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Living the Simple Life

By Arleen M. Kaptur

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The trend of today for many people is to live the "simple life." However, what exactly is the simple life? There are as many answers to this question as there are individuals looking to find the peace and contentment that seems so evasive. Yet, in their hearts there is a void, an empty spot that modern consumption just cannot fill. So, people sit there pondering what they can do to live the simple life, while the television's volume is on high and the voice mail fills up with messages. After all this thinking, hunger comes into play. A quick trip to McDonald's or Burger King and then back home to an evening of station-broadcast news and opinions, and then the comedies of late-night shows. You know, the no-holds-barred laughter at everything and anything, and nothing is beyond being the butt of jokes.

The Simple Life is right there in your heart and in your home. It just needs a little dusting off, or perhaps you can move some of your possessions to the side to make room for Simple Life to breathe some fresh air and come into play in your life. Whoa! how can a person have the simple life right there when real simple life is living in the woods with the bears and the deer and hunting and fishing for your food. Yes, there are some that find this type of life very satisfying and then there are those that do not. Who is correct? Both are indeed correct. The Simple Life is not letting your possessions control you, it is living within your means and not worrying about mounting debt, and it is laughter, quiet, and learning and evaluating all that goes around you. It is not accepting what you see on television or the internet as written in stone; for in fact, it is someone's opinion or view of a situation and it may or may not be yours. It is not joining every group, committee, or cause, so that there is no time for family, friends, and individualism.

In a few words, it is getting the most from your particular life, by doing away with what is not necessary and concentrating on what is important and life-sustaining. Life – whether physical, spiritual, or social – it is having the time for those you love and for those you would like to know and love. It is stepping outside to a sky filled with stars and to find peace in the patter of raindrops on your window. It is taking a deep breath and clearing your mind, and it is the aroma of a good meal, the sound of children laughing, and the touch of a person who loves you.

Living the Simple Life

The Simple Life – you can live in the woods or on an island, you can fish all day or garden, you can read and learn, or write a song. It is enjoying every minute of every day in the way that brings peace and tranquility into your life, keeps you out of debt, and that old belief of "keeping up with the neighbors" is put to rest. It is being yourself, but more importantly, being true to yourself. It is having the peace of mind to open your mind and it is setting no limits or boundaries in what you can imagine and also to what you can accomplish. It is having the joy of a morning sunrise and the tranquility of a sunset. It is knowing that Nature cannot be ravaged but must be kept for future generations to enjoy and it is having the wisdom that money does not buy friends or happiness but good will does.

ENJOY@

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Arleen Kaptur has written numerous books and articles on Simple Living. Please visit her website:

<http://www.arleenssite.com> Thank You.

What's Simple?

By Angie Dixon

If you walk up to a stranger in the grocery store and ask them to define "simple," as in "simple life," they'll probably say something like "having less stuff." Or they might hit you with a frozen turkey. But probably they'll associate simple with stuff.

The thing is that simple is not about how much or how little you have. You can have all the stuff you want and have a simple life. That's the key, though—the stuff you want. Simple is about having more of what you want and less of the things that get in your way and trip you up.

If you continue questioning the guy with the turkey, he may hit you with it again, or he may spit out some more associations with the word "simple." Those words might include "nature," "inexpensive," "boring," "organized," "miserly." Those are words we think of when we think of simple living, but none of them has to be associated with simplicity—certainly not boring and miserly. Sure, if you want to live your simple life with nature, you can. If you want to get rid of most of your life and live on a shoestring, you can.

The key to simple living is to have, as much as possible, only what you want. Naturally you have to have things in your life that you don't want, like traffic and Monday mornings. But your goal in reaching simplicity is to have more of the things you do want, like good books and doughnuts on Sunday morning, and maybe a good CD to listen to in the car while you're in traffic on Monday morning.

Simple is really simple. It's what you want, not what you don't.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

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