to contribute.

Downshifting Conference - A Great Success

The Downshifting Downunder Conference was held on 23rd of July and was a great success. Over 100 people attended the day and it was a fantastic opportunity to share stories and start to learn about what **simpler richer living** can offer.

The level of interest in what we were doing to raise Downshifting to a broader audience was simply overwhelming. Although the event was conducted in Sydney, patrons also came from much further a-field: Brisbane; Melbourne; and even some from New Zealand.

The conference served to reinforce several key issues:

- ◇ There is a high level of interest in downshifting by Australians (and of course, not forgetting our 'cousins' over the creek).
- ◇ That many people want to find **simpler richer living** through downshifting, but are understandably grappling with how to go about it.
- ◇ People who have downshifted found the opportunity to talk with others who had made the leap a satisfying and positive experience.

These clear messages have now formed the kernel of the Organisations plans in helping people discover **simpler richer living**.

A big THANK YOU to everyone who contributed their time and efforts to deliver Australia's first Downshifting Conference. All the speakers, panelists, organizers and visionaries can take comfort in the knowledge that the momentum they created will continue to accelerate. We know that from small things, big things will grow.

Where to From Here

We are now implementing a strategic plan to deliver services to help people with their lifestyle transition and offer a support network to help people in their quest for **simpler richer living**.

Our Vision

In the 10 years to 2003, 23% of the population of Australia has downshifted in a society where there has been support or help mechanism.

Our Vision is that with the support and help of Downshifting Downunder 50% of the Australian population will successfully find **simpler richer living** by 2015.

To achieve our Vision we will create a resource of services that people can use in their quest for a better quality of life. We will also offer a support network for people who have downshifted - to validate their actions in a positive environment.

Tip for Downshifeters

Any process involving lifestyle transition does present a number of challenges.

As a result of the conditioning society imposes on everyone, people frequently, find it difficult to identify and address these issues. This is where the guidance of experienced specialists can be beneficial.

Through this newsletter we will progressively share a number of the key things you will need to consider in your quest for **simpler richer living**.

First: Successful downshifting only comes after deep thought. You must think carefully and honestly about what is most important to you. Some of the more lurid tales we hear of people

failing at downshifting result from the person's inability to truly know themselves and the consequences of their decisions.

There are too many pointers to share them with you in this newsletter. Our upgraded website will include information all the prime Things to Consider.

Announcing – the definitive guide for simpler richer living.

We are pleased to announce that we can now offer programs and information sessions that help people through the process of downshifting.

These programs have been developed by people who have themselves downshifted and want to help others experience the exhilaration, liberation, and empowerment that comes with successful downshifting.

Discover your own Vision of how you want to live your life. Experience deeper relationships, and live a life consistent with your passions and values. You will find more meaning and purpose in your life and ultimately greater contentment and happiness.

Take a pro-active step for your own well-being NOW. We will be offering Downshifting Vision programs in Brisbane and aim to provide them in Sydney in October and Melbourne in November.

We need to hear from you now if you are interested in attending.

Your Vision in Brisbane on the 23rd of September! – Find Your 'Vision' for simpler richer living

If you want more details on these practical and effective programs that help you find simpler richer living, contact simon@downshifting.net.au or phone: 07 3353 0740 and speak to Simon or Geoff.

Announcing – Downshifting Gatherings

We are going to establish informal groups over as large an area as we can. These informal groups are intended to provide people who have downshifted with a network they can access for fellowship and to learn from others who have downshifted or wish to downshift.

If you wish to be a part of such a group or the focal point for people who have downshifted in your area, please contact us through at info@downshifting.net.au.

Sydney Downshifting Gathering

Alexandra Meldrum, a panelist during the conference, is keen to organize the first Sydney gathering on 27th of October in Sydney at 4.30pm.

The purpose of this informal gathering will be to give you the opportunity to meet and learn from others who have downshifted or who might be thinking of downshifting. We will also explore how we can ourselves and others from a 'grass roots' perspective to achieve **simpler richer living**.

We are yet to finalise a convenient venue and welcome your suggestions if you know one that is close to a central rail station.

If you are interested in attending you can contact Alexandra at almeldru@ozemail.com.au.

Website:

We are in the process of redesigning our website to give our Organisation a bright fresh feel. Stay tuned, we will let you know when the new site is live.

Living a Life of No Regrets:

In the Spring edition of Byron Child magazine, Kali Wendorf (panelist at the recent conference) shares her thoughts and observations on her own Downshifting experience in her article 'Deep Downshifting, Living a Life of No Regrets...

'This is the beauty of downshifting; it can look as many different ways as there are people doing it! ... The real key to the definition of downshifting is this — that you are the architect of your life and have deliberately unhooked from an unhealthy, money-centred cultural norm.'

For the full story, Byron Child magazine is available in all quality newsagents. Alternatively, visit www.byronchild.com, or contact Kali at kali@byronchild.com.

Lifestyle / Income Balance

For many years Richard and Maria Maguire (conference panelists) have practiced the way of life promoted by the international best-selling book, 'Your Money or Your Life'. They will be running 2 half-day workshops that help you learn how to live consciously with money and reconcile the balance between lifestyle and income and set a course for **simpler richer living**.

When 22nd October and 26th November 10.00 am to 2.00 pm

Where Leichhardt HS, Moore St West and Balmain Rd, Leichhardt (Entrance Moore St)

Register Registration is essential no later than a week before the course. You can register through Sydney Community College (www.course.com.au), or phone (02) 8752 7555.

Contact For full details contact Richard or Maria on (02) 9896 3839

Downshifting – The International Perspective

Tracey Smith is a Downshifting Columnist and Broadcaster - she orchestrates an annual Downshifting Week in the UK that celebrates people pursuing a better life of balance www.DownshiftingWeek.com.

The numbers of people downshifting in the UK mirror those in Australia, 25% in the past ten years. Tracey is picking up on the large number of people in the UK who share our passion for **simpler richer living**.

Yet more proof that we are not alone in finding the courage to pursue a better quality of life.

Frown shifters

Some wisdom from the past:

'Happiness depends upon ourselves' Aristotle 384 BC – 322 BC

'Patterning your life through other's opinions is nothing more than slavery'

Lawana Blackwell – *The Diary of Miss Lydia Clark* 1999

'The first step to getting the things you want out of life is this: Decide what you want'

Ben Stein

Parting Words:

In recognition of our noble cause we feel that the newsletter needs an upbeat, catchy name. **We invite you to submit your suggestions as to a title.** The winning entry will be announced in our next publication.

Please send your ideas to simon@downshifting.net.au no later than 30th September 2005.

Remember: We are delighted to hear from you and share your stories in the newsletters or on the website – we hope to hear from you soon.

There are many people who want to find **simpler richer living**. If you know of anyone who would like to do so, send them a copy of this newsletter.

Next Issue:

- ◇ **More Downshifting Tips**
- ◇ **Profile of Downshifting locations**, we have some ideas already but feel free to send us your suggestions
- ◇ **Intentional Communities**
- ◇ **Your Stories**

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