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SIMPLICITY
SPACE

Peace

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SCHEDULE



THE SIMPLICITY SESSIONS

Session 4: Peace: *Rituals and reflections to create more calm and contentment.*

Dec. 1, 2020: Video + Field Notes

Dec. 7: Community Chat (12:00 P.M. ET)

Dec. 8, 2020: Simplicity Conversations

Dec 15, 2020: Heart Seat Call

Dec 22, 2020: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

Dec. 29, 2020: Surprise

Dec. 30, 2020: Community Chat (6:00 P.M. ET)

Session 5: Relax: *A new approach to the new year.*

Jan. 5, 2021: Video + Field Notes

Jan. 12, 2021: Simplicity Conversations

Jan. 19, 2021: Walk and Talk

Jan. 28, 2021: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

Session 6: Commit: *Creating habits and routines that stick*

Feb. 2, 2021: Video + Field Notes

Feb. 9, 2021: Simplicity Conversations

Feb. 16, 2021: Heart Seat Call

Feb. 25, 2021: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

Content is subject to change. [Visit the online schedule](#) for the most current, up-to-date events and links.

INSPIRATION



INSPIRATION for Peace

COMMUNITY: *Surround yourself with inspiration through [The Simplicity Space Mighty Network Community](#). These are your people!*

MEDIA: *Explore the following resources as you are considering a new stage on your simplicity path or something new in life.*

BOOKS:

Eat, Pray, Love by Elizabeth Gilbert

Radical Compassion by Tara Brach

The Alchemist by Paul Coelho

PODCASTS & VIDEO

[Less Stress](#) (Soul & Wit Podcast)

[Different Types of Meditation](#) (Article & Videos)

[Closing the Books](#)

[Listening to our Life](#) (guided meditation)

ARTICLES

[Intermittent Silence](#)

[How to Find Peace Within Yourself](#)

[10 Ways to Cultivate Quiet in the Chaos](#)

MUSIC

[Peace Playlist](#)

QUOTES: *on peace*

"When things change inside you, things change around you."

- *Unknown*

"One of the hardest things I've had understand is that closure comes from within. Especially difficult if you've been betrayed by someone you love, because you feel like you gotta let them know the pain they caused, but the peace you seek can only be given to you by you."

- *Bruna Nessif*

"Peace can become a lens through which you see the world. Be it. Live it. Radiate it out. Peace is an inside job."

- *Wayne Dyer*

"I hope tomorrow morning when you wake up, you will see the Light in everything. And not only in the sunrise, but in the places that are harder to find, like in the hallways where you are certain you are only passing time, and the gritty gold dust flooring between the floor and the blinds, and every little thing that catches your eye, I hope tomorrow morning when you wake up, you will see the Light in everything."

- *Morgan Harper Nichols*

"My heart forgives and releases. Inner peace is my goal."

- *Lousie Hay*

If it costs you your peace, it's too expensive.

- *Unknown*

ACTION STEPS



I often think peace is what it's all about. As I clear the clutter and my calendar, I know it's about so much more. Making peace with my past, creating inner peace and becoming present make me me. The promise of peace makes this simplicity journey even more meaningful than I thought I would it be.

1. **Find peace in your pace.** This is another way to say that you are not behind and you don't have to catch up. This isn't a race. You are exactly where you are supposed to be.
2. **Rethink meditation.** If you currently mediate, ask yourself if your practice is serving you. If not, try something new. If you are new to meditation, give it a try. Remove your judgements and see what it will bring.
3. **Consider how peace feels.** Journal about how peace feels in your body. What does it actual feel like to be at peace, to be content and to be present.
4. **Share your journey in The Community.** The road to discovering and maintaining inner peace may be long and bumpy. Share your realizations and struggles in the community and let us support you, cheer you on or offer thoughts and advice. We are all in this together.
5. **Eliminate or limit something that steals your peace.** What stands between you and being more at peace. Is there something in your life you can physically remove to get closer?
6. **Ask for help.** Really! Anytime! Email support@bemorewithless.com or visit [the support page](#).
7. **Keep coming back.** I get it. Life happens. If a few days or a few weeks pass and you don't have time to engage in the community, respond to email or check out a live call or other

Video Transcript: "Peace"

Our new Simplicity Session is about peace. I hope with each of these themes for our Simplicity Sessions is that they will support your progress on the Simplicity Space Success Path with more purpose. Simplifying for simplicity's sake is so unsatisfying that it cannot last. If you're wondering why you have to declutter over and over again, that's usually why. For more permanent meaningful change, infuse your journey with the things that matter to you, values that fulfill you, and these monthly themes for more depth and purpose.

The next few weeks will be centered around peace and creating ritual and reflection to encourage calm and contentment. You can use these practices any time of year, but I find them especially meaningful at the end of the year, or as we close any chapter of our life to make room for the next, whether that be a new year, a new job, a new relationship, or another new stage of life. If I've learned anything, it's that things are always changing and we're always moving into a new stage. Making room invites us to be at peace with the past and also with the uncertainty of the future, mostly by allowing us to be present.

Before we talk about rituals, let's talk about reflection. If we look back with the intention of learning and appreciating our lived experience, we avoid getting lost in the should haves or the regret that can sometimes come with reflecting on the past, or wishing things had been different. Instead, reflect with the purpose of understanding and accepting what was. Close a year or a chapter with an honest inventory. Perhaps you want to reread some of your journals or review your planner or a calendar to reflect on what happened and maybe how you felt, what you accomplished, what you let go of, who you connected with, and what you learned overall as a result. What did you learn that you can move forward or bring forward into the new stage?

Only go down the what I would have done differently path if it will impact your life in a positive way. If there are things you'd like to fix that happened and you have the opportunity to do that, do it. If not, reflect and accept. I think that's a great mantra when we're thinking about the past, especially if we've ever been saddled with any kind of guilt or regret for something that has already happened, and that is reflect and accept.

Another way to create peace in your life is through ritual. Ritual may be a ceremony or simply a series of steps or acts that you take. A ritual demonstrates that something is sacred or important and is worth your attention, your presence. I especially enjoy the ritual of pausing for peace. Your ritual for pausing might include a deep breath or putting a hand on your heart or clasping your hands together, something to signal the pause, and then look for different areas to practice that ritual of pausing. Here are a few places I recommend practicing the ritual of pausing.

Pause during conversation. If you have a conversation and your mind is racing, you'll talk over the people that you love, or you'll leave the conversation without really hearing what they said. You might not even know that you're doing it, so to prevent a missed opportunity to connect, pause before you get started or pause mid conversation. Don't be afraid of the silence. That precious pause you take before engaging not only brings you back to the moment, but it demonstrates that you value the heart, the time, and the attention that someone else is bringing to the table. That pause gives you permission to show all the way up and it will bring peace to you and to the people around you.

I recommend practicing the ritual of pausing before you pick up your phone, especially if you do it when you are bored or worried, because sometimes we just do that as an auto response. We look at it, we don't even know what we're looking for. I mean, I'm guilty of that. Then checking email and other apps might be a way of procrastinating. Sometimes it's so challenging when all of your apps are on the front of your phone because when you do check in, there are plenty of options. This used to be the case for me. I wouldn't have even been thinking about an app, but when I opened my phone, I saw it and then thought, "Oh, this is exactly what I was looking for," when in reality I wasn't thinking about it at all. That's why now I have all of my apps in a folder so that when I look at my phone there's nothing there, except the time. I also removed email and any real addictive apps from my phone.

What's interesting is once I removed those apps from my site, my phone got a lot less interesting and I didn't want to check it as much. In the beginning, I was definitely curious and was still checking as much, so what I did is I put a Post-it note on my phone. I can't remember what I wrote on it, but something like pause or breathe, so that

it was a barrier between me and my phone. I've also put a rubber band around my phone for less ease in swiping. That might help.

Try the ritual of pausing when you first wake up in the morning. Before you hit the snooze button or jump out of bed and into your email, just take a pause, take a deep breath. Put your hand on your heart, stretch. Feel gratitude for the possibilities that the day holds. This is a way of really taking care of yourself before you start taking care of the people you love, and that will serve both you and them, once you do get out of bed.

Another great place to practice the pause is when you are hurt, because the worst time to react is when you're really hurting. There's too much fuel on the fire of your pain to think clearly. Better to pause, take a walk, or do what you need to do to craft a response that will be helpful instead of hurtful. Otherwise, you get caught in this cycle with no resolution. Think about how you feel outside of that initial sting.

Another great place to pause is when you are holding on, whether it's stuff, emotions, the need to be right. Whatever it is, pause and consider the reason for your tight grip. How would it feel to take a deep breath and let go? Pause for more peace. Pause with a deep breath, a long walk, or by writing down your thoughts, and create that peace for yourself through the ritual of pausing.

Create the ritual of being still, this will bring you more peace. Intentionally being still when you're not sleeping is rare. We've got things to do, places to go, people to see. More, more, more, faster, faster, faster, right? Choose a time and a place, every day if possible, where you can be still, even if it's only for five minutes. You could do this through meditation or just by sitting and being open. You might change into comfy clothes, close the blinds, have a blanket or pillow nearby, or you could be anywhere at all, with the exception of driving please, to just be still for a few minutes.

Last but not least, I really think you can bring it so much more peace to your life by creating the ritual of being present. This might look a little bit like the ritual of pausing, in that there are a few things you might be able to do to come back to yourself and to be more present. Those are going to vary from person to person. It could be anything from, as I mentioned before, placing a hand or two on your heart, or taking a deep breath, or

maybe you have an actual touchstone, a crystal or something, a rock from hiking, a small one hopefully, that you're carrying around that reminds you to be present to come back, because it's so easy to leave ourselves and to go into the past or to go into the future, especially with uncertainties swirling around. It's easier to go there than it is to stay right here, but right here is where the piece fits. Presence is where the peace is, so create a ritual around being present.

Use these reflections and rituals to bring more peace into your life, and watch, it's contagious. The more peaceful and calm you become, the more peaceful and calm people around you become. You really can have an impact on the people around you just by shifting the way you feel through these reflections and rituals. I can't wait to hear from you and how this changes your simplicity journey.

xo,

Courtney

P.S. I highly recommend journaling, doodling and taking note of your simplicity journey. Use a notebook, journal or some of the space below for writing down your heart.

JOURNAL

