

simply
enough

Create space for what matters



SORA GARRETT

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enough

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Sora Garrett
Shine Publishing

*A journey through
the layers of your stuff
to the essence of your Self*

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*For my parents,
who taught me simplicity.*

*For my family & friends,
who help me know enough.*

*For my grandson,
my more-than-enough.*

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Introduction

Life is a journey of accumulation.



*...until it becomes an adventure
in letting go.*

Another book about simplicity?

Yes, and to be honest, I almost didn't write this one. There are plenty of books to inspire you to simplify your spaces and bring a little sanity back to your life, even if you don't want to be a minimalist.

Those books are very good at helping you organize your spaces, get rid of excess, and live a more peaceful life...if you do more than just read them.

Then why did I decide to write this book?

Because I've been searching for the balance between having a simple life and taking care of some of the BIG problems of the world...and I thought others might be searching too.

The world needs our creativity and resourcefulness more than ever, and most of us are so overwhelmed by the constant clutter of life that we are barely keeping up with the basics, much less considering how we might contribute to a better world.

So, yes, this is a book about simplicity.

But it's also a book about complexity, a world of excess, the out-of-balance spaces in our lives that cause us to miss the things that are most important while being consumed by what is not.

Engaging in life is important. Spending time buried in clutter, too busy-stressed-overwhelmed to pay attention to your health and happiness, is not.

If you yearn for a simpler pace of life that is not quite so full of obligations, technology, and excess physical stuff, you are not alone.

If you are *also* wondering how your life might be more full of meaning and contribution, even as you let go of some of that excess, I invite you to keep reading.

This book is a bridge between these seemingly divergent lives, where clearing clutter opens space to be a solution for the world.



Can clearing clutter actually change the world?

Maybe. You've probably noticed simplicity is a hot topic that appears to be reaching a tipping point. We are drowning in clutter and information overload. People are overwhelmed, exhausted, and unhappy. Some are depressed, others anxious.

Life is not simple.

While more connected than ever with what's happening around the world, we are possibly less connected than ever to our neighbors, and to our souls.

If you're not overly busy, you might think something is wrong with you because...how can you possibly have a full life without a full calendar?

I've spent years as an over-achiever trying to unhook myself from this belief.

And what about our children? They are labeled hyperactive, when perhaps they are just reacting to an over-busy world, over-stimulated by all the choices, activities, technology, and processed foods.

I saw a two-year old playing on a tablet at a restaurant the other day and wanted to cry. I see young people staring at their phones instead of the sky and cringe.

Then I do the exact same thing and cringe even more.

I know it sounds harsh, but this is part of the reality of our world, and it's a big part of the reason I am so passionate about helping you simplify your life.

It doesn't really matter how organized you are, but if I can help

you create a more spacious and meaningful life, together we just might bring a bit more balance to an out-of-balance world.

Like many, I've faced cycles of depression and overwhelm from not knowing what to do about the state of the world. I've spent years trying to find something to care about after I'd burnt out from trying to change things from a place of overwhelm and obligation.

While my heart was breaking over some of the things happening in the world, it was simultaneously breaking open as I peeled away the layers of clutter and busyness and found a new kind of contribution that springs from overflow and inspiration.

Which brought me to another reality: the one where we are called to quell the tide of craziness by saying NO to the excess and YES to a more sane way of living with less clutter and busyness, more space and meaning.

You're here, so you are likely making a choice to slow down enough to get in touch with what you love and what might be missing from your over-full life.

This is what will change the world.

Clearing physical clutter might simplify your life, at least until it comes back again. The world changing will happen when enough of us clear our lives of the less essential so we can attend to the more.

More meaning. More connection. More contribution.

This book is an invitation to go beneath the surface of your clutter into the essence of your life, to look for what may have gotten lost beneath the layers of everyday living.

Start with your house and your calendar. Clear the excess layers of clutter and busy-ness, and you'll find more than empty organized space.

You may find a few physical treasures in your clearing, but the most important treasures you'll find will come later, after you feel how the outer spaciousness has opened more space on the inside.

This is where the real treasure hunt begins, when you stop looking to fill the space and allow yourself to *become* the space you are looking for.



Let's start with this idea. Simplicity is not easy.

In fact, it's rather difficult. It's much easier to let the clutter pile up in your living spaces, to consume too much, to allow your calendar to be overly full, to let the emails pile up in your inbox, and to let your mind run in circles the way minds like to do.

It takes much more energy to clear the clutter, to make conscious buying decisions and ongoing choices to stay less busy, to devote time to completing your list of projects and emails, and to quiet your overly active mind.

It takes intense commitment and ongoing focus to keep an even *moderately* simple life. *Why choose to simplify then?*

For one thing, when your life is more spacious, you have more time and freedom to do what you love. Clutter is not just something you trip over. It also creates stress in your mind and causes you to lose things.

So choose to simplify in order to have a more efficient, productive, and peaceful life.

More importantly, choose to simplify because the world needs you. You have something that is yours to give, and when you are too busy taking care of excess possessions and commitments, you won't have the time or energy to give it.

When we get rid of the distractions and peel away the excess layers, we can move with more peaceful power into whatever world need is calling in any given moment.

The world has more than enough problems.

What if we have everything we need to solve them, buried beneath the unnecessary clutter of our everyday lives?

But what if I have enough problems of my own?

I know it's rather bold to begin a simplicity book talking about solving world problems. Most of us have plenty to do without taking on changing the world.

So take a deep breath and stay with me, please.

The solution to all our problems begins with knowing we have enough to handle whatever comes. And that is so much easier when we have plenty of time and energy to pay attention to what is most essential.

Life is complex enough without adding to it by holding on to what we don't need, spending time on what we don't love, and getting overwhelmed by the clutter that is everywhere.

We are bombarded by information, technology, and endless opportunities to fill our calendars, not to mention the constant inflow of commitments and things to care for in our everyday lives.

Life can be overwhelming.

I'm not advocating that you add the burden of changing the world to your already overly full life. I'm simply inviting you to slow down, pay attention to what you've accumulated, and consider where LESS might create even MORE in your life.

Less to take care of, more to care about.

If you've found this book, you are likely looking for something a little different to help navigate the complicated waters of life. I hope this will be that for you.

I'd like this to be a book that opens you, as you open it. I'd like

it to give you some ideas for making your life more of what you love, while at the same time it expands your heart and calls you to give more of yourself to the world.

I'd like this book to help you clear what you no longer need so you can find the key to a more abundant life that is less about having belongings, and more about knowing where you belong.

Let's go beneath the layers of your life to find the ultimate treasure of a life well-lived from the depth of your love.

