

# **keeping life simple**

Reduce love to its essence. It is mostly a knowing and a being known. Make the effort, do the work, of getting to know and letting your true self be known. You will see the oneness of love and Love.

Welcome your role, in the drama of creation. Imagine the part you play as a leading role (which it is). But once in a while, keep still and let God speak the parts.

Reduce life, to its essence. it is mostly love that matters ... and lasts.

Learn the art Of saying "no" When you exclude something, you invariably include something else even more fully.

Don't expect so much from more and so little from less. Expect a lot from less. You won't be disappointed.

Don't let work and play be rivals. While, each may have its separate place at times, both can also occupy the same space.

Celebrate the ordinary. Your heart knows the comfort and the beauty in common things. Let it tell your head.

It is hard to know when you "have enough." Make the question 'Do I really need more?' part Of Your life's work.

Don't take your life too seriously. Trust in a God who cares for your every need.

Trust that God supplies you with unlimited good. There is grain left in the field even after the harvest.

Silence is golden. Seek it and it will quietly enrich your life.

Remember that the primary reward of work is finding meaning and well- being, not money. Forget that and you'll stop being well.

Set your desk, your chair, your sink, your sights with a view to the great outdoors. Life is simpler out there.

Get alone. it is one sure way of getting yourself together.

Be small and child-like. There is no simpler, better way to see the big picture. Try to eat and live lower on the food and resources chain. You'll be doing a world of good to beings yet unborn.

Think small. Planting tiny seeds in the small space given to you can change the whole world you need it. or, at the very least, your view of it.

Create a ten second wildflower meadow in your mind whenever you need it. Your imagination can be a great peacemaker in times of chaos

Live in time. Rushing to get one thing over so you can move on to something more important' is folly.

Don't forget that the longing for simplicity is a spiritual longing. Asking physical things to meet spiritual needs doesn't work.

Practice being content. It is both the work and the reward of a lifetime.

Learn to value Spiritual things over material things. They last longer, cost less & bring more

Strive to have access to things, not ownership of them. Possess something and it possesses you.

Know your limits. There is nothing more freeing- or more motivating- than knowing what you can and cannot do well.

Do not pretend to be anything you are not. Then you can always be consistent & truly free.

When making choices, opt for the plain, the simple, the functional. Less goes wrong when you stick to life's standard equipment.

Rediscover the joy of a quiet conversation, a simple story or game, an honest expression of affection for another. these simple gifts and pleasures will keep your life balanced

Do only one thing at a time. Putting yourself wholeheartedly into what you are doing- no matter how small or mundane honors it ... and you ... and your Creator.

Learn from life's oldest living things: trees. They impressively break forth with buds and colors- but know innately when its time to shut down & be unimpressive

Know that your true home is in the holy Presence. It's that simple. Don't wait for your calendar to be empty, or your permanent address to change, before recognizing that reality.

There is a time for doing and a time for doing nothing - Don't underestimate the value of Porch sitting and rocking chairing. They are simple gifts you can give to yourself and others

Let manual labor, hard work, be part of your life. See how humble it makes you.

Live intentionally. Forget that and your life will be lived for You.

Look to nature for nurture. It is as reliable as the God who provides it.

Cultivate the simple virtue of patience. Anticipation is not the only reward for waiting.