

A GRAND TRILOGY



Live It Love It Leave It

The space between

JAWAD YOUSOFI

Live It · Love It · Leave It

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Part of the Grand series. Free to read online at jawadyousofi.com

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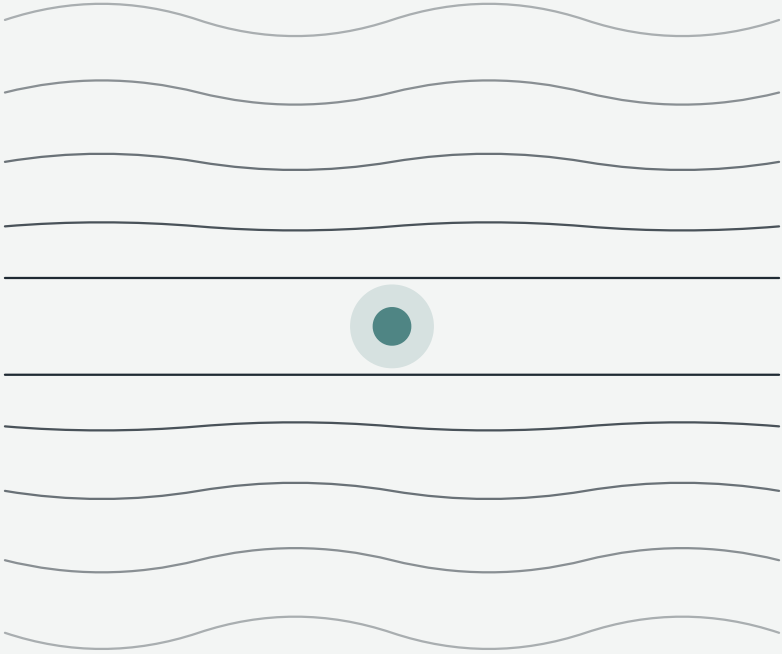
Learn to let go

BEFORE YOU BEGIN

Find a quiet place. Take one slow
breath. Read one page, then pause.

Each book has its own gentle music, free to listen to before you
read, at jawadyousofi.com

BOOK ONE



Live It

Stillness is clarity



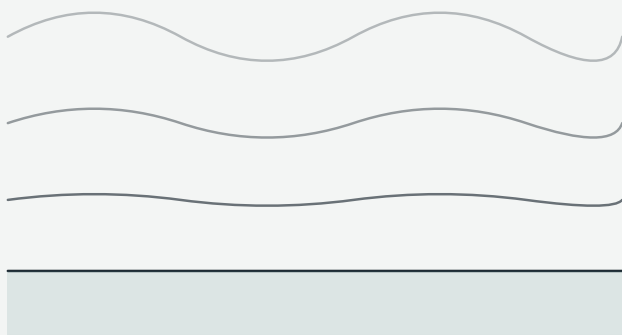
Love it or leave it, we are told.
But what if we first live it?



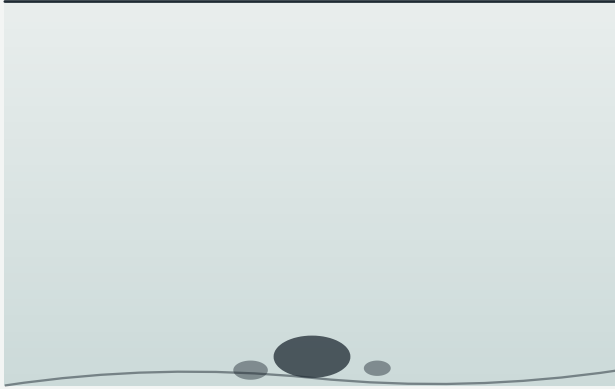
Life is not happening somewhere
else. It is happening here.



We rush toward the next
moment and miss the one we are
standing in.



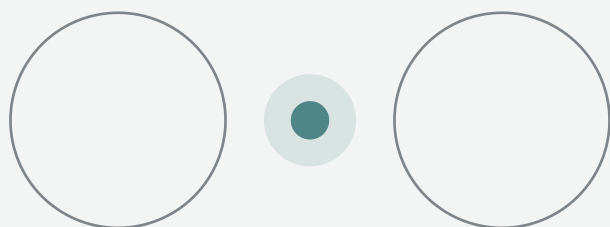
Be still. Not empty. Still, like a lake after the wind has passed.



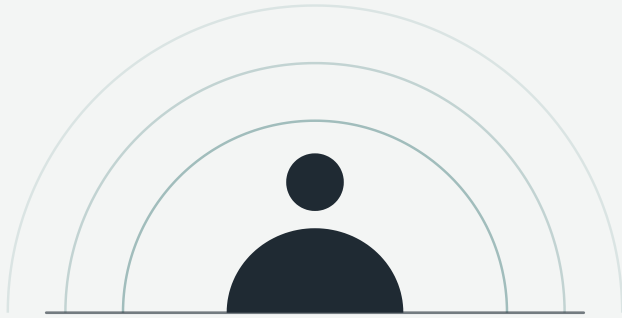
When the water is still, it clears.
You can see all the way to the
bottom.



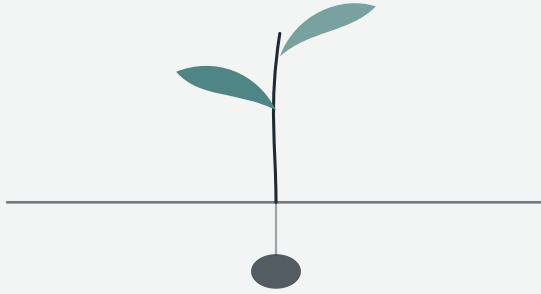
Clarity does not come from
thinking harder. It comes from
being quieter.



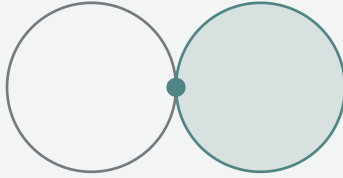
Between one thought and the
next there is a gap. That is where
you live.



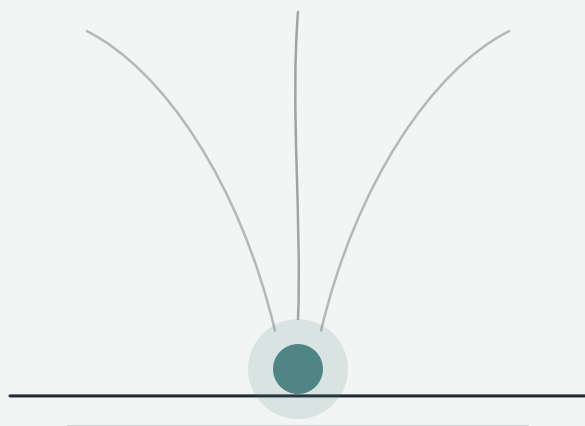
When it feels hard, don't run. Sit
with it. Breathe. Live it.



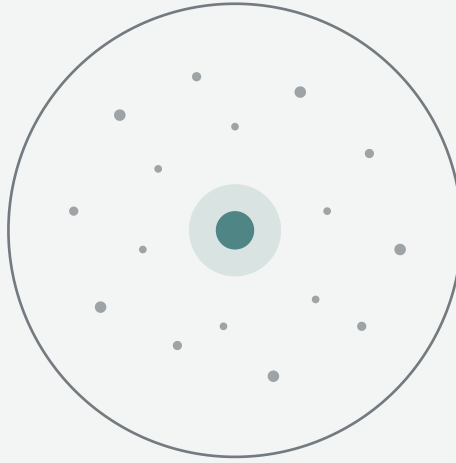
What you sit with becomes the
teacher you needed.



You do not have to fix this
moment. Only meet it.



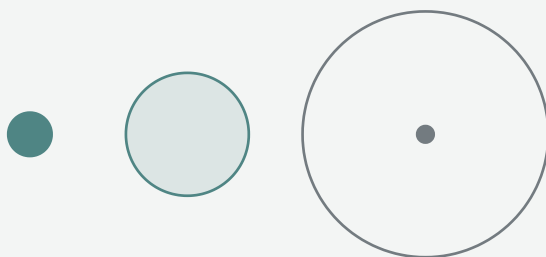
Feel your feet on the earth. Feel
the air coming in. You are here.



Stillness is not doing nothing. It is being all that you already are.



The clearer you become, the less
you need.

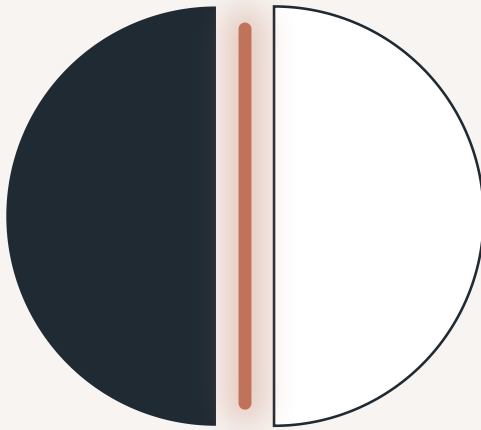


Live it fully: this breath, this day,
this life.



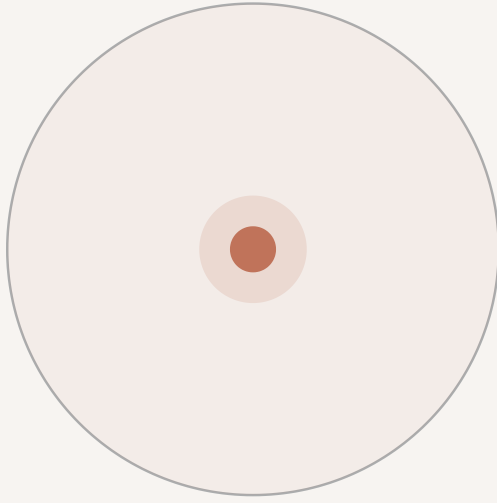
And when you have truly lived
it, you will begin to love it.

BOOK TWO

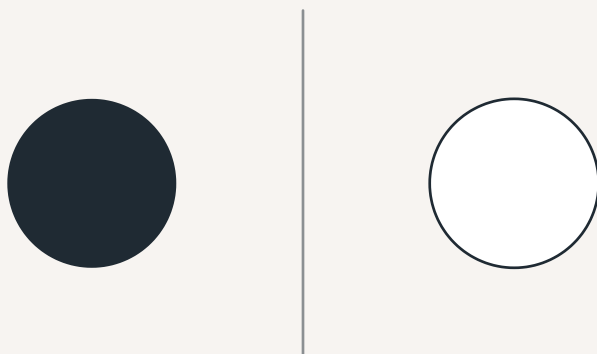


Love It

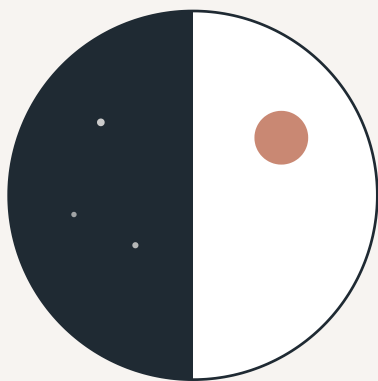
Love lives in the space between



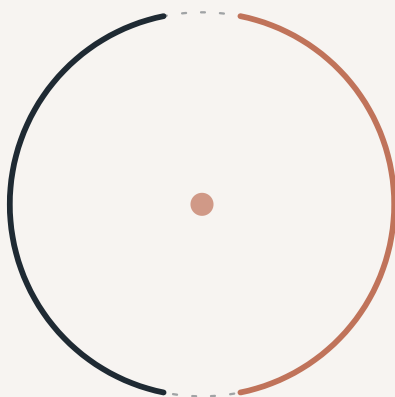
You have lived it. Now, can you
love it, all of it?



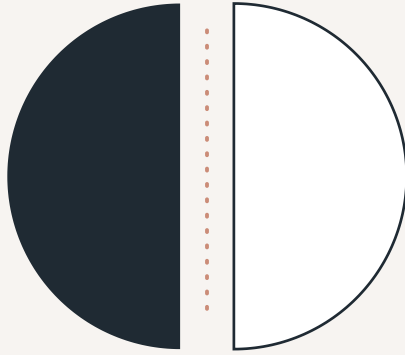
Light and dark. Joy and sorrow.
Day and night. We are taught to
choose a side.



But a day is not only morning. It
needs the night to be whole.



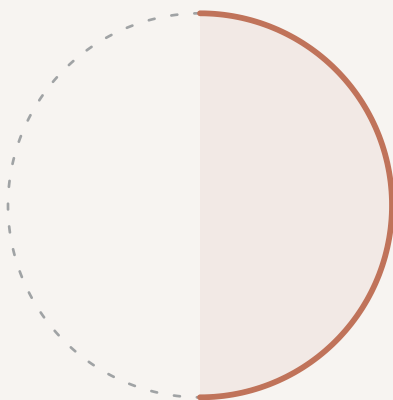
Opposites are not enemies. They
are two hands of the same body.



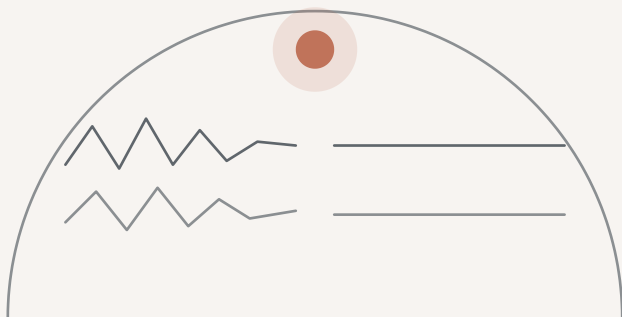
Between every two opposites
there is a space. It does not
divide them. It holds them
together.



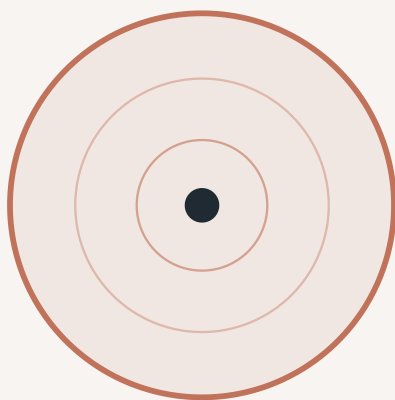
Love lives in that space.



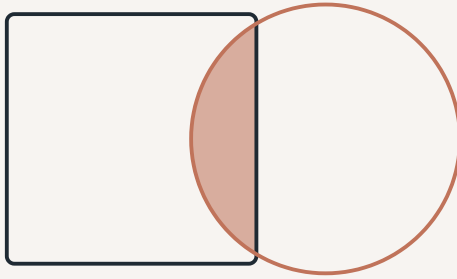
Loving only the easy parts is not
yet love. It is preference.



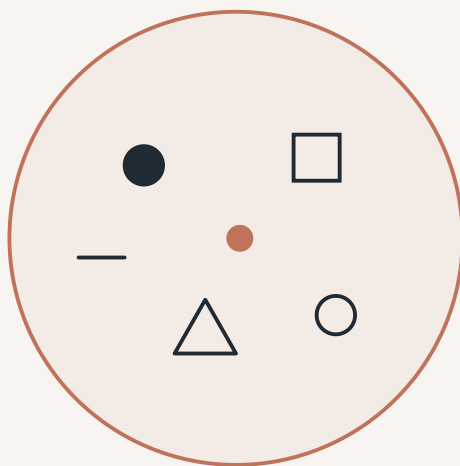
The storm and the calm belong
to one sky.



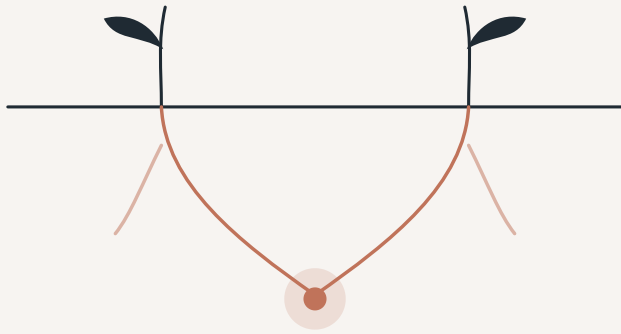
When you stop pushing away
half of life, the whole of it can
reach you.



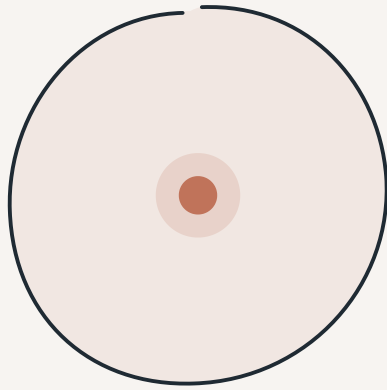
You do not have to choose
between your strength and your
softness. You are both.



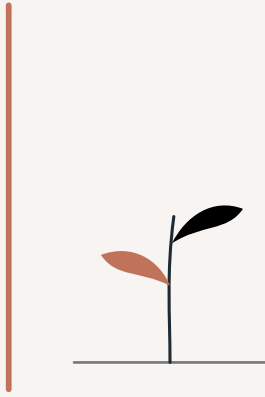
Love is not agreeing with
everything. It is making room
for everything.



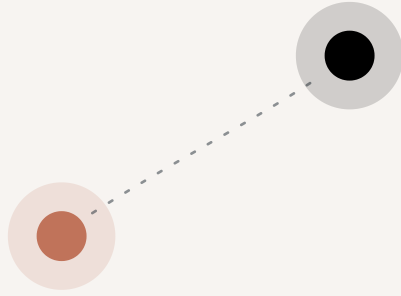
What seems to divide us on the surface connects us at the root.



Love it as it is, not as you wish it
were.

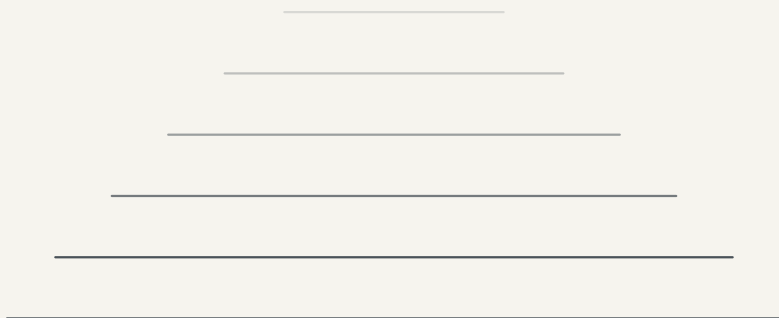


Between loving and leaving there
is a space. That is where we grow.



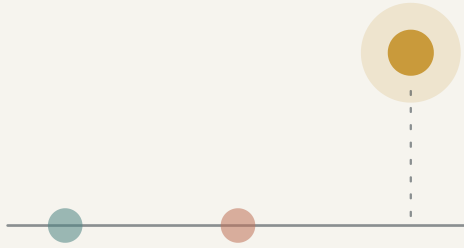
And when you have truly loved
it, you will know when it is time
to let go.

BOOK THREE

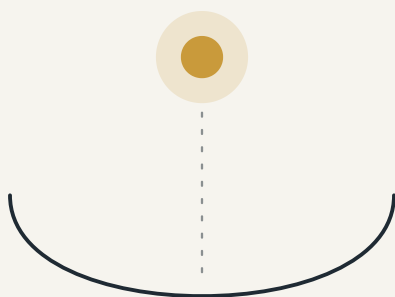


Leave It

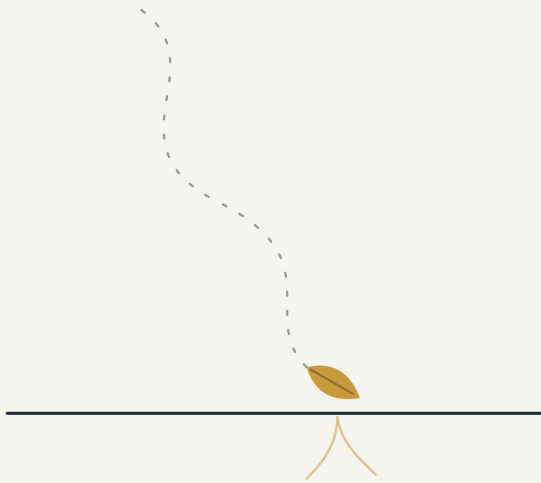
Learn to let go



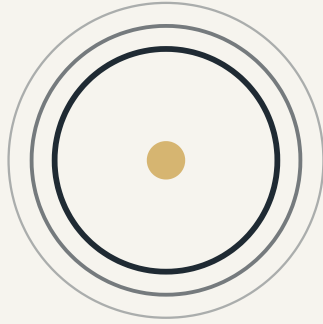
You have lived it. You have loved
it. Now, can you let it go?



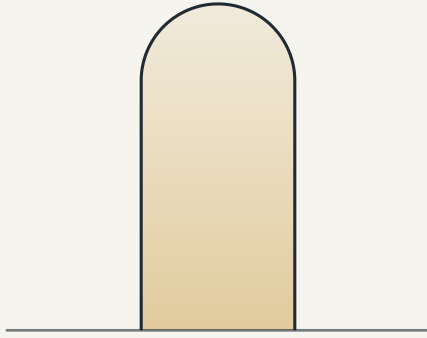
Letting go is not losing. It is
opening the hand so it can hold
again.



A leaf does not fight the autumn.
It falls, and feeds the tree that
made it.



We hold on because we fear
what comes next.



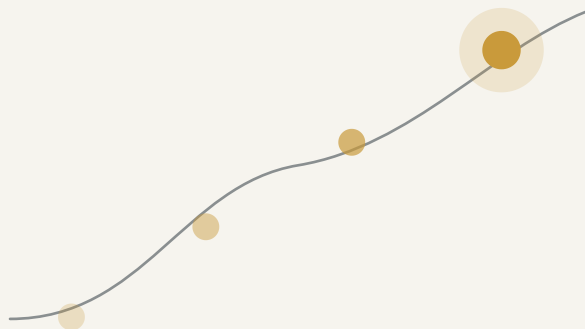
The unknown is not darkness. It
is a door we have not yet opened.



When you cannot see the path,
you begin to pay attention.



In that attention, your inner
knowing speaks.



Trust it. It has been with you all
along.



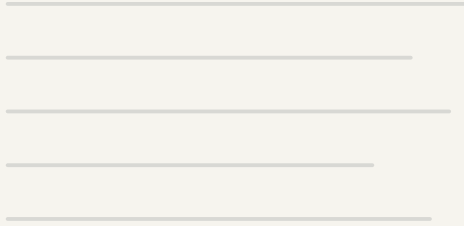
Step in, not because you are
certain, but because you are
ready.



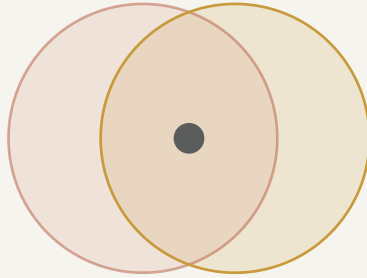
With every breath, you let go of
the last one. You have been
practicing all your life.



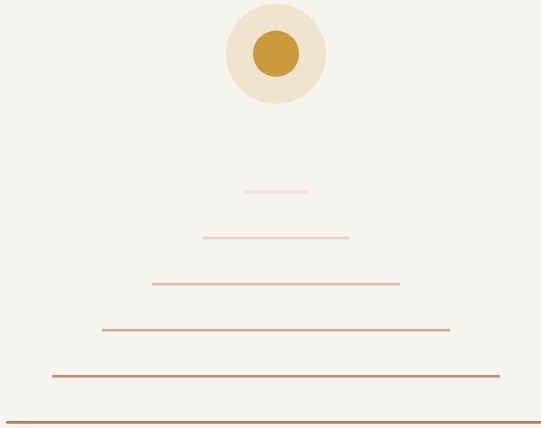
What is truly yours will not
leave when you open your hand.



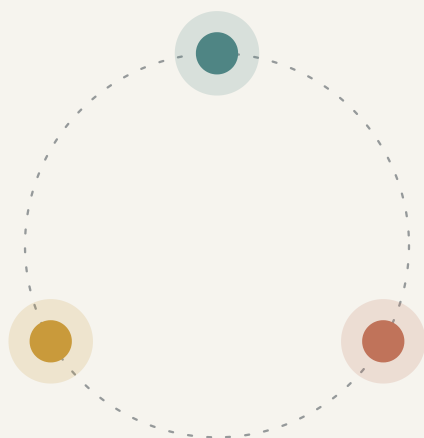
Leave the story. Keep the lesson.



Leave with love, and nothing is
lost.



Leaving is not the opposite of
loving. It is love that knows
when to let go.



Live it. Love it. Leave it. And
begin again.

ABOUT THE AUTHOR

Jawad Yousofi is a writer and holistic health coach, trained at the Institute for Integrative Nutrition. He is a husband and father, at home on a bicycle, on a soccer field, and out in nature.

He writes small books about what is already inside us, and shares them freely.

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