

toward an integrative complexity unless their forward flow is constrained by obstacles. Once we embrace the idea that growth means gaining more well-being rather than more stuff, one powerful constraint will be removed. Our daily mindful

decisions can become one voice in a chorus for change that flings open the windows of possibility. In the box below, you will find reflective questions that can lead to actions encouraging this life-affirming endeavor.

Toward Being a Conscious Consumer

Consider how you engage with the business body, your place in the commercial flow of energy and information, the cycle of contributing and consuming—your time, your effort, your money, and your choices. We will explore a small piece of our part in the human exchange, of services and things, of people and profits, of workers and owners, stores and companies and conglomerates. For now, take a few moments to reflect on how you influence well-being through the power of your choices in consumption.

**Reflect back on your week, remembering the places you've been and the money you spent. Pick some tangible object you purchased and enjoy(ed). Remember finding and obtaining it, and review its presence in your life since then. What has it brought you? Did it last for a brief time or will it continue? What feelings and sensations do you associate with it? Did it increase your well-being?*

**Where, when, and why did you buy it? From whom? How was it made? Travel back through the possible chain of buyers and sellers, back to the designers of this object and of all the materials needed to make it. How many hands touched this, how many humans are part of the creation and distribution and history of this object? Did the work increase their well-being? If you want, you can take a few deep breathes and extend thanks and gratitude to all of those whose time and energy are connected to you through this object.*

**What resources of planet Earth were used to make and distribute your object? How easily are they duplicated, replaced, renewed? Did this influence the ecosystem's well-being? Acknowledge your footprint.*

**With your mind open to all the interconnections represented in your object, ask your self: Who received from you? What did you support in our world? What did you give, get, and take? How can you allow this awareness to inform your future choices?*

Debra Pearce-McCall, Ph.D., LP, LMFT delights in the interdisciplinary, integrative, emergent, and hopeful perspective of IPNB, and enjoys applying it in clinical work, consultation, and training. A charter member of GAINS, she assists in editing the Quarterly, and participates in annual immersion workshops with Dr. Daniel J. Siegel and in Dr. Allen Schore's Oregon study group. She helped develop, and is an adjunct professor in, the IPNB certificate program at Portland State University. Her work as a clinician, supervisor, executive, and consultant has taken place in a range of settings, including nonprofit agencies, group practices, and corporations, and she currently maintains a private practice in Portland, Oregon. You can reach Debra via email at dpearcemccall@comcast.net.