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Mindfulness and Consumerism

Mindfulness is a theme that has deeply informed my growth as a young adult throughout college and speaks to my life philosophy and goals quite intimately. It has been a process to

Excellent. Good to hear.

quietly rebel against the threads of consumerism that tightly coil around every aspect of life in a deeply individualistic and capitalist American culture. I agree with Rosenberg that consumerism

is so powerful and dangerous because it is an unquestioned aspect of Western culture. Without

mindfulness, we don't have to ask ourselves why we feel a deep ache to be fully known, loved,

and a part of a community when we can drown it out with the accumulation of more stuff. We

internalize capitalism in small ways, such as the hum of anxiety that we feel when we rest for

"too long" and don't feel "productive enough" or when we wander the aisles of Target and leave

with a random assortment of candles, hair ties, and candy because we think these purchases will

make us feel more whole and briefly happy. This article speaks to my commitment to live a life

that recognizes that I have everything I need, not everything I want, and ^{that} it is perfectly okay. !

This is not to say that I have mastered the art of mindfulness, but rather I have committed to

questioning my relationship with capitalism and consumerism, and I push myself to consume

what I need more often than consuming what I want. I am still learning and growing in this realm,

and it is something I want to deepen as I grow older. As the daughter of an immigrant, I was

inundated with the idea of America being this place of freedom to consume and have the best of

the best, no matter the cost or the debt it may accrue. The pain that has caused my family is my

reason for intentionally trimming the weeds of consumerism that grow in the garden of my mind.

nice

*well put
Great sentence*

on a roll!

I try to plant seeds of gratefulness, contentment, prayer, and stillness in a world that is too loud, greedy, and selfish. I know that I have all of those negative characteristics within me too, but I am committed to growing this garden of the mind that is bursting with vivid blooms of experience, community, and a healthy skepticism of the soil in which it was originally planted.

This is ... perfect. Wow. Inspiring, integrated, quiet, thoughtful, reasonable. A model in every respect. 10+/10