

LIVE SIMPLY  
LOVE EXTRAVAGANTLY



JEREMY BRIAN

# simple

Having few parts or features;  
not complicated or elaborate.

# **Version 1.0**

Jeremy Brian  
2020  
Berlin.

## CONTENTS

**Walk Slowly**

**Boundaries**

**Prayer Is Seduction**

**Complain or Change**

**Rhythms of Seasons**

**Rejection**

**Settling**

**When you walk  
slowly...**

**the world rushes to  
meet you**

What's the rush?

Have you noticed how your steps seem to be determined by external factors?

The next appointment.

People rushing around you.

Distracted thoughts.

What would your state be if you intentionally slowed down your walking pace?

If you decided against running to catch this train and instead wait for the next one?

If you decided to arrive 15 minutes early for every appointment?

If you decided to only meet the people who really matter

and only commit to tasks that spark joy?

Nobody is going to give you the permission to enjoy life.

That's your prerogative.

Start with your walking.

Walk at a leisurely pace.

Observe your steps - walk light and land on your toes instead of thumping on your heels.

A lack of boundaries  
indicates a lack of  
self-connection.

Few of us have been taught the art of setting and respecting our own boundaries. It is far more common for individuals to do things they would rather not for fear of offending others.

When you start placing yourself below the needs of others, you might end up pleasing some people who in turn will make it a habit to ask you for favours and help.

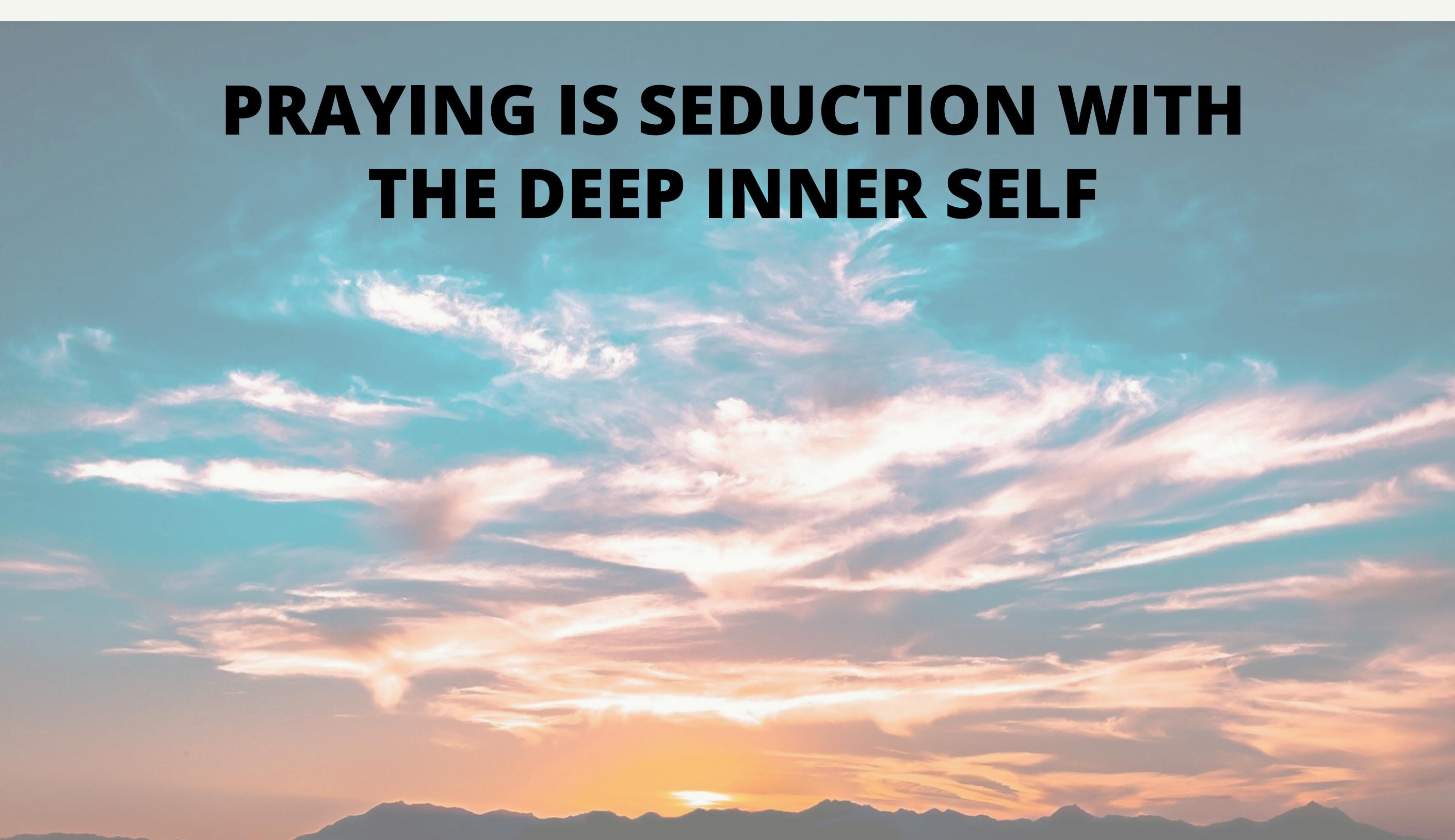
Setting up boundaries and learning to say, 'no' can be scary and daunting at first. When you get past the uncomfortable feelings in the pit of your stomach, you realise that refusing to allow others to dictate how you spend your time is a step closer to self-intimacy.

If you don't want to, you don't have to. The fear of losing something or someone keeps us addicted to poor boundaries.

Say 'no' more often than you would like to, especially when someone tries to guilt you into acquiescence. The earth will still continue to spin on its axis and humanity will be none the wiser.

You will however start a ripple effect of living the authentic life you know you should.

**PRAYING IS SEDUCTION WITH  
THE DEEP INNER SELF**



There's much to be said about spiritual practices that have stuck since the beginning of recorded history.

Prayer, to a God or deity or some unknown source of power has always been an effective solution to gain an objective distance from one's difficulties.

The act of praying is first acknowledging that we are not in control. Whether someone else (a God/spirit/energy) is in control is debatable.

### What's helpful?

Prayer acts like a bridge between the deeply disturbed rationale and the more steady state of inner-knowledge.

It helps us tap into the calm below the raging waters.

Conflicts of opinion arise in the form of prayer. The content is universally acceptable. There is no harm in saying a prayer.

There is much harm in not being connected with the inner compass we are all equipped with.

It can only guide us when we are actively seeking solitude to listen to that still, small whisper that becomes louder in moments of quiet surrender.

**People enjoy  
complaining  
instead of changing**

Have you noticed how people seem to be upset about things that could easily be rectified?

Instead of changing their own beliefs, perceptions and habits, they resort to complaining.

Complaints are the cheapest excuses for self-indulgence.

Don't complain.

Change what you are unhappy about.

Of course, it is much easier to change one's own perceptions rather than the habits of others.

When you understand  
the rhythm of seasons,  
every depression is  
a cause for joy

What goes up must eventually come down.

The light that disappears in the sky appears on the opposite end.

The heart that breaks loves again.

The cold is replaced by the wet is replaced by the warm.

Time separates the beginning and end of every transition.

And time is the unknown factor.

Whether life will be good again is only a matter of... time.

**It's not a rejection.**

**It's a redirection.**

If you allow it to be, a rejection is an adjustment on your path.

It takes you one step closer to where you need to be.

When you see something as a rejection, it takes the wind out of your sails.

Renewing your motivation requires a new way of looking at rejection.

Think of it as a redirection on the path that is most suited for you.

Don't waste time philosophizing and analysing why someone or an opportunity breezed past you.

The moment you start attaching meaning to this event ("I am not good enough, lacking skills, wrong skin colour, plain unlucky..."), you have missed the point.

It just wasn't meant to be.

Accept it and move on to what's waiting for you.

Be the things you can  
be and not the things  
you are settling for

Are you waiting for permission to live the life you desire?

Then, you have it.

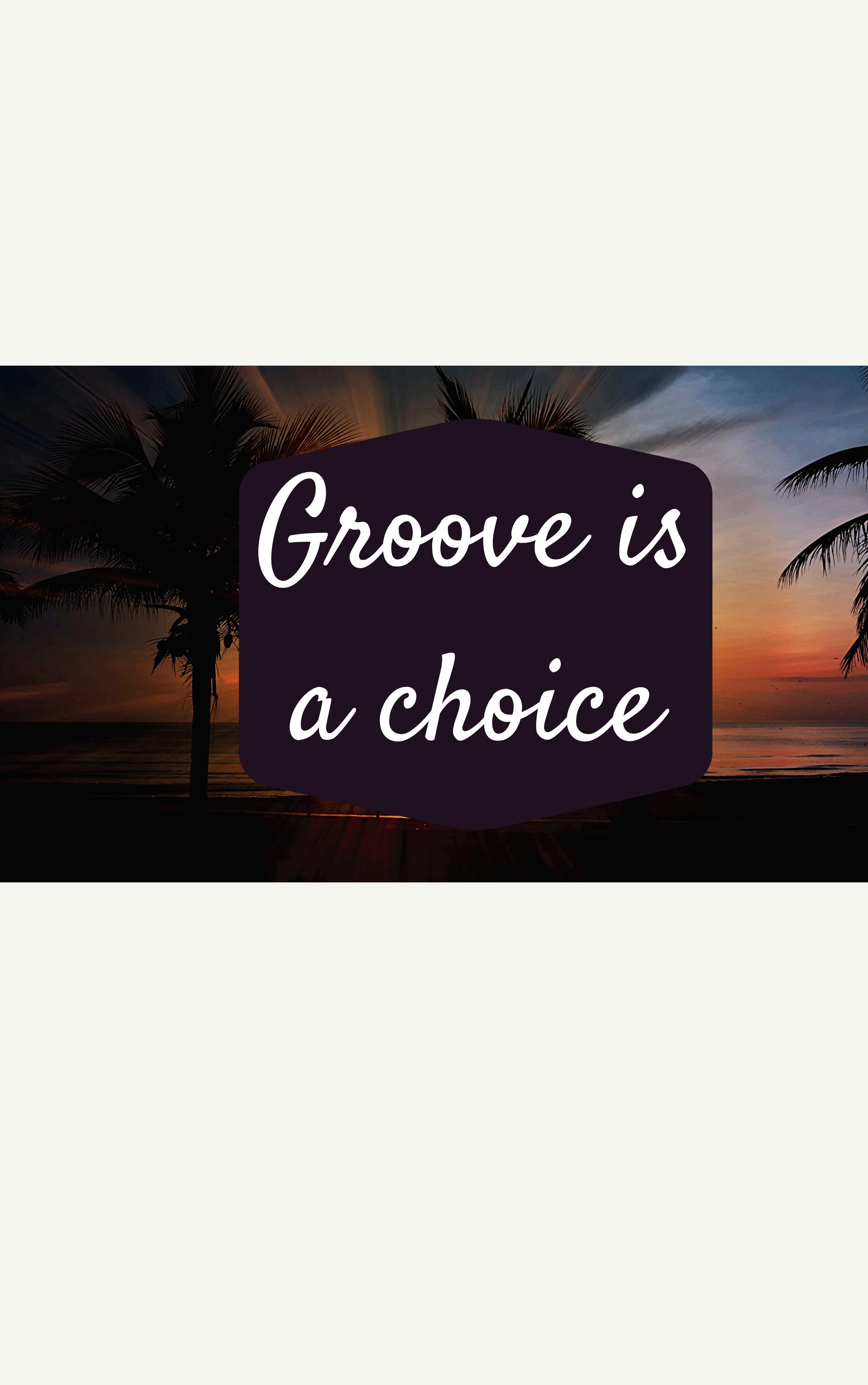
Live it.

Be the man or woman you want to be without excuses or shame.

*Rise.*

It's time to **live simply and love extravagantly.**

And **you** get to define what that means.

A tropical sunset with palm trees and a dark speech bubble overlay.

Groove is  
a choice