Simplify   **By Gurustu**

Life finds its simplest form, however complex

Life can seem every complex at times. Pieces just don't seem to fit. People don't see eye-to-eye. Heck, sometimes we don't even see ourselves eye-to-eye. It's just that we get lost in the details all too often… and that's what's complex; not the situation.

The key to having a life that works is to make everything in it as simple as possible.

Look at the core
Everything has a center – our dreams, our actions, our beliefs. It's there that either the pieces fit, or they don't. It's just that finding that core can be difficult because of the multitude of layers that have caked up on top over the years.

Start at the top
Treat everything as if it's an onion. Start with the very top layer and peel it away. This is the layer to throw away actually. It's the hardest, oldest and farthest away from the core.

What that looks like, is "clear away the clutter." That means, go through the closet, grab all the clothes that don't fit or aren't worn, and just give them away to charity. Go through the house, peeling away everything - the nick-nacks, the old furniture – if it's not close to the core, it goes.

Don't stop there
Next comes the people in our lives; the takers and time wasters who don't add that much value to our lives. It might seem insensitive to 'discard' people but really, we're just setting them free and committing our time to those that are closer. This could be a very good thing for everyone.

Do more with less
The next way to simplify is to combine. If there's one new thing that can satisfy the need of two old things, then go with the new thing. Even if it's three for two, it's still getting more done with less. For example, I used to write articles on paper, then type them into a computer. Now I use a laptop and type directly. Same results; simpler.

Be direct
All too often we "beat around the bush" or go way out of our way to avoid doing something; or we don't know any shortcuts. So… learn shortcuts and get to the point. The shortest distance between two points is a straight line.

The solution is simple!