



# Our Journey from Slavery to Freedom

by Dr. Dalal Akoury

## Is the Luxury of Simplicity

### What Is Simplicity?

Living simply is an enlightened voluntary decision to embrace both inner and outer simplicity. In an attempt to achieve the American Dream, we have lost our serenity; our minds are focused on the “busy-ness” of the day: our current problems and future challenges. Cultivating a simple lifestyle leads to positive changes in many areas, such as in spirituality and in health, including stress reduction, and promotes “quality time” for family and friends; not to mention it reduces our personal ecological footprint. Voluntary simplicity is consciously sorting out that which is important to us and our family, and intentionally eliminating or minimizing those things that cause us stress and intentionally maximizing that which brings balance and joy to our lives. It’s extremely empowering not to let events or society dictate how we live. Perhaps the following reflections by French writer Antoine de Saint-Exupéry sum it up best:

“If life were a poem, simplicity would be the poet, frugality the line and meter. If life were a painting, simplicity would be the artist, frugality the paint and brushes. If life were a building, simplicity would be the architect, frugality the hammer and boards.

“Perfection is reached, not when

there is nothing more to add, but when there is nothing more to take away.”

### How to Attain Simplicity?

Are there alternatives to the fast pace of our mainstream culture? Simple living is so natural and rewarding; however, many people seem intimidated by it. A growing number of people desperately want a simpler life, but are afraid to take that first step. They yearn for simplicity, but fear they couldn’t possibly live “that way.” In order to attain happiness and peace, everyone needs an opportunity to reflect on his or her lifestyle and aim at a daily life conducive to personal and emotional growth; a simple life that would transform our personal taste in buying, consumption, transportation, conversation, community, sustainability and living. Getting rid of physical stuff makes room for new things to enter our life. In effect, when we simplify our living, we make more room for our new life.

### Simplicity and the Planet

Our over-consumption lifestyle depletes the Earth’s ecosystems, and the effect of our ecological footprint on the planet can be detrimental. We need to be respectful and grateful for the miracle of a biologically productive land and sea that are capable to re-

generate the resources our human race consumes. We also need to be mindful of the planet’s capability to absorb and render harmless our ever-growing waste. Just for 2006, humanity’s total ecological footprint was estimated at 1.4 times the planet Earth’s capability to renew itself. If we continue to exploit the planet, and if our human demands continue to exceed the Earth’s ecological capacity to regenerate, we will face the consequences. When we live more purposefully and with a minimum of needless physical and psychological distractions, we will move from the slavery that prevents us from caring for the Earth to the freedom and the luxury of simplicity.

### What Will Happen When We Simplify?

We all lead very busy, stressful lives. It helps to find a little piece of calm daily. When we consciously simplify our life, we live more with less and create freed up space for fresh ideas, clear thinking, new experiences and better living. When we purposefully simplify our life, we make peace with the Universe and minimize our ecological footprint. We have more time to evaluate what is really important to hold onto, such as family, friends, love and joyful memories. We find our calm in life. When we consciously choose sim-

plicity, we regain freedom and control; we start experiencing debt-free living, a more natural and green existence without chemicals, and a healthier cooking style that promotes health, not slow death. Voluntary simplicity is to live with abundance and in harmony with the planet and the Universe; not learning to accept living poor.

### Our Inner Universe and Simplicity

Medically speaking, when we free ourselves from the burden of want, we achieve an internal balance and inner peace that create harmony within our cells and systems. Outer simplicity sets the tone for conscious inner peace. When inner peace is achieved, our healthier rhythms are achieved, and each cell in our body performs at its best to promote wellness and balance. When we achieve inner calm, our immune system performs miraculous vigilance and protects us from all invaders, including bacteria, viruses and even cancer. When we live in peace and happiness, with simplicity and gratitude, and respect for the planet, our neurohormonal symphony becomes a masterpiece. Let us consciously embrace peace, health, wellness and joy by celebrating the freedom, abundance and luxury of simplicity.

For more info, contact Dr. Dalal "Dolly" Akoury at AwareMed in North Myrtle Beach at the North Beach Plantation. Dr. Dolly leads the 4 Pillars of Optimal Health program with Wellness U to teach students and clients that you don't need expensive therapies or medications in order to join the wellness revolution. AwareMed is located at 719 North Beach Blvd, across from Barefoot Landing. Call 843-315-2520, visit AwareMed.com, and see ad page 31.

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