

# MORE THAN MONEY

Timeless themes & personal stories | Exploring the impact of money in our lives

Archive Edition

## How Much Is Enough?

### *More than Money*

Exploring the personal, political, and spiritual impact of wealth in our lives

ISSUE NUMBER 4

HOW MUCH IS ENOUGH?



#### INSIDE:

- \*Personal stories of how much is enough
- \*In the spirit of generosity
- \*The Savoring (fiction)
- \*Providing for a secure and enriched life
- \*How much is enough?
- \*Can we ever have enough?

#### Coming in the Next Issue:

"Money and Couples"

Submissions welcome by  
August 1, 1994



#### Digging for the Truth...

About How Much is Enough

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I was stunned by her insecurity, given that she received a family fortune of over 10 million dollars. Yet I had to admit that while my assets are far less than hers, my emotional situation is not all that different. I have more than enough for now...

but will I have enough in the future? What can "enough" possibly mean in such an uncertain world, and in a country where the economic safety nets are terribly inadequate?

I spend what sometimes seems an absurd amount of time figuring taxes, planning investments for my son's education, balancing checkbooks, researching mortgage refinancing, seeking some degree of control and security. Yet even if my family and I are doing okay, what does "enough" mean when others I love are struggling? If a close friend who says he can't afford health insurance gets in a car crash, won't I want to help pay the hospital bills? And what about the rest

of the world, where the average person's income is around \$2,000 per year?

These are the kinds of questions we explore in this issue of *More than Money*. What steps have people taken—practically, emotionally, politically and spiritually—to create a sense of enough in their lives? And if they have "more than enough," what's the sensible thing to do with their surplus? We hope the issue inspires you to reflect on your own sense of scarcity or abundance, and to craft a more meaningful financial life.

We expect the 1990's and early 21st century will bring some extraordinary changes, and we deeply believe those of us with surplus have the opportunity to play a special role in easing a critical transition to a sustainable and fundamentally more just society. What would change, if each of us learned to experience having enough, moment by moment, day by day?

It is our fervent wish that one day even the most wealthy will let go of their individual pots of power and security and invest fully in the common good.

— Christopher Mogil, for the editors

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Issue 4, August 1994

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**BOLDER  
GIVING**  
Give more. Risk more. Inspire more.

## Welcome to More than Money Journal

More Than Money Journal, published quarterly from 1993-2006, was one of the first public forums where people shared personal stories about the impact of wealth on their lives. Groundbreaking for its time, each issue is filled with examples of ordinary people struggling to align their money and values in their spending, investing, giving, legacy, and relationships. The themes and stories in these journals are timeless and ring as true today as when they were first published.

More than Money Journal was a project of More Than Money Institute, a nonprofit peer educational network that touched thousands of people through its publications, presentations, gatherings, journal discussion groups and individual coaching. When More than Money Institute closed in 2006, its founders Anne and Christopher Ellinger (whom you'll see in More Than Money as Anne Slepian and Christopher Mogil) went on to launch another initiative called Bolder Giving. Individual articles from the journal were archived online with the Project on Civic Reflection.

Today, Bolder Giving is thrilled to be able to offer full back issues of More than Money Journal as a resource for families with wealth, philanthropic advisors, and all those exploring the impact of money in their lives. On the Bolder Giving website you can download issues individually.

Online, you can also order beautiful bound copies where 6-10 issues of the journal are compiled by theme:

- Giving
- Lifestyle, Spending & Investing
- Money and Values
- Children and Inheritance
- Money and Identity
- (See full listing on back page of this journal)*

We hope that More than Money Journal brings you fresh ideas for aligning your money and values, and that you use the stories to start conversations with your own clients, family members, and friends. (Note: We have removed many last names from the personal stories in the journals, to protect the privacy of those who gave us permission before the days of internet).

## About



More Than Money Journal roams the full territory of money and values. Bolder Giving has a more pointed mission: to inspire and support people to give at their full lifetime potential. A national, non-profit educational initiative, Bolder Giving invites you to help create a culture of greater generosity and to take your next step in becoming a bold giver.

At [www.boldergiving.org](http://www.boldergiving.org) you will find interactive tools and resources to help you explore three ways of being bold:

- Give More:** explore your lifetime giving capacity.
- Risk More:** step beyond your giving habits.
- Inspire More:** spark conversations about bold giving.

### Bolder Giving's resources include:

**Stories of Inspiration-** The Bolder Giving website features stories of over 100 remarkable givers who have given at least 20% of their income, assets, or business profits. We host monthly teleconferences and web chats for informal conversations with these bold givers. Bolder Giving's stories have been featured widely in the press - on CBS and ABC evening news, in People and Inc. Magazines, The Chronicle of Philanthropy and elsewhere - and speakers are available for presentations and media interviews.

**Support for Donors-** Bolder Giving provides giving tools such as personal coaching, referrals to donor networks, workshops, the Bolder Giving Workbook and other publications, and a content-rich website. Please see the list of publications in the back of this magazine.

**Resources for Advisors-** Bolder Giving offers presentations, workshops, and publications for fundraisers, financial professionals and philanthropic advisors.

We invite your participation and support.

Thanks to the financial support of a few foundations and many individuals, Bolder Giving is able to offer free downloads of More Than Money Journal on our site. If you receive value from this publication, we invite you to donate online or contact us to explore ways of being involved as a donor, partner, or volunteer. Bolder Giving is a 501(c)3 tax-exempt organization, so all contribution are fully tax-deductible.

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# More than Money

Exploring the personal, political, and spiritual impact of wealth in our lives

## ISSUE NUMBER 4

## HOW MUCH IS ENOUGH?



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— Christopher Mogil, for the editors

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## ***More than Money***

is a quarterly publication written for people questioning society's assumptions about money, and particularly for those with inherited or earned wealth seeking a more just and sustainable world.

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Eugene, OR 97405

Mailing lists remain  
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All subscriptions to *More than Money* include membership in the Impact Project, a non-profit organization assisting people with financial surplus to take charge of their money and their lives.

### Editors

Allen Hancock  
Christopher Mogil  
Anne Slepian

## **Prayer for the Times to Come**

I pray that we find our way to life.

May we honor those bearing the pain,

May we raise up those striving for health, balance, freedom

May we discover together how to prepare for the Changes to come

Learn how to care for the wounded,

how to cleanse the toxic waters, air and land,

how to make decisions together that respect each one's voice,

how to mind our children's children's children's needs

as well as our own,

Learn how to share as if we cared as much for each other

as for ourselves

And then, finally, we will have enough.

— Christopher Mogil

## **Letters to the Editors**

### *Thanks and No Thanks*

A friend gave me a copy of the latest issue of *More than Money*. It was amazing to read—for the first time in my life I didn't feel alone. Are there conferences for people with wealth who are interested in what they can do to help this planet? Please let me know. I'm glad to have found out about you guys. Thanks a lot!

— Nancy Miller  
Boulder, CO

*Yes, there are conferences like these in many parts of the country. Contact the Impact Project office for more information (617) 648-0776.*

I was extremely disappointed when I received the first two issues of *More than Money*. Instead of teaching people about hard choices and the fiduciary responsibility that comes with dealing with money, I found these issues to be a cry-baby's excuse to feel better by giving money away to worthless causes. I wish you luck in future issues, but honestly do not think your magazine will survive as is.

— Alan E. Petsche  
Arlington, TX

We so much enjoy and look forward to *More than Money*. We find it thought-provoking, motivating, sensitive, hu-

morous, helpful, and more. We appreciate the time and energy and thought you and your colleagues put into it. *More than Money* is a winner — we're so glad it exists!

— Claire and Roger Ash-Wheeler Dartmoor, England

I have been following with interest the backlash against Dr. Dough. I work with our church on stewardship education, and the humour around money issues I see in church journals almost always puts someone down. While Dr. Dough is in the context of a journal that actually tries to help people with these issues, it inevitably hits some tender areas in people who may have been bruised on this score. The rest of us, who may never have felt targeted by money humour, laugh.

I have looked virtually in vain for cartoons which are sympathetic both to the giver and the fund-seeker. John Lapham's drawings (in *More than Money*) are the only ones I've seen that deal with money in a friendly manner. I think you're all doing a fine job of getting down to the nitty-gritty, asking all the right questions that nobody will generally talk about.

— Leueen MacFarlane  
Toronto, Canada

# Personal Stories

## Do You Have Enough?

We asked dozens of people whether they had enough, and why or why not. While what follows demonstrates the range of responses, we especially included stories from folks who do experience “enough-ness,” as that tends to be the less-often heard voice in our society.

### Insecurity “Wired-In”

Like many people in my generation (now 50-75 years old), my childhood was filled with stories of bank failures and lost jobs and *Life* magazine’s pictures of the armies of homeless. As money was the symbol of security, I worked hard, started a business, bought a house, saved and accumulated.

Eventually my consulting business made more each year more than my father earned in his lifetime as a civil servant. Yet I never had enough to make me feel truly secure. My recurring bad dream was to become a messenger carrying envelopes to offices like mine, all dressed up in my frayed three-piece suit and probably talking to myself—reduced to the male equivalent of a bag lady.

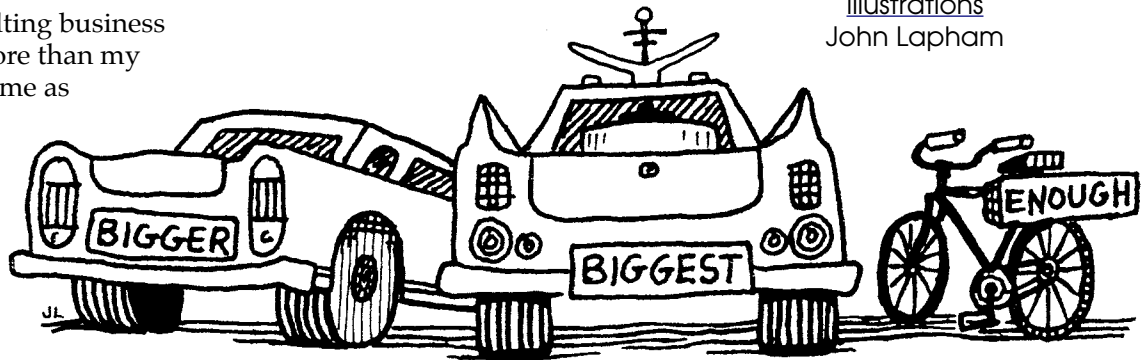
Fortunately, I’m beginning to pay less attention to the demon who whispers that it might all go away tomorrow. I can’t deny that those Depression-era emotions are firmly wired in me, but I’ve learned to accept them as part of me just as I accept having blue eyes. Living *with* those fears doesn’t mean I have to live *by* those fears.

I have learned even to be amused by their incongruity: can you imagine this man the banks call a “high-net-worth individual” driving two miles on a local road to avoid one highway toll booth? Yet, there is progress. Last time I paid the toll and only winced a little.

— James J.G., Ph.D.  
Founder, Center for Family Legacy

### Wealth is Time

I followed the commands of my conscience over 20 years ago and decided to live on what I determined was my “fair share” of the world’s resources. I was a university sociology professor at the time, and I was able to research the average global per-capita income.



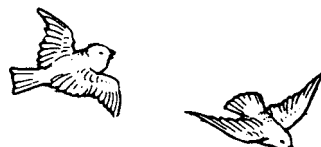
Illustrations  
John Lapham

This year, my budget is about \$1960 a year (or \$160 a month) and, for me, it’s more than enough. I live in a 12-foot camping trailer and pay just for the ground it sits on, electricity, water, and garden space. I set some money aside for medical emergencies, and 20% of my income goes towards what I call “reparations.” (That’s my word for the debt we owe to people in other countries for living in a society built off the exploitation of others.)

My time has been liberated—my landscaping and carpentry work covers my living expenses in about 10 hours a week. To me that’s real wealth—to have time.

— Charles G.

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## More than Money

Issue #4  
1994

### Consultants for this Issue

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Cindy Kartch  
Ariel Lublin  
Martha Sibert  
Rob Wessel  
Betsy Wright

### Themes for Upcoming Issues

Issue #5 (Fall '94)  
Money and Couples

Issue #6 (Winter '94-95)  
Outrageous Acts with  
Money

Issue #7 (Spring '95)  
Money and Spirit

Issue #8 (Summer '95)  
To Spend or Not to Spend

Issue #9 (Fall '95)  
Money and Children

We welcome submissions to any of these (please note that the schedule is tentative and may change)

Summer 1994

“Remembering so much of humanity is struggling for a roof and a pair of shoes keeps me honest about my relative wealth.”



To explore these ideas further, see *Enough is Enough: A Biblical call for Moderation in a Consumer-Oriented Society* by John Taylor (1977, Augsburg Publishing, Minneapolis)

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### The Freedom of Youth

I experienced having enough as a young adult by limiting my desires, paying very little attention at all to how much I had, earned, or spent. What glorious freedom! When I traveled I could carry everything on my back and stick out my thumb and get a ride.

Now, two decades later, I am extremely conscious of how much I have, earn, and spend. My sense of having enough comes from seeing my budgets balance and knowing that I'm conscientious. This work allows me permission to indulge many material desires, but I sometimes miss the lightness of my earlier way of being.

—S.A.

### So Many Children

Oh yes, for me personally I have enough. But my life's work is trying to find support for the orphans in Cambodia. I am now \$850,000 in the hole

from doing this but I'm not really worried—I have several houses I'm not living in which I could sell to cover the debt. How much would be enough? \$200,000 a year more? No, really, there's no limit. I could put the Pentagon's budget to great use, easy!

—Daniel S.

### A Matter of Perspective

My partner and I both work 40 hours a week and each month we have just enough to pay the mortgage and daycare, save for essentials like retirement, our son's education, replacing our car, and to buy both basic things we need plus a few pleasurable extras. Every once in a while my vision widens, and I think, "Whoa! I might feel like we don't have much surplus, but income-wise, I'm in the richest 5% of the world!" Remembering so much of humanity is struggling for a roof and a pair of shoes keeps me honest about my relative wealth.

— Anne W.

continued

## In the Spirit of Generosity

### The Theology of Enough

We were struck by a section of *Enough is Enough: A Biblical Call for Moderation in a Consumer-Oriented Society* that explores the relationship between the experience of personal abundance and sharing your plenty with others. In it, author John Taylor seeks to define a "theology of enough." He quotes a passage from the Old Testament that appears to offer a strikingly incongruous message:

"When the journey [to Jerusalem] is too great for you to be able to carry your tithe [of food], then you may exchange it for silver. You shall tie up the silver and take it with you to the place which the Lord your God will choose. There you shall spend it as you will, on cattle or sheep, wine or strong drink, or whatever you desire; you shall consume it there with rejoicing, both you and your family...(Deuteronomy 14.24-27).

What? Is the Bible encouraging us to take the tithe that was suppose to feed the poor and give ourselves a spending

spree (albeit as a thank-you to God)? Bizarre! But Taylor believes the message of this passage is that generosity to those who are less fortunate goes hand in hand with generosity to oneself. "Such spontaneous, lavish, celebration is the absolute opposite of the greedy spirit of grasping, hoarding, exploiting and turning everything back into greater profits."

Whether or not you agree with Taylor's Biblical interpretation, we found the point provocative. We agree that learning to take good care of ourselves is an essential, supportive factor in being able to say "enough is enough." But how discriminating are we, in a culture that extols spending money as the way to be good to ourselves? Do we carefully notice when extravagances feel deeply nurturing, and when wasteful? And is there really a direct relationship between what we spend on ourselves and what we give to others, or are they independent choices? What do you think? •



## Trapped by a Lifestyle

**F**rankly, I don't feel I have enough. The value of my home and my other real estate investments dropped 40% after the Los Angeles recession in real estate. I was shocked to realize my wife and I were spending at the level of \$250,000 a year. I like to think that I am kind of average—not one of those lavish lifestyle people—but I see how much I am in denial. I feel insecure because I don't know if I can keep earning this much, and besides, I don't want to.

I'd like to leave behind the push to make money and go back to becoming a teacher again, or to do something else really service-oriented. If I did that, I couldn't support our big house with maid and gardener any longer. I feel kind of trapped now. But you know... I'm sure I could become comfortable again with a house half the size. Doing that—selling my house and moving to a more modest home—just might be my first step to greater freedom.

— Ron B.

## More Wishes than Money

**N**o, I don't have enough. I would like to buy more clothes, more purebred cats and a big white bird... I would like to fly first class around the world staying in the best suites at the best hotels, and open seven-figure bank accounts randomly at banks that intrigue me.

I need at least \$75,000 to live on. If I had \$5,000,000 I might feel I had enough—or at least I'd feel calmer. But then again, if I had that much maybe I'd start to obsess about something else. I'd like to give a million dollars to animal rights organizations, but I wouldn't feel comfortable giving away that amount until I had ten million.

I don't think anyone should have over \$200 million, because it turns into monopoly money and becomes meaningless. When you have a lot of money and you can do A, B, and C, all you want to do is D. You have the same problems, you just develop more expensive solutions.

— Alison B.

## Thanks to the IRS

**B**asically, the IRS tax schedules determine how much is enough for me and my family. Once I learned that 50-60% of federal tax dollars goes towards organized murder (which some call the "defense budget") I couldn't in good conscience pay federal taxes. So I decided to adjust my income so it was just below the taxable amount according to the tax tables. (I preferred this choice to refusing to pay, which risks future collection including penalties and interest.) My wife, three children, and I were able to live very comfortably at this level in rural Maine—in part because tax laws permitted my parents to pass \$20,000/year to us as a non-taxable gift.

Even living at this income I enjoy wonderful freedom and opportunities. Yet I long to do more about increasing equality in the world, and am exploring other steps to take: perhaps making an equal donation for the amount I spend on luxuries, or supporting a working class person at the same income as myself... My anger and sadness about the military budget has been a helpful fuel for my life. I am grateful for the motivation to live more simply, and to put the wealth to use rather than holding on to it till I die and pay heaps more taxes.

— David D.

## Erratic Money

Some of my friends think I have a lot of money, but I earn it all through unpredictable freelance work. When I was younger I enjoyed the excitement of not knowing when my next paycheck would come in, but now I hunger for more stability. It no longer feels like "enough" to be well-off sometimes and other times on the edge.

— F.S.

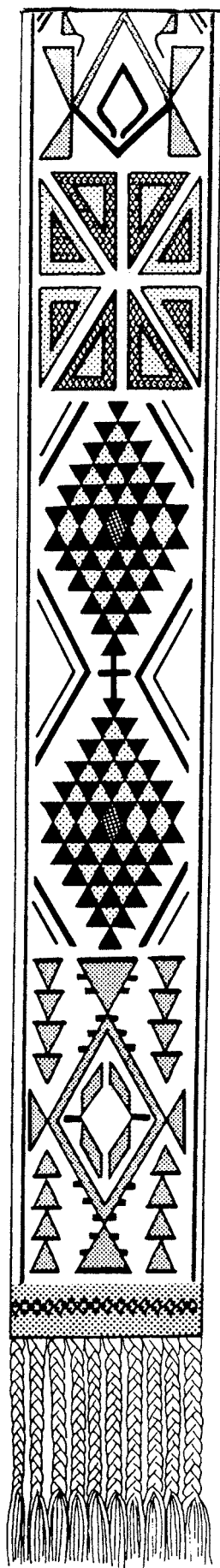


Well, I'm afraid we keep our income just below taxable levels, but do come in anyway—I've just baked some cookies!

## The Real Question

*For me the question is not "Do I have enough?" I have absurdly much, but it never feels enough because I don't feel like I am enough.*

— M.L.



## The Savoring

Fiction

*One day in the perhaps not-too-distant future, when our culture supports each person to discover just how much is enough...*

After closing her eyes, she still saw the peaches, plump and glowing before her on the market table. Cynthia whispered aloud the words she always tried to remember before buying anything. "Would this bring goodness to our lives? Do we truly need it?" She pictured their little one, Elijah, squealing with the juice running down his chin onto his T-shirt with the lion picture on it. Yes, those peaches would be great! But (sigh) before buying more fruit, they should use up that basket of oranges she had bought with Mirabai a couple of days ago.

Ucchh! Cynthia recalled the last late-night "talk" she and Mirabai had about their spending differences: "Mirabai, you're just stingy!" "I'm not stingy, I'm careful! But you, Cyn, you're like a child, getting swept away by wanting things that later don't mean a thing!" Finally, they had agreed they were past due for a Savoring. Most households had one every two to three years, but Mirabai and Cynthia had been putting it off for seven. Scheduling the ceremony had at last brought some peace to the household.

Hurrying from the market, Cynthia took an eager bite from the single peach she had bought. It was dry and mealy, and she smiled wryly to herself. Yes, it is time. I need the help of those who love me to look carefully at all my possessions and at how I spend my life. I'm glad the Savoring is tonight!

Back home, before the guests arrived, she walked slowly through the plant-filled house. Today it looked beautiful to her eyes, but in daily life she hardly noticed. How odd, she thought to herself looking at some of the wall hangings she herself had woven years before. I used to love these, but would I even blink if they disappeared one by one? Last week she had been grumbling about the Savoring, feeling it was Mirabai's way to force her to give up things she didn't want to let go of. Now, a small cloud inside her moved aside: Mirabai is right, I need to let go. I just don't have to like it!

When dinner was over and the dishes washed, Cynthia, Mirabai, Elijah snuggled together on big cushions in a room luminous with candles. Friends arrived, forming a big circle in the room. When all were present they held hands in silence, and Cynthia and Mirabai and Elijah stepped into the circle. Their friends sang each of their names three times, and the harmony and power grew with each repetition. Elijah eyes opened very wide with awe and whispered, "They're singing for us!"

Together, Cynthia and Mirabai held up a giant rose-colored glass brimming with fresh-squeezed orange juice: "Thank you, friends, for coming to share this Savoring with us. We ask your help to savor what is good and sweet in our lives, and to let go of what no longer serves us." Mirabai smiled sweetly at Cynthia and said solemnly to the gathering, "Lately, Cyn has helped me realize that I am often too tight with myself and with her. I look forward to your help taking better care of myself." Cynthia was speechless, and so said nothing.

Alejandro stepped into the middle. "Mirabai and Cynthia asked me to help guide our work together, tonight and tomorrow. ...What Elijah? Yes, you can play outside—Johor agreed to go with you ... Have you all read the summary of issues they sent you last week? Yes? Then let's begin by celebrating what has fed and sustained you." Cynthia and Mirabai told stories about what was feeling solidly nurturing in their lives, with friends chiming in appreciations of the determination and vision it took to build healthy lives. At times Cynthia broke into tears, it felt

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*We ask your help to savor what is good and sweet in our lives, and to let go of what no longer serves us.*

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so healing to be recognized for her strengths rather than faulted for her shortcomings.

An hour or so later, the discussion drifted naturally to what had become challenging in their lives. "Mirabai, you need more space in your life to renew and enjoy yourself," Alfie told her. "You've said you long to spend more than one afternoon a week with Elijah, and you've wanted to practice the drums, but you can't do that if you are working 60 hours/week."

"But Alfred, the city is depending on my finishing that research for the whole public transport system upgrade next fall!"

"Sure, sure, Mirabai, everyone knows you are the most rigorous scientist on the team. But we can do just fine if you worked 33 hours/week like everybody else. Remember if we get behind schedule we can hire another person for the team; it doesn't mean it falls on you!" After more discussion, Mirabai decided to try out a new schedule for the next month to see how it felt. "I can't believe I'm sweating with fear about cutting down on my work! But I can't wait to try it!"

"Cyn, love," said her friend Judith, "you have the opposite block as Mirabai to your savoring your life more fully. You've just described how your life is so scattered because you try one thing after another, and you never focus."

out and Alejandro had written their decisions down to remember later, Cynthia and Mirabai held up another goblet for a toast to the gathering. The pomegranate juice burned like liquid rubies in the soft light, and all drank....

The next morning, three friends came back to guide them through the Savoring of their possessions. "Tis a gift to be simple, 'tis a gift to be free...." They sang the

old Quaker song outside their front door. "May we listen deeply to ourselves, to discern which possessions nourish us and which can go on to nourish others." They opened the door. "Let's start in my room!" shouted Elijah, tugging their arms. He showed them which toys he loved most and then proudly chose an armful to say farewell to.

Throughout the day they looked through every room including every drawer and closet, from basement to attic, telling stories as they went. "My first love gave me this ring in high school. Yes, I want it still." "Cyn, do you remember when your Mom gave us this, you swore you'd put it in the trash right away? That was 10 years ago!" Friends claimed a few special items to remind them of

"Hey," Cynthia replied, "I would love to find something that I'm really good at, like Mirabai is with her research. I am dying to find the place where I can make the biggest possible contribution."

Mirabai looked at her sadly and tenderly. "Cynthia, you're too hard on yourself. You have so much to give. I agree with Judith. I think you need to pick one area and stick with it long enough to really give yourself a chance to get good at it. Is there something you would feel drawn to explore in this way?"

"What would I want to do if I didn't have to prove anything to anybody?" Cynthia fell silent, her mind wandering to her mother's comment last week: "You must be proud to live with such a talented scientist!" Cynthia's cheeks had burned as she thought bitterly, "and how ashamed you must be of your do-nothing daughter!"

Shaking herself into the present, Cynthia spoke aloud what she hadn't the nerve to admit before: "I've got to do what is right for me and not compete with Mirabai. Why don't I stick with things? Because I don't like them enough! If I did what I really wanted to do, I think I'd ditch the gross medical classes and all the rest of it, and I...I... think I would work with plants. I don't know, I mean I love being outside and seeing things grow. I love the magic of the vegetables and fruits growing."

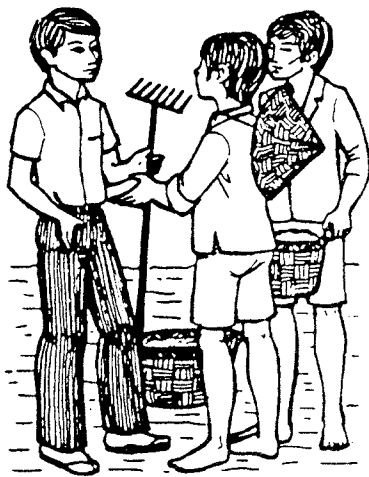
A while later, after all their next steps were spelled



Cynthia or Mirabai and of the Savoring: colorful blouses and skirts, thumb-worn books, old beach shells, a big painting Mirabai had made in younger days. Judith took home four boxes of assorted stuff that nobody wanted, from pots to clothes to books, to bring the next day to the Swap Room at the Community Center.

When they went to bed that night, Cynthia kissed Mirabai and welcomed her into her freer life, and Mirabai kissed Cynthia and welcomed her into the time of discovering her power. And they went to sleep. •

— Christopher Mogil and Anne Slepian



### Bulletin Board

Members of older generation wanted who have had good experiences with heirs in estate planning, for much needed book of case studies. James J. Gallagher, PhD., Center for Family Legacy, 3636 Paradise Dr., Tiburon, CA 94920 (415) 435-3406

We'd like to build the Impact Project's file of socially conscious financial planners. Please tell us of people you've worked with and respect! Write: The Impact Project, 21 Linwood St., Arlington, MA 02174

## Providing for a Secure and Enriched Life

### Do You Have What You Need?

What are basic human needs? There is certainly middle ground between "I need enough to fly around the world first class" and "all I need is bread and a bed." The following survey is our attempt to outline that middle ground, to list items that might form a rational basis for determining sufficiency. When we tried this exercise ourselves, we were surprised that we ranked several items (such as clothing and health care) as simultaneously inadequate and ample in our lives. Try it—you may gain some unexpected insights. Do you have what you need? Write the numbers that best describe your experiences on the line beside each item.

1= none 2= inadequate 3= adequate 4=ample 5= excessive

#### Immediate Priorities

- |   |   |
|---|---|
| <input type="checkbox"/> Secure housing and utilities       | <input type="checkbox"/> or children)                                 |
| <input type="checkbox"/> Safe & healthy surroundings        | <input type="checkbox"/> A retirement fund                            |
| <input type="checkbox"/> Nutritious food                    | <input type="checkbox"/> Disability insurance                         |
| <input type="checkbox"/> Medical care                       | <input type="checkbox"/> Life insurance                               |
| <input type="checkbox"/> Clothes for each season            | <input type="checkbox"/> A current will                               |
| <input type="checkbox"/> Transportation                     | <input type="checkbox"/> A health care proxy                          |
| <input type="checkbox"/> Money for daily supplies and bills | <input type="checkbox"/> Clear financial goals and a way to meet them |
| <input type="checkbox"/> Others:                            | <input type="checkbox"/> Others:                                      |

#### Short-to-Medium-Term Priorities

- ☐ Secure and satisfying work
- ☐ Money for tax and debt payments
- ☐ Savings for predictable expenses (e.g. car repair)
- ☐ Money for extras ( gifts, travel, arts)
- ☐ Savings for unpredictable emergencies
- ☐ Health insurance
- ☐ Vacation from work
- ☐ Others:

#### Long-term Priorities

- ☐ Decent education (for yourself and/

#### Intangibles

- ☐ Opportunities for personal growth
- ☐ Spiritual practice
- ☐ Sense of belonging (to family, friends, community)
- ☐ Freedom to express ideas
- ☐ Nature/Beauty in daily life
- ☐ Sense of meaning and purpose
- ☐ Others:

## How much *is* enough?

### A Rich Person's Process

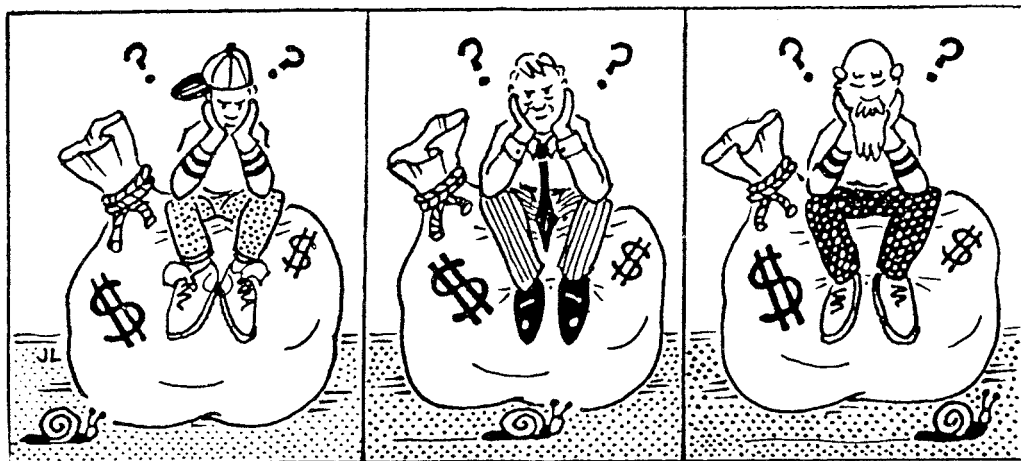
We were moved after seeing a recent major motion picture about the transformation of a rich man who comes to mobilize his privilege to protect others. At the end of "Schindler's List" the protagonist, who had saved the lives of 1200 Jews from the Nazis, cries out in grief and horror as he realizes how many more lives he could have saved with his money. 'This gold pin,' he exclaims as he tears it off his jacket, 'that could have been another two lives right there!' What will it take, we asked ourselves after the movie, for the life-saving power of our wealth to become real to us, as it did for Schindler?

Most of us suspect we have more money than we need. We know deep inside that the assets we're sitting on could be of enormous benefit in the wider world—they truly could save lives. But because we haven't done the work to figure out what our needs really are (and what "need" means to us)... because we haven't sorted out the complex emotional issues involved in letting go of the wealth... because we can't bear the pain of acknowledging the devastation affecting millions in our

*continued*

world right now... and because we don't have the support to make figuring all this out do-able in our lives... we continue to sit on excess money decade after decade.

If you're in this category but long to snap out of it, we've outlined a process that will get you there. We acknowledge that many of these steps may be challenging for both practical and emotional reasons. See the article on the giving alliance for one image of support for this process.



### Phase One: Calculate your financial surplus.

#### **Determine your ongoing needs.**

Figure out how much income you need to live at your current lifestyle (or at the lifestyle you want.) How much do you actually spend? How much of your assets do you need to produce that income, or to back up your earned income?

**Plan for emergencies and long-term goals.** How much money do you need to have available for these? Think in depth about all your concerns (children's education, disability, retirement and old age, special medical care not covered by health insurance...) and all your dreams (homes, travel, gifts...) To price them out you would need to get very specific. For instance, does "buy a house" mean a 20% down payment on \$100,000, or \$1,000,000? If you like, add 20% to your total, for leeway.

#### **Plan what to leave your dependents.**

If you have dependents and want to give them assets (when you die, or before) think very carefully and practically about what you want to enable in their lives. Does "provide for children's education" mean four years at a state college or eight years at an Ivy League

school? If it's "freedom to do work they love," do you mean a year or two of financial slack for extended job-hunting, or not having to make money for the rest of their lives? Are other relatives already leaving them money? If so, find out how much. Do you feel obliged to make them as rich as you, and, if so, why? Are there ways you are confusing money with love or happiness? Decide how much you want to leave your dependents and how.

**Determine your surplus.** Based on the above calculations, figure out how much (if any) of your money could you reasonably call "surplus." Take into account whatever yearly appreciation on your wealth you have above inflation. A note to the less wealthy: it may seem incredible that anyone would have money left over, or that people wouldn't have thought this out already, but believe us, both are often true.)

### Phase Two: Put Your Surplus to Use

**Examine your fears.** Consider what you would like to do with some or all of your self-defined "surplus." What feelings and concerns arise when you

For help recognizing and releasing the personal issues that block success, see *Pro\$perity is an Inside Job!* by Joan Sotkin (22692 Napoli St. Laguna Hills, CA 92653). Emphasizes that prosperity is a state of mind, not a financial condition.

*"Knowing what is enough is an evolving process. It changes as you age, and as your family changes. Many people go through cycles of accumulation and letting go."*

*"Enough" is when you're clear about your personal goals and are working towards them. If you don't know what those goals are, there's never enough."*

— Sharon Rich,  
certified financial planner  
director of Womoney,  
Belmont MA





***Ask friends who have less money than you how they create security in their lives.***



For practical assistance with these steps, consult a financial planning workbook (many are available) or ask your accountant or financial advisor for help. The Impact Project (at 617/648-0776) may be able to refer you to sources of practical and emotional support.



***More than Money is now read by more than 500 people. We would appreciate your help in our growth by sharing a copy with a friend, relative, or a client.***

continued from page 9

ask yourself what uses of these resources would most delight you? Fears for your current safety or your well-being in old age? For what family would think? For lost opportunities or a shift in identity? Pay attention to all your thoughts and feelings. Create a safe place to explore them—for instance, in a journal, with a partner or friend, in prayer, in a support group, or in therapy. Which of your concerns do you respect and which not? Examine ways to address each fear.

***Take practical steps towards increasing your sense of security.*** If you had less surplus to rely on might you want disability insurance? life insurance? nursing home insurance? Ask friends who have less money than you how they create security in their lives.

***Explore how you could use the money to better society.*** What are your passions? Who's doing effective work on the problems you most care about? Get advice from people and organizations that are informed about your areas of concern.

***Give away part or all of your surplus.*** Even before you have figured out exactly who you might give to, you can set up a donor-advised account through an existing foundation. Give now, claim your deductions, and figure out the specifics in the coming few years (you can take the tax deductions for up to five years).

### Phase Three:

#### Engage in a Process of Simplifying Your Life.

Phase One assumed your current lifestyle. But you probably know that the "global consumer class," those of us in the top fifth of the world's economic

ladder, consume far more than the earth can sustain.

Whether your reasons to simplify are ecological, spiritual, humanitarian, or just practical, we encourage you to join efforts to move our society towards appropriate levels of consumption. For most of us, this is not a "quick fix," but a step-by-step process of changing ourselves both inside and out—a process that may continue throughout our lifetime.

***Create ongoing support.*** Connect with others who agree with this direction in your life, and build in systems which will give you regular encouragement. Create time in your life when you can listen to your deeper self.

***Build non-material forms of security.*** Financial consultant Michael Phillips believes some of the best investments we can make to prepare for old age are non-monetary: investing in our emotional and physical health, building a mutually-supportive community of friends (especially with young people, who keep our minds open and flexible), and becoming the most interesting people we can be.

Other sources of non-material security include developing practical skills, work we'll always love doing, a sustaining spiritual practice, and intimate relationships (including family). In the long run, these sources of security can lessen over-dependence on wealth.

***Take steps to consume less.*** Small steps may eventually add up to big changes—in how you eat, work, play, travel, teach your children, and experience life.

### Phase Four:

#### Repeat

Repeat phases one and two, as your values and financial needs change. •



# The Power of Numbers

"The Giving Alliance"

There are many reasons most of us are not motivated to go through the steps of figuring out what we need and what is surplus, even if we think it is a good idea. It's hard to get excited about doing something that sounds tedious and a lot of work, especially if there are no apparent repercussions for not doing it. To address this, the Impact Project came up with the following fantasy, which excites us because it is based on building a strong foundation of mutual support and aims to have a significant impact.

What if those of us interested in going through the practical and emotional process of defining our financial surplus formed a network? Let's give our network of visionaries a name...say... "the Giving Alliance." Alliance members would support each other—through

phone calls, discussion groups, computer network conversations, or whatever works for us—to figure out our financial needs and goals and not get lost along the way.

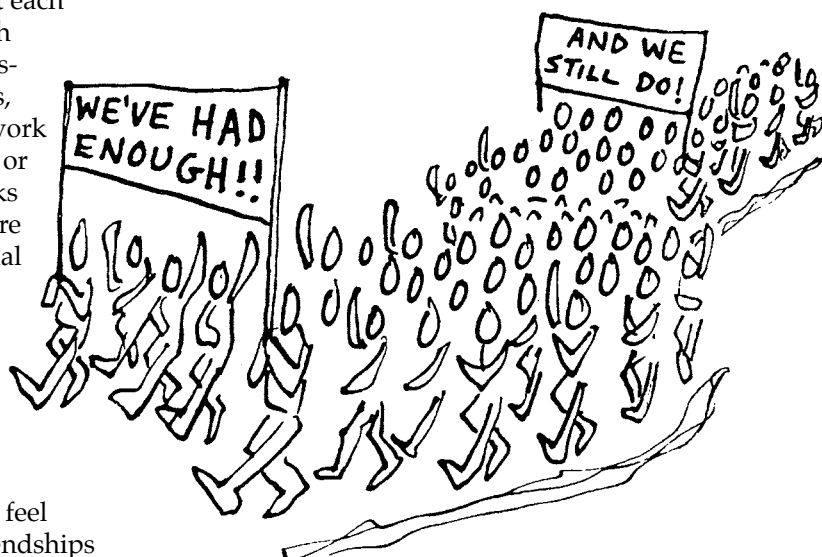
Those drawn to this cutting edge wouldn't feel alone; new friendships could blossom through the exchange of ideas, resources, solutions to dilemmas.

What if a conference brought many of us all together—50 or 100 or more people from across the U.S., Canada, Great Britain? While Alliance members of course would be free to make their own decisions about their self-defined surplus, perhaps some members with common interests would get excited to pool a portion of their surplus. It would amplify the power of their giving: where one member might have \$100,000 to give away, a "pool" of 15 members

might have several million, and a pool of 100 might together have 100 million. They could be nourished and energized by giving in community with others.

Some pools might choose to give solely through existing progressive foundations. Some might want to invite non-wealthy friends and activists to help give away the money. Others might experiment with mutual-aid funds to increase the financial security of hard-working world-changers or offer venture capital to high social impact businesses.

Maybe even 50 or 100 members could establish a set of common goals and manage a large-scale experiment. For instance, 5% of the large pool could go to an emergency aid fund for members of the



pool as a kind of alternative insurance; an equal number of non-wealthy activists could also be sponsored as aid fund beneficiaries; 50% could be given away to existing progressive foundations; and so on...

An alliance like this would engage the vision, creativity, and boldness of its members and provide an inspirational challenge to the wider world to re-examine the uses of wealth. •



Does "The Giving Alliance" sound exciting to you? We want your help developing this wild idea—we expect it will go through many evolutions and much refinement from many people before anything is implemented. Which aspects attract you, which not? What might make it worth your while to participate? Do you know of others who might be drawn to explore this? If any of this attracts you, please call The Impact Project at (617) 648-0776.



### Developing “Enough-ness”

The best steps I’ve taken lately to address the internal “enough-ness” scale are a) develop my professional earning power, and; b) begin to accept that I don’t need to buy everything I want in those fleeting moments of deep desire in a store. I am developing memories of the happiness and security I have in joyful times with friends.

Conversely I make myself look at negative spending experiences. I try not to judge myself too much, just to sit with the sense of unfulfillment from a given purchase. Right now I’m thinking of a plum-colored elegant suit I bought under the influence of some vision of a mature, capable professional I saw in the store’s mirror. The vision was nice, but the suit was not needed in my wardrobe and doesn’t fit into my life.

— Miven B.

### With Guidance from God

Growing up in Tuscaloosa Alabama everyone seemed to place a high value on material possessions. I envied my friends with their store-bought dresses and nice cars when I had home-made clothes and my father brought me to school in a truck.

So I set out to marry someone who could provide well and succeeded when I found Millard. By the time we had been married four years I was driving a Lincoln Continental and had so many clothes I couldn’t fit them into a double closet.

But Millard was working 18 hours a day, and eventually I realized I didn’t want a marriage like this. I spoke to a minister I knew well, and with his counsel decided I would try again. Millard flew to meet me in New York City, and we had a painfully honest talk with each other while walking around Rockefeller Center. It was like opening up an infected wound for it to cleanse and heal. We stayed up and cried and laughed and talked all night. We strongly felt the presence of God and received guidance to give away our considerable fortune.

We have had some rough times, but we have never doubted our decision. We moved to the Christian community of Koinonia. After five years there we went to Africa. Three years later, with practically no money, we set up a one-room office in an old house and started Habitat

for Humanity. Over the decades the work has flourished and so has our family.

Of course money increases the quality of life when you don’t have enough, but even with four children we have always had enough for what we really needed. Now Millard and my combined salary is \$55,000—the Habitat board offered us more, but we decided we already had enough.

— Linda F.,  
Habitat for Humanity

### Money as a Mirror for Life

I have more money than I’ve ever had in my adult life. It’s enough for all my current needs and desires, but not enough for my future needs—for a house, a child, and for retirement. But you know, even if I were putting away enough each month for those needs, I know it would never feel like enough. “Enough” could only be if I owned a house outright—no mortgage, and if I had right now all the retirement money I will need when I’m old.

I had a recent insight about this attitude of mine.

I recalled that growing up I was never “done” with my homework until I had completed all the work for the semester. I used to be done months early.

When my mother died, I finally realized what that was all about: my mom was in such crisis all my life, I was always scrambling to get things under control, so that if she suddenly died I’d be OK. That’s what happened—when she died, my homework for the year was done, and I could just deal with my grief.

But this attitude still shapes me. I’m a book publicist, and I never feel “done” with my work until I’ve done as much for a client as I’m going to do for the whole contract. Being on schedule isn’t enough. I think most people’s craziness about money is similar to their patterns in other parts of their life. I’m just lucky that mine are so transparent.

— Gail L.



### Older means Poorer?

My father, the president of a senior center in New York City, shared with me some of his observations of the attitudes of people in his generation. “Because things that used to cost a few cents cost so much

continued



more now, many of us have a sense that there is no such thing as having enough. We cling to what we have out of a sense that what's gone is gone, and there is no more coming in. No matter how much we have, as we age and have greater challenges with our health, we feel in danger of not being able to afford to meet our basic needs. Even when our children are middle-aged, we still want to give to them and not feel like they have to take care of us."

— Ariel L.

### Changes of Fortune

After the great depression my family started a small business. Although I always wore hand-me-downs I never felt poor. When I was twelve my father inherited a little money, which grew over a ten year period in real estate investments, sufficient to support us even though he was forced to retire for health reasons.

In my 20's I got involved with a radical young Jewish man (and, furthermore, didn't get married). In protest my parents disinherited me. That was okay while my lover was supporting me, but when we broke up I was on the street for awhile. It was a very frightening period. Having young children and grappling with multiple sclerosis, I had to learn to accept help. While on welfare I discovered what it was like to get shit from the government in order to feed my kids. I wasn't willing to keep groveling so I gave up welfare. Fortunately, another feminist helped me pay my rent.

Four months after the break up, I made a gesture of reconciliation and my parents stopped waiting for me to clean up my life. They saw I couldn't make it with a disability without their help and reinherited me.

During the '70s and early '80s, I seemed to acquire the proverbial Midas touch—what I touched turned into money. I started a women's publishing house and it paid for itself. I bought a couple of houses and the real-estate values quadrupled.

But the very day that I realized I was rich the plumbing backed up in the elegant four-plex I had just bought. While I waited for the plumber, I was horrified

to see murky water seeping into the hall toward the next apartment. By the time the plumber arrived, I was on my hands and knees with a plastic cup, scooping up someone else's shit. It occurred to me that wealth was overrated as a solution to life's problems.

Since 1965 I have taken one day every week to fast and meditate. This helps me keep perspective on what is necessary in life—bread, water and air—and to be happy I would add a bed and a desk. I thought many times about Jesus' message: if everyone shared there would be neither wealth nor poverty.

I decided to sell all my investments in order to de-rich myself. When I had been on the street the only organization that had helped me was the Salvation Army, so I started giving to them. I also sold two of the properties to current tenants who would never have been able to qualify to buy a home. I continued to shelter street children.

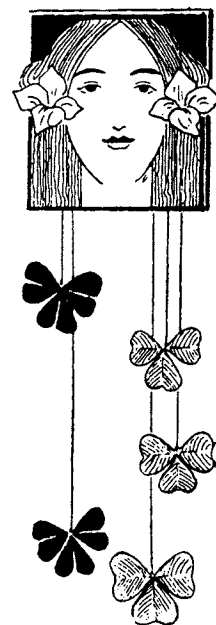
Last year I started a video company making empowering videos for the disabled. Later I heavily mortgaged a house I received from my family in order to create wheelchair-accessible housing. I consistently charge less than the amount recommended by the rent control board.

Friends and family thought I was crazy to give away so much, especially because of my multiple sclerosis. But I don't intend to impoverish myself. I've kept my home and I keep my net income at the level of the median American household income, currently about \$22,500. As an American writer once said, "I've been rich and I've been poor and rich is better!" I appreciate having enough to take care of myself and also to help out others who know the suffering of poverty.

Have I done the right thing by curtailing acquisition? Who knows? I could easily imagine myself getting addicted to accumulation, which probably wouldn't add to my happiness. Work is exciting; I have a beautiful apartment and loving friends. Do I have enough happiness? What's enough?

— Alta •

*"...the very day that I realized I was rich the plumbing backed up in the elegant four-plex I had just bought.... [when] it occurred to me that wealth was overrated as a solution to life's problems."*



*...even the wealthiest people often carry a chronic sense of “not enough.”*

### For Further Information

The Experience of Inherited Wealth: A Social-Psychological Perspective by Joanie Bronfman. (Ann Arbor, MI: UMI Dissertation Information Service, 1987.) A painstaking, honest examination of how wealthy people experience their situation. It focuses on the psychological injuries of how they are treated from a young age, and how the mistreatment plays into the perpetuation of the class system.

What Are You Worth? by Edward Hallowell and William Grace (Weidenfeld & Nicolson, 1989.) A stockbroker and psychiatrist offer financial advice for 17 personality types and suggest how to achieve emotional well-being in relationship to money.

## Can You Ever Have Enough?

*If So, You're One of Few*

When asked, “How much would be enough?” J.D. Rockefeller replied, “Just a little bit more.” While we might laugh at the wry honesty of his famous one-liner, it demonstrates a sad truth: even the wealthiest people often carry a chronic sense of “not enough.” We the editors, believe that this attitude is counter to individual and societal well-being, and that there is a complex web of forces at work—psychological, social, cultural, economic, environmental, and political—which keeps this sense of scarcity going.

they will be met now either. No amount of money can fill this hole—what helps is to heal from those early losses and to develop adult relationships that are nourishing.

*What messages did you get from your family about money and security? What was the attitude of the times you grew up in? Were any of these messages conflicting?*

For example, most people who grew up in the Depression tend to expect scarcity more than those who were children during the economic boom

after World War II. Look at what messages were useful and which ones weren't. Reflect on which messages have been influencing your life, and ask yourself whether you would like to change any of those guiding values.

### Socio-Cultural Forces

Sociologist Philip Slater claims “Our society fails [at providing all people their basic

material needs] only because it has taken on, as its primary social goal, the task of fostering and supporting wealth addiction at the expense of every other human interest or goal.” He says that this continues not only because of the power of the wealthy, but also because the majority of citizens themselves are closet addicts lusting after their chance to be rich.

Perhaps it seems bizarre that one could be addicted to wealth, since it's not a substance you take into your body like alcohol, and, supposedly, it's a good thing. But Slater suggests that it's not what you are addicted to, but how you behave towards yourself and others that makes it an addiction. (The concept of

*continued*

### QUESTIONNAIRE

check one

You have enough when...

- ☐ Your desires equal your ability to fill them.
- ☐ You forget to cash your paychecks.
- ☐ You never have to wear the same underwear twice.
- ☐ You have a million dollars.
- ☐ You have a billion dollars.
- ☐ You wonder if people like you just for your money.
- ☐ You have more than most people in the world.
- ☐ You have more than all your friends combined.
- ☐ You have all the money in the world and everyone else has nothing at all.

Unless those of us with inherited wealth understand these forces and respect the power they have to unknowingly shape our beliefs and decisions, it is easy to either blindly obey them or to blame ourselves for feeling “needlessly insecure.” Here is our attempt to name some of the strands of this web and to suggest ways we can continue the process of disentangling ourselves.

### Psychological Forces

*How well were your needs met in your first few years, emotionally and materially?*

If as a child you learned that your needs couldn't be met, then on a deep emotional level you may not believe



"workaholism" is a parallel example.) As with any addiction, the addiction is something we use to fill what seems to be a lack in ourselves. Our society trains us to be addicts, to deal with stresses and strains by buying or ingesting things, rather than by expressing or getting our lives more in balance. Do you agree with Slater? Do you feel that "wealth addiction" has affected you, your family, and your friends?

*Consider what you know about other addictions. Are there any insights as to how you could loosen the hold wealth addiction might have in your life?*

Our communities have broken down as a result of many forces of modern life (from the greatly increased rates of moving and divorce, to the use of cars to go outside our neighborhoods to meet our needs). Neighborhoods, religious communities, and even families no longer provide as much unquestioning mutual support and safety nets as they once did. In addition, mainstream U.S. culture supports the myth of "rugged individualism," with each person standing on his or her own two feet. In wealthier families, we are often shielded from the reality of needing each other, so our family safety net feels unreal.

*If you were in financial need, could you turn to your family without disgrace? If not, who else might you lean on? How could you build other sources of mutual support?*

Western culture seems to value achievement, drive, and excitement far more than balance. Sometimes unmet

desires are motivating. We enjoy feeling ambitious, eager to create more.

*When does experiencing "not enough" feel pleasurable, and when does it slip over the edge into constant discontent? When in your life has striving felt healthy? When has it felt out-of-whack? How could you move toward a more dynamic balance between striving for more and savoring your life as it is?*

Where religion, religious community, and a centering on spiritual values once provided a widely shared foundation in American life, recent years have seen this focus replaced by an emphasis on the secular and the material. From a spiritually based perspective, quality of life can be defined as living in right relationship with God.

*Where do you tap into a sense of deeper meaning in life? How does your use of time and money help you feel connected to a sense of higher good or higher purpose?*

### Economic Forces

How safe can anyone feel when they are surrounded by poverty? Even though the U.S. is perhaps the richest country in the world in terms of per capita purchasing power, the U.S. doesn't measure up to its promise in terms of how well it takes care of many of its citizens. For example, using a measure of different countries' social and economic well-being developed by the United Nations, the US. was in 19th place, or last among the developed nations, with a poverty rate double that of every industrialized European nation except the U.K.

Moreover, while poverty is clearly a problem in other industrialized nations, their more progressive tax rates and social programs have enabled low-income citizens to live decent lives. In the US. we lack adequate social programs in critical areas: guaranteed health care, job security, equal pay for equal work, child care for working parents, and affordable housing. Currently, one American out of every seven lives below the poverty line. How are you affected by the lack of government "safety nets"?

### For Further Information

Wealth Addiction by Philip Slater (Dutton, 1983.) A provocative, perceptive and entertaining book that analyzes addiction to wealth and how to cure it. Includes eight case studies of very wealthy people and their children.

The Poverty of Affluence: A Psychological Portrait of the American Way of Life by Paul Wachtel. (New Society Publishers, 1989.) Examines the psychological underpinnings of our seemingly insatiable desire for growth and our vain attempts to fill non-material needs with material goods.



*When does experiencing "not enough" feel pleasurable, and when does it slip over the edge into constant discontent?*





*Are there social reform efforts you could ally yourself with which would address any of these?*

Many people who depend on investments derive a sense of insecurity from the unpredictability of the stock market. Although there's no guarantee the future will be like the past, it can be grounding to examine the reality of past stock-market crashes. Taking inflation into account to calculate "real return," the average losses from 1929-31 in the S&P 500 were 61%. Yet seven years later, the market had regained more than that amount, so 1929-38 shows a net gain of 64%!

However, recovery is not always so fast: over the ten years from 1969-1978, the market showed a net loss of 19% (mostly from the 62% drop from 1973-4)—but yes, the 1980's boom made up for it. Overall, in the 62 years between 1925 and 1987, the S&P 500 stock market index saw a compounded mean return of 9.9% per year. The lessons here are the same ones any prudent investor will tell you: diversify your assets, and reduce your risk by planning to be in the stock market for the long haul.

*Are you clear what your time frame is for your investments? If you have short-term needs, have you balanced your portfolio so that you can manage if the market takes a downward turn?*

## Global Environmental and International Forces

Many environmental scientists, political analysts, and world economists have conveyed a picture of our world

coming apart at the seams. While the rain forests and the ozone layer are getting a little thin, the imaginary lines defining countries (such as the ex-Soviet Union) are changing or simply evaporating. Many countries—the US. notably included—carry astronomical debt. Some liken the world economy to a house of cards.

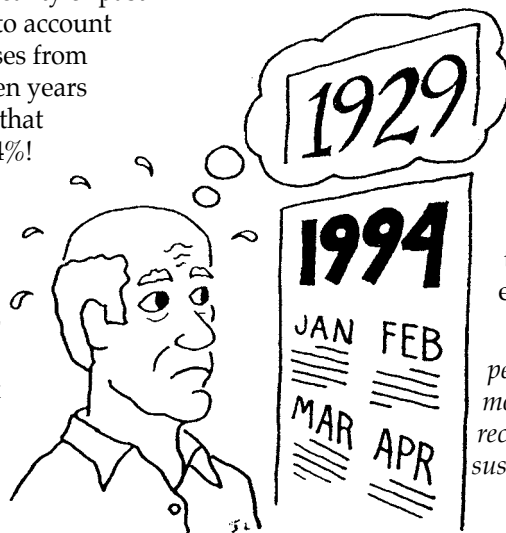
Some (no doubt the world's desperately poor included) are wondering whether it might not be better to see all those cards blow over.

It's hard to feel secure when you're aware of the factors pushing towards environmental, political, or economic collapse.

*What actions could you take on a personal level and on a collective level to move our interconnected world in the direction of economic justice and long-term sustainability?*

## Closing

We hope that acknowledging the forces outside ourselves will help us more compassionately explore the effect of these broad forces on our personal attitudes and actions. Perhaps then, instead of feeling controlled by vague fears or blaming ourselves for "unfounded" insecurities, we can take open-eyed steps towards crafting what we want: financially sound lives within an economically just world. •



## For Further Information

*Dollars and Sense: Real World Macro-Economics Reader and Real World Micro-Economic Reader.* Available for \$12/each ppd. from Dollars and Sense, One Summer St., Somerville, MA 02143. Collections of articles offering fairly easy-to-understand critical articles about the US. and global economies.

*How to Prepare for the Coming Depression: A Workbook for Managing Your Money and Your Life During Economic Hard Times* by Mark Friedman. (Nucleus Publications, 1989.) A delightful practical guide to coping with hard times and making positive lasting change in your life in the following areas: financial, life-style, career, family, community, and inner development.

*How Much is Enough?* by Alan Durning (Norton & Co., 1992.) A Worldwatch Researcher details why, for the sake of a sustainable planet, the wealthiest fifth of humanity must quickly reduce current levels of consumption.



## BolderGiving Resources

Available at [www.boldergiving.org](http://www.boldergiving.org)

### Story and Video Library

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