



## **Week Two: The Myth of Scarcity — *What story am I believing?***

“Recognizing ‘enoughness’ is a radical act in an economy that is always urging us to consume more.” — *Robin Wall Kimmerer, The Serviceberry, p. 12*

This week's practice is to become more conscious of our misperceptions about scarcity and enoughness. When do we draw conclusions about what is possible... or impossible... based on assumptions that may not be true? When do we hold ourselves back because of fears that are more imagined than grounded in reality? And when do we withhold what we have to offer - our time, talents, resources, or generosity - because we're afraid there won't be enough left for us?

**The invitation is to question the story before we allow it to determine how we live, what we attempt, and what we contribute.**

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### **Opening Reflection: The Story of "Not Enough"**

We live in a culture that continually reminds us of what we lack, what we might lose, what someone else has, and what we still need to become happy, successful, beautiful, worthy, or secure.

Not enough money. Not enough time. Not enough recognition. Not enough success. Not enough love. And perhaps underneath all those perceived shortages is an even deeper fear: *Maybe I am not enough.*

Robin Wall Kimmerer challenges one of our culture's most deeply ingrained assumptions: that there is never enough, and that our survival, security, and happiness depend upon getting more. She is not suggesting that scarcity isn't real. The myth is not that scarcity never exists. The myth is that scarcity is the fundamental truth of life.

## A. Scarcity

It's important to distinguish among three different experiences of scarcity:

- **Real Scarcity:** When there genuinely isn't enough of something essential. Drought, hunger, limited resources, financial hardship, and deprivation are real conditions requiring real responses. *When scarcity is real, we respond to it. We do not deny it.*
- **Manufactured Scarcity:** When resources exist but are withheld, hoarded, exploited, disproportionately distributed, or made inaccessible. Sometimes our systems create unnecessary imbalance, hoarding or deprivation. *When scarcity is manufactured, we challenge the conditions that create it.*
- **Scarcity Consciousness:** The belief that there is not enough. It becomes a lens through which we relate and interpret life. *When scarcity is an assumption we have internalized, we question the belief.*

### Discussion Questions

1. Think about a time when you experienced genuine scarcity. How did that experience shape your relationship with security, trust, or having enough? Does any part of that experience still influence you today?
2. Where do you see examples of manufactured scarcity in our society? How does fear of not having enough sometimes cause people or institutions to create even greater scarcity for others?

## B. When "Not Enough" Becomes Our Way of Living

The story of scarcity doesn't simply influence what we buy. It can shape how we think, relate, and live.

We compare rather than appreciate. We compete rather than cooperate. We accumulate rather than circulate. We protect what is ours rather than recognize what can be shared.

We can have more than we've ever had and still feel that we don't have enough.

Why? Because when *more* becomes our measure of success, the finish line keeps moving.

### Discussion Questions

3. Where in your life do you have enough, yet struggle to experience it as enough?
4. What has the story of "not enough" caused you to do, or kept you from doing? Consider choices involving money, time, relationships, career, or your sense of self-worth.

### **C. Recognize the Cost of “Not Enough”**

A belief is not only something we think. It shapes our choices. The fear of not enough can make us anxious, competitive, protective, controlling, or unable to enjoy what is here. We may exhaust ourselves trying to prove our worth or protect what we own.

And the cost is not only personal. When accumulation becomes our primary measure of security, it can affect what we share, what we waste, and whose needs we notice.

We can become so consumed by what is missing that we lose our capacity to experience what is present.

### **Discussion Questions**

5. When “there isn’t enough” takes hold - in money, time, attention, love, or opportunity - what changes in your body, your mood, and the way you treat people?
6. Has the pursuit of more ever cost you something you already valued... peace, health, time, generosity, or relationship? What did it teach you?
7. Where might your fear of not having enough cause you to hold back something that could benefit another person?

### **D. Enoughness: Freedom From the Tyranny of More**

Kimmerer introduces the idea of *enoughness*—the capacity to recognize sufficiency rather than continually measuring life by what is missing.

Enoughness does not mean settling for less, abandoning our dreams, or ignoring genuine needs. It means questioning the assumption that more is always better.

There's a difference between wanting something more and believing life cannot be good until we have it. There's also a difference between preparing responsibly for the future and living in constant fear of it.

Enoughness is not the end of aspiration. It is freedom from the belief that what we have... and who we are... can never be enough.

### **Discussion Question**

8. Complete this sentence: "I'll finally feel secure, successful, happy, or at peace when \_\_\_\_\_."

What might happen if you questioned the assumption behind your answer?



## Practice for Week Two: Question the Story

This week, whenever you catch yourself thinking “*There isn't enough*” - not enough time, money, support, opportunity, goodness, energy, love, or even “*I'm not enough*” - pause and question the story.

Ask yourself:

1. **What is actually true?** Is there a genuine lack that needs attention? Do I need help, additional resources, or a change in circumstances? Or do I have enough for this moment, even though I'm afraid I don't?
2. **What story am I telling myself?** Have I turned “*I don't have enough right now*” into “*There will never be enough*”? Have I mistaken fear for fact? Have I accepted “*This is just the way it is*” without questioning whether something could change?
3. **What else might be possible?** If I remembered that I am part of the creative, interconnected flow of Life, what might I see differently? What new idea, resource, relationship, or possibility might become visible?

**Then take one small step grounded in what you discover.** Perhaps it's asking for help, recognizing what is already enough, challenging an old assumption, or opening yourself to a possibility you hadn't considered.

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