

$$\cos x = \cos x / \sin x$$

$$P = mg$$

$$ax^2 + bx + c = 0$$

$$S = \pi * R^2$$

$$a^2 - b^2 = (a + b)(a - b)$$

$$F = ma$$



$$E = mg^2$$

SIMPLIFY TO **MULTIPLY**

$$(a \pm b)^2 = a^2 \pm 2ab + b^2$$

$$pV = (m / M) R$$

$$a^2 - b^2 = (a + b)(a - b)$$

$$\operatorname{tg} x = \sin x / \cos x$$

THABISILE PHUMO

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S I M P L I F Y T O M U L T I P L Y

INTRODUCTION



At some point or another, some of us feel like wanderers in the journey of our lives. With intention and for some of us aimlessly, we walk towards our horizon which is meant to be the place where our pot of gold is nicely perched over our rainbow under the beautiful blue sky.

In that journey, we make headway, sometimes lose ourselves, get side tracked and if we are unlucky, we become so successful in journeys that are not ours that we even come out tops only to find out that our crowning glory, the coveted pot of gold at the end of our 'journey' does not contain our kind of gold.

The invitation to simplify so you can multiply is therefore simply an invitation to make the time to find and walk your journey – a journey that might not be as exciting as you wish for it to be, but will be eventful, authentic and worth your birth.

As you walk towards your true north, know that it is an existence that cemented on life elements such as love, giving, honesty, integrity and kindness, which are for you and have the potential to get amplified by those who are in our metron of influence.

I trust that you will find something that resonates with you because even if it is one word, a sentence, a paragraph or the whole book, it will bring me a step closer to putting something more meaningful on my gravestone....on the other side of my simple multiplication one day!

I wish you simplification and multiplication in your lifetime

To the one who gives Life and the many loved ones who have shaped and supported this journey?

Love
Thabi

Standing in the mirror this morning, I decided to take a good look at myself, I mean a really good look. At first it felt strange taking so much time to savour every speckle, every contour. It felt shallow because I had never until today taken a deliberate effort to look at myself. As I mapped my face with my palm, I got stuck as I got my eyes - the 'window to the soul'; a window I was determined to open so I can get into the deep and intimate levels of me. The yearning to collide with all my elements and commence with a journey of personal congruence where my mind, body and soul are in sync. This I was convince would get me to the real me, the "me" I had until now, not bothered to know well, the "me" I wanted to accept and love, warts and all. This was the "me" I wanted to present to the world because I was done fronting. I was preparing to go out and announce to the world "This is me, accept me as I am, because this is all there is to me, nothing more, nothing less." I understood that with that step, I would be risking rejection but I was done being what everyone wanted me to be; and was at a point of no return where I was asking the world to accept me as I am, on a 'take it or leave it' basis.

To accept who you are, you have to know yourself, your make up, your DNA. So where does it start?


Appearance + Personality = Authentic Self

Appearance

The looks are a lot about who we are, especially as women. Appearance matters, the difference is how you redefine the standards set so you can have your own kind of beauty. For centuries there has been a club of gate keepers on appearance who went as far as defining what beauty looks like; thin, tall, light and flawless skin and artificial hair to boot. While there is nothing wrong with the standard, a lot of women fail at this first hurdle of self-acceptance. With industries booming around the beauty of women, it is increasingly hard for women to define their own kind of beauty and accept themselves for who they are physically. Getting stuck in the appearance stage of self- acceptance affects one`s self-worth to an extent that not meeting the standard results in 'failure' which in turns results in self-rejection.

So what is one to do with everyone rooting for the Naomi Campell type of beauty? Alek Wek, the South Sudanese born, international supermodel redefined it for all of us by breaking the rules and setting new standards. She waged a revolution against the standards set by the gatekeepers and from her onwards, women all over the world are feeling beautiful in all sizes and shapes so long as they are healthy.

Easier said than done, because I have to acknowledge the reality that pimples, love handles, stretchmarks and cellulite, which are the trademark of 99% of women all of the world are not acceptable to this day. But it is time women accepted themselves for who



they are because as a mother of three, the stretchmarks are the gift of the pregnancies and wrinkles and indication that I have earned my four decades of existence. I may conceal them to the world but when I have nothing on, that is the ‘me’ I have to accept and with time love. Our target should be healthy appearances because in reality perfect appearances are a myth.

As I finish, my physical assessment, I look some more to find my favourite features because no one is perfect and in a simple equation I realise my appearance is a sum total of my being. I have my mother’s face, my grandmother’s frame, my father’s eyes, my grandfather’s height... what is there not to accept when all that is about me is a product of love. I love myself, I accept myself as I am. Dear world, this is all there is to me.

The Personality


All of us want to be known as nice, caring, gentle – a perfect personality for all occasions. The reality is that we all have a bright side and a dark side – the yin and the yang. According to Taoism ; Two halves that together complete wholeness. When something is whole, by definition, it’s unchanging and complete. So when you split something into two halves – yin/yang, it upsets the equilibrium of wholeness. That is who all of us are. As we attempt to conform, we develop split personalities; the public and the personal personality. At best, we look out for those we admire, and if we are great actors, become them especially in a society that commends and condones imitation.

It is comfortable to live life in a daze flirting with the romance of perfection and having all together. In fact most people have done it for so long, who they are just doesn’t feature anymore. That is the tragedy of most of our lives. We have been beaten by people and life to conform to ‘normal’ that in the quest to adjust and adapt, we know we have to be but resent every bit about who we have become because that is not who we are.

It is impossible to love what you are not and difficult to accept a semblance of yourself. At a point, everyone yearns for uniqueness and a space to define the reason for their own existence. It is at this point that the conflict between the real and buried self gets into mortal combat with the made up imitation some of us have become. Something must give and hopefully for you, that which gives is the cocoon that has kept the real you in mint condition. The real you which is a sum total of your origin, your culture, your values, your dreams, your past, your present, your future and everything else that makes your heart sing, your soul dance and your body to carry all of that with grace.

Authentic Self

I am told authenticity is overrated because like everything, being dynamic is the new authentic. Perhaps in the matters that don’t register on the ‘Richter Scale’ but in the main, being dynamic is about growth not change. Exercising, stopping to smoke or drink, that is change but who you become as you either enhance your strengths and manage your



weaknesses that is how far and how wide you can stretch being authentic and dynamic.

If authenticity is what we should aim for then what will it take to get there? Going back to basics and accepting that we are all unique creations, with a specific purpose in this realm of existence and as when we one day transcend into the next dimension, we must leave an indelible mark. A kinda “I was here” mark with a signature that is like no other. However, without acceptance, there is no mark to leave, you roll and coast through the rest of your existence with all your dreams, aspirations and influence buried deep as you accept what you are given but not what you can give to the world.

If you even consider flirting with the idea or have made the decision to accept yourself for who you are, what must truly happen to get you there?

Face off with yourself

In business terms they talk about a SWOT analysis as they embark on strategy development or implementation. Facing off with yourself is the opportunity to sit you down and have a proper strategy with yourself, analyzing every part of you so you can understand and accept who you are as a package. This will enable you to find your space in the puzzle of life, a unique space that only you can fill.

Understand and accept your make up:


We are who we are and very little can change that. Your job is to understand your make up, enhance what is good about you and manage what is not to make up this uniquely coded combination called ‘you’.

Fulfill your mission

We all have a mission to fulfill. Zig Ziglar says outstanding people have one thing in common; an absolute sense of mission. Our life should be about our mission which is our calling, that special thing you have to become James Bond about. This call to the mission is a challenge though. You have to know the sound of the bell that is made especially for you or like many of us, preserve through a series of ‘missed calls’ until you get to your own envelop.

Pay the price

It is said that ‘nothing worthwhile in life comes easy’. There is huge price you pay for being yourself. It is hard to go against the tide and challenge the status quo. The world just doesn’t allow for rebels; especially those who rebel against the norm to fight for what they value, themselves. It is considered selfish and even conceited to choose to become yourself. Like with everything else, if the higher prize is self-acceptance, you are going to have to become a warrior that annexes mindset, defeats opposition to get to you.



Back to my search, what I found wasn't all that I wanted to find. I had 'aahs and eews' along the journey because not all about me is great. There are too many beautiful things about me and too many warts. Can I change them? Maybe; Do I want to change them, a big fat NO! Where I find myself today, I urge you to accept me warts and all as I am. It is your choice 'take it or leave it'!



S I M P L I F Y T O M U L T I P L Y

CHAPTER 2: BRAVERY

Bravery is a strange concept. For the most part of my existence my notion of bravery was around combat. Bravery was about psyching oneself up to prepare for war, looking the enemy in the eye and taking tacking them head one. In fact growing up in the township during the difficult times meant always being on the defence and being ready at all times to fight against someone of something. The weak fled and the brave forged ahead and fought for hard and to the death.


That type of bravery is still valid and is needed in more spaces that most of us want to believe. Those who have walked the road, talk about life being ‘one long struggle’ – a recognition that to win, we need to be brave and fight through the challenges of life.

The kind of bravery I am on about is the bravery of a different kind. The bravery to face oneself and one`s world. The external frame of reference is easy but the most difficult thing for most of us is to confront ourselves. Seeing who we are is scary and therefore we prefer the mask. It makes us feel better when we don`t do into the deep and dingy places within our souls, our minds and our hearts. In there lies beauty couched with darkness and pain. In there lies guilt for all that we are because of what we could be. In there lies regret for all that broke and all that could still be done but hasn`t been done. In there lies deep sadness and regret for our failures. Taking a good look at that person is hard. So hard that most of us have resolved to never go back, never to look again because we are more afraid of who we are than we care to admit.

It is only the brave that is able to venture there because in the deep lies true treasure. To find treasure, you have to dig deep and pass through the rubble to find true value. Bravery is in everyone`s best interest if we move with the assumption that within ourselves lies our best version.

The journey of self-discovery is long and arduous. Nothing prepares you for that kind of journey. It takes you through your upbringing, your youth, your decisions, your regrets, your joys, your achievements. Everything seems booby trapped because to get to the good parts you have to detonate the bad parts, a process which seems suicidal because no matter who we are, we all subconsciously love a part of who we were, warts and all. As we dig deep and find reason to clean house, we lose ourselves in the process and are confronted with the choice of being better of the same. Choosing better is hard because it challenges our status quo and moves us out of the comfort zone into the world of the unknown where there are no guarantees we will be able to live with ourselves without that which defined us. It is the difference between turning a new leaf and being born again so to speak. Turning a new leaf means you change positions and become someone else whereas being born again means leaving who you were to become who you should be.

It took me a long time to face off with myself and I am sure it is the same with everyone.



The mirror was my screensaver and provided solace for a long time because what I didn't want to see, I could change my view and only look at my best side without realising that for there to be a best side, there has to be the worst side.

Then there is the world we live in. I mean the real world that confronts us when the curtains are closed from the prying eyes. All too often we live an illusion. We live in opposite direction to our real life. That is why some are struggling with the Khumalos by living beyond their financial, emotional, intellectual and psychological means. Our world might be dreary and instead of fixing our own worlds, we look externally and like a parasite, attach ourselves to the worlds that have nothing to offer us. The ordinary become extraordinary because of their view of their worlds. They are realistic, they understand their super powers and their limitations as they transact in that world. They are not afraid of the challenges, the triumphs, the potholes and the freeways of their lives. The challenge for most of us is that we can't deal with our own lives in our real worlds. We become ordinary in that existence and ordinary is not seen as the badge of the brave. Everyone wants to be a hero and in all the heroes live in Wonderland – everyone is there and our own worlds are empty and unguarded. Unguarded worlds are a gateway for forces of darkness. The vacant sign attracts the vagabonds of life and before you know it, your world is occupied and the walls are so high, there is no longer a point of return, as we become self-exiled by our own life choices.

So as you contemplate being brave to be face yourself, reset and know that...

You can't change your past

No matter how remorseful or embarrassed or shamed you are about your past, there is absolutely nothing you can do to change it. It is history that is recorded. You must be brave enough to accept it, leave its baggage and learn from it.

You find your own treasure map

Most of us are not brave enough to face ourselves because we don't know ourselves. This makes it difficult for us to navigate our own narrow paths in pursuit of the treasures that are buried within us

Don't fight to be yourself

Bravery means finding comfort in who you are without putting up a fight. The world drives us to prove a whole lot that sometimes we fight to even prove the obvious, don't fight for your space in any universe, if you are meant to be there, your space already exists.

Let go

The hardest thing that requires bravery is letting go. Not of others but of what lies within. Learning to completely ditch part of ourselves that are not serving us and those around us. If it is painful or shameful, forgive yourself and put it in a nice furnace and allow it to burn beyond recognition.



S I M P L I F Y T O M U L T I P L Y

CHAPTER 3: SELF-BELIEF

“Belief in yourself and use your God given talents to benefit others and make sure that as you pursue your course, you are able to come out on the other side a better person and your world a better place because of your existence”

In any journey, it is not how far or how fast you walk, but the diligence to stay on course that determines the quality of your journey because some of us arrive very fast but at the wrong destination; cross the wrong finishing lines and even accept the wrong medals. This happens because unfortunately in life, we will find a lot of courses that look like ours but are not. The lucky ones discern and stay on their own course but some of us have even finished our “wrong races”, hence we see a lot of “successful” but unfulfilled people. In your journey, you will understand that you need people to help:

- Prepare because you don't know everything
- Along the way as you will get weary and you need support
- Cheer you on because you will want to give up
- Discourage you to test if you are on the right course
- Sabotage you so that they can firm up your convictions

It is with this in mind that you must accept that ultimately you must run it alone. Any journey requires faith.

Believe in yourself


While this is obvious there is a lot of us who don't know who we are for that belief to take us anywhere. We our jobs, our marriages, our clothes and assets but we fundamentally don't have “an us” without these trappings. Some of us have traded ourselves when it stopped being cool being us to fit into some or other mould that society accepts.

Determine your course alone

A lot of us are doing what we do because of our families, friends, culture or religion. We are fulfilling shattered dreams, rebuilding legacies at the expense of our own journeys. The support we get from all of these institutions is as comforting as a lullaby but a slow killer for the individual dreams and destinies that have our name on.

Know and accept the size of your course

How big is your course? Some of us are swimming in Olympic size pools only the likes of Penny Heyns and Chad Le Clos can handle. We are drowning in our relationships, careers and finances because we are heading if not already in the deep end of the wrong pool. . Knowing and accepting the size of your pool until you graduate to the next level is important. Being in a smaller pool which is the preserve for novice swimmers does not mean you will stay there for the rest of your life. If you aspire to the next level, you will need to work towards it just like a player in the Mvela League works hard to be promoted



to the Premier League at the right time once he is able to play in the big league and in my case swimming without the floater.

Walk the narrow course

The right course is always unpopular and the one that is narrow. It is narrow because there is no extra space required on it – you are meant to travel on it ALONE. For those who are Christians, Jesus Christ, the Son of God was very clear on this and this when he could have chosen to give someone his cross or take a different path but He stuck to his journey, which at the end was heavy but fulfilling and worth the risk

Make failure a big part of your narrative

Failure is a trademark of all good races. The Shredded academy says “A master has failed more times that a beginner has ever tried.” Use failure as time out, ability to regroup – no one can swim the ocean in one breath.

Make happiness the epicentre of your course

It does not matter how excellent you are, how much money you make, how important your position - if you are not happy, it will never work in the long run. Things may work out at face value, but unhappiness kills. It kills dreams, enthusiasm, courage, faith, self-esteem and ultimately takes its toll on your health and relationships. The nice thing about happiness...it is a choice and free...

Compete with yourself

Since we all on different and individualised courses if you agree with me, it makes competing with others (which we do a lot) another form of acceptable insanity. Instead of Competition, look at others for inspiration and for learnings.

Usain Bolt will never finish the Comrades I am sure and in the same vein, Bruce Fordyce would have never become the fastest man on earth...they are both runners but their courses are different

Build a legacy

There is no point in staying on a course that benefits no one. Some of us have even stayed in courses that don't benefit even us. As you go through your journey, use it to change lives, give hope, become a pathfinder and ultimately build a legacy because a legacy mindset is an outcome self-belief

CHAPTER 4: FIND YOUR TRUE NORTH

“At some point in our lifetime, all of us will collide with a package containing clues that lead us to a path called ‘meant to be’. Some of us will stop at the scene of the collision to unwrap the package, while some of us will flee the scene due to the sheer magnitude of the collision. Irrespective of what happens we are all searching consciously or subconsciously for our true north.

We all keep walking even when we think we are stuck in one point. If we are deliberately not moving or circumstances have paralysed us, our lives move because time moves.

It seems out of kilter to start with the course and only now talk about finding the compass to our true north which takes us to end of the horizon of our blue sky so we can finally settle happily ever after with our pot of gold.

Life does not seem to have a definite starting point, predictable milestones or a finite end point. The closer the blue sky horizon, the farther sometimes it seems to reach.

We all have a dream we gave up on at some point in our lives because of a lot of reasons and in my case excuses. This remains an incomplete which has probably set the scene for a lot of unfinished and abandoned relationships, projects, qualifications in your life. Finding your true north will require you spending time looking back and taking the step to become the real you to close that gaping hole within you.

The point is life is not linear. You will probably spend a lot of time searching for your true north – your purpose.

Peace


Peace within and with our environment is the ultimate achievement we should all pursue relentlessly. It is that complete silence within that enables you to accept who you are, your environment and those around you. It enables you to focus on your struggles and triumphs from a position of power. The reality is that the most powerful people in the world are the people who have gifted themselves peace because of and in spite on their circumstances and standing in life.

Your own best friend

We all fear being lonely and alone and so often confuses loneliness and being alone. The best gift we can all give to ourselves is to enjoy spending time with ourselves. This enables us to shut out the world to connect, listen, getting to know you and speak to you uninterrupted.

This helps you deal with the journey better. It enables you to keep yourself amused, encourage and inspire yourself as you trudge along your rode alone.

Putting yourself first



Putting yourself first requires courage and kindness. We sometimes have beliefs and dogmas that are standing in our way, preventing us from embracing the fact that we matter enough to come first.

On your journey, there is no one in front or nobody at the back. Therefore, putting yourself first is an act of self-love and not selfishness. It enables you to be fully present in your life spiritually, physically and emotionally

Choice

We all have to choose the direction we believe is the right one to take to get us to our blue sky. Sometimes we believe we are born into choices that are already made for us and we conform to the environment based on the choices society seems to accept.

Finding your true north is unfortunately based on choice. However, some of us are already way too far with our choices that we feel all is lost but it is not. The choices we have made sometimes choke happiness and peace out of us and we feel paralysed and unable to move.

The courage is for you to decide to ‘unchoose’ those things that seem to have shackled you into one point. Give yourself the gift of choice to free yourself no matter how far you think you have gone on whatever path.

This could be very painful as it could include deleting people from your phone book, giving someone or some people separation notices because they do not serve you or your purpose anymore.

Something has got to give

It is called a sacrifice but simply put, to get onto the direction of your true north, something has got to give because Being an original (authentically representing the clay that specifically moulded you) is probably the most difficult choice most of us will ever have to make.

It is a choice that takes us to a lonely road of the unpopular, rejection and sometimes deprivation of what we crave for the most; love and recognition. It is that discomfort that has paralysed some of us into remaining copies and thereby missing out on the best years of our real lives.

You have to give up something to free your hands up to receive what is rightfully yours because only empty hands can receive.

Terminology sometimes gets us into a massive analysis paralysis as we search for that

one big or small thing for which we are born – our reason d’etre. Whatever it is, when you find it you will know because the compass you will be holding will pointing into one direction – your true north.



S I M P L I F Y T O M U L T I P L Y

Know your worth

‘The concept of value; personal value is foreign to most of us. We don’t really know in our personal space with absolute certainty what we are worth and the currency we are trading in. That knowledge is critical as we transact on a daily basis with partners, colleagues, family and other members of society’.

Modesty prevents a lot of people to ‘price’ themselves or better still get themselves evaluated. This is important because we don’t know how much we are worth when we are selling ourselves short or when we have marked down our price in an ‘out of sale’ season or when you have overpriced yourself and most importantly when you are or should be expensive.

Making the time to price your worth is important because it allows you to live your life knowing who or what is worth or not worth your love, attention, pain, envy or even time. That value begins with your recognising that you are great. Yes GREAT no matter how small you see yourself or your horizon seems. Greatness is doing those simple or complex things that make a difference to others (those in your scope of influence) and the world (ripples in a pond). Your image about your own greatness either hinders or enables you.

Understand who you are and meant to be

Knowing who or what you are meant to be is not enough, you have to understand it so you can respect it and nurture it. It was not enough for Jesus Christ to be the Son of God because that is an undisputable fact – understanding how important that role is and its impact enabled him to live in obedience

Be Authentic

We all make bad imitations. The invitation is to live authentically as you because the worst person who is not able to deal with being fake is not your friends or family – it is you. It is for this reason that we don’t sleep with make-up, we have to unmask at some point in our lives.

Being authentic expands your horizon, enables you to know your potential, understand your situations, your breaking point

Tell yourself the truth

Learn to tell yourself the truth. While listening to the truth from others is useful, it should be considered a bonus. Know yourself inside and out so that you can know when what you say or believe about yourself and your abilities is true.

It is important that you are your own measure, not that the external measures are not

important. Some of us are great but others' standards but feel so inadequate within that we find little joy in our greatness.

Love yourself

Loving yourself with all your heart, mind and soul is as essential as breathing. It allows you to protect your heart and mind in a single-minded pursuit of your blue sky. It makes you aware of the pollution and infected areas around you in the form of detractors, 'friends' and decoys.

Using love as a verb and not a noun allows you to get closer to who you are and to look at yourself on a daily basis from the point of grace. It will give you your life back by teaching you to forgive yourself as a principle knowing that the future is ahead of you because you cannot do anything to change your past, your mistakes, your background

Loving yourself makes you extraordinary and it start with a little heart drawn around your name.

Take care of yourself

Rest and refuel on a regular basis. Pursue your journey with zeal and determination but listen to your body, mind and soul. Know when you need to go for service literally. Plan to your stops along the way. Even the best saws need to be sharpened.

S I M P L I F Y T O M U L T I P L Y

SIMPLIFY TO MULTIPLY

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