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### **Preview excerpt:**

## 8 SIMPLICITY

Simplicity is effortless and natural. It is nourishment for your heart (spirit) and mind. If you decide to simplify your life where possible, then you will have more energy and time for yourself, and the other truly important people and things in your life.

Human needs may be divided into logical and emotional needs. The more you simplify your approach to meeting your logical needs, the more energy and time you will have for your emotional needs. Logical needs need to be met to survive, however emotional needs need to be met in order to feel connected with yourself and others. This is required to progress, thrive and flourish.

On a daily basis, once your logical needs have been met, then you would want to fulfill your emotional needs. Emotional needs refer to your longing for love, validation by others, acceptance by others, understanding by others, etc.

Emotional needs are far more complex than logical needs. The reason for this is because emotions are far more multifaceted, intricate and plentiful than your basic needs for food and shelter. With each thought you think, every second, there are accompanying emotions. This means that at a particular point in time, you are filled with countless new emotions running through your mind, heart (spirit) and body. At the

same time, you are already a steam pot or slow-cooking pot filled with emotions from the past.

An emotion (and the reasons therefore) can be analyzed to some extent, however you should remember that an emotion does not exist in isolation and it is not based on logic. For example, if the color red mixes with the color green, then the color yellow exists. If you add blue to the yellow, then a new shade of green will exist. In the same way, if anger and optimism mixes, then a unique emotion will exist. Also similarly, if one person comes into contact with another person or group of people, then a new and unique dynamic exists. Each person brings their set of emotional needs to the group, and it knits into a complex form. You should not attempt to analyze just a part of the situation.

This suggests that emotional needs cannot be simplified to the same extent as logical needs, as the more people you add to your life, the more complex things become. However, there is some room for simplification. For example, it is your decision how many people you want to have in your life, and how connected you will be with these people.

It is at the heart of all human beings to want to feel connected with others. It is an emotional need, and people express this need in unique ways based on their status, upbringing, culture, values, beliefs, etc. The human need for connectedness with others may be explained through the vast use of the internet and social media globally. It is a different form of connection than that offered by being a member of a small community, however it shows that the human need for connectedness is the glue that keeps groups together.

Your heart (spirit) predominantly has emotional needs, whereas your mind predominantly has logical needs. It is your prerogative to meet your needs in a way that gives you contentment. To increase your contentment, you may decide to simplify your approach where possible to easily meet your logical needs, so that you have sufficient quality time and energy for the fulfillment of the more rewarding needs that will improve your state of being.