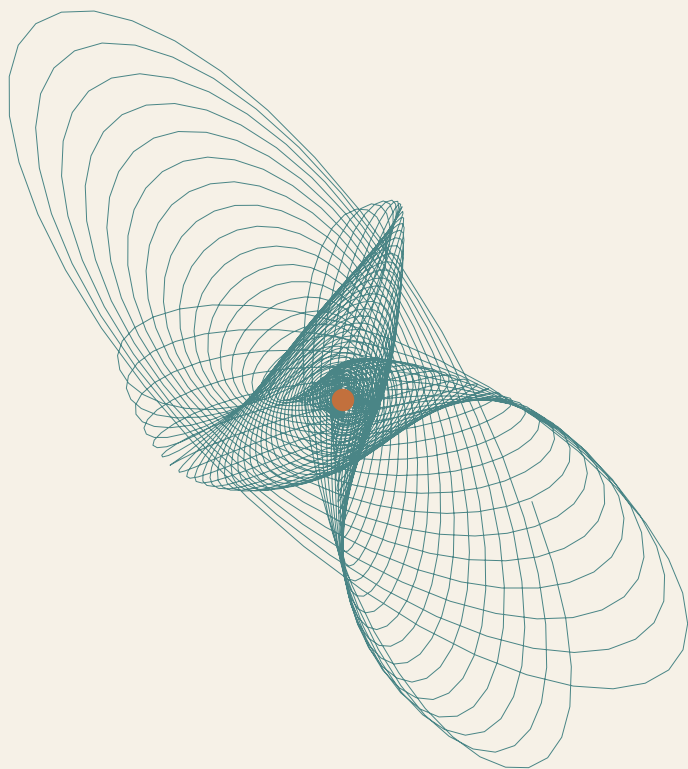




Pendulum

Modern moderation for a world of more



JAWAD YOUSOFI

*Too much is a swing.
Too little is a swing.
Enough is where the pendulum rests.*

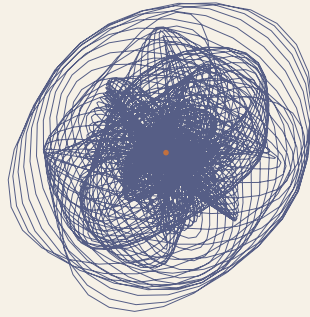
Before You Begin

This is a small book about a big question: how much is enough?

Read it the way a pendulum moves. Unhurried. One page, then a rest.

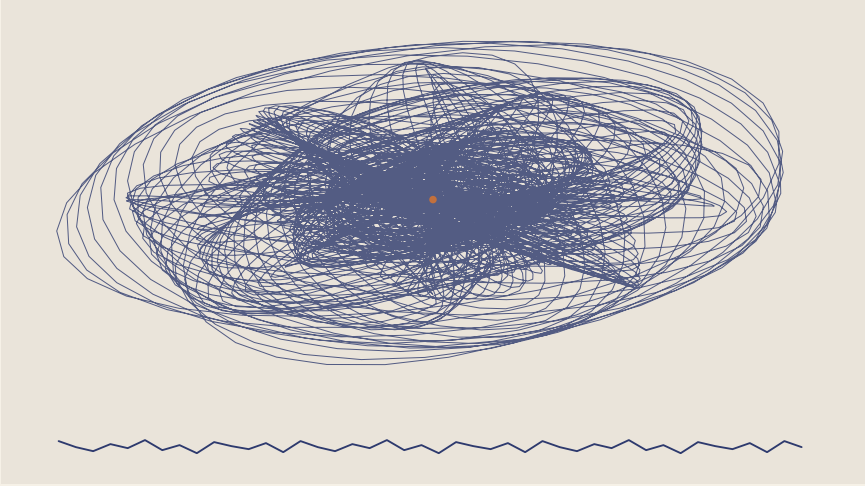
Nothing here asks you to want less. It asks you to notice what you already have.

It is free, because enough was never for sale.



PART ONE

The Swing: A World of More



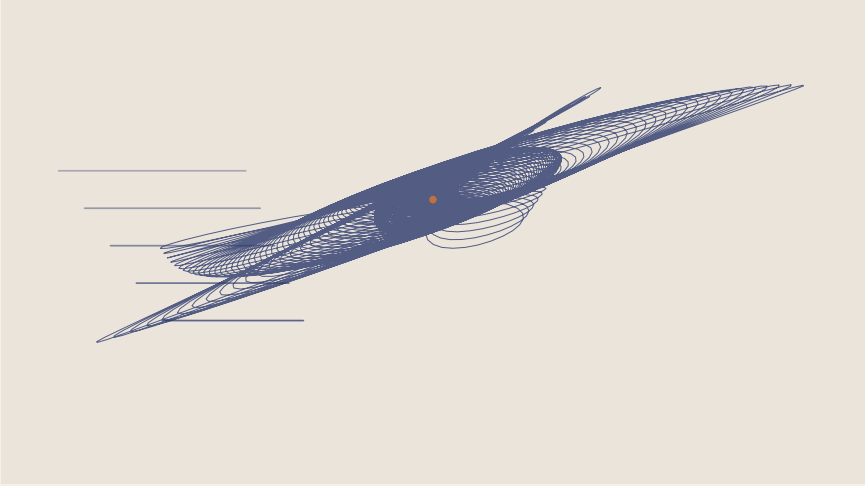
1 · We Pass Ourselves

We run so fast, we pass ourselves.

Up before the light, asleep long after it. Busy from the first breath to the last scroll.

Somewhere along the way, we left someone behind. It was us.

Pause: When did you last arrive somewhere, and actually stay?



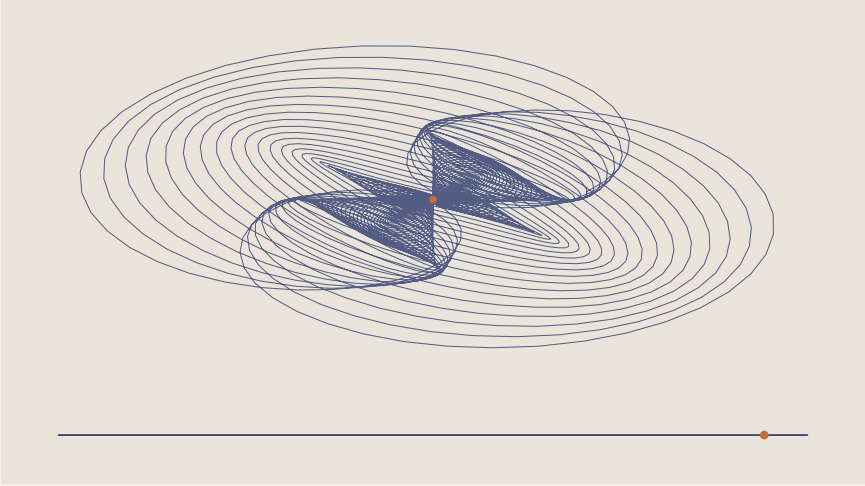
2 · Zero to Stillness

Our cars go from zero to sixty in a second. Our phones answer before we finish asking.

But no machine has ever carried anyone from zero to stillness.

That road, we still walk on foot.

Pause: What are you racing toward, and what will you do when you get there?



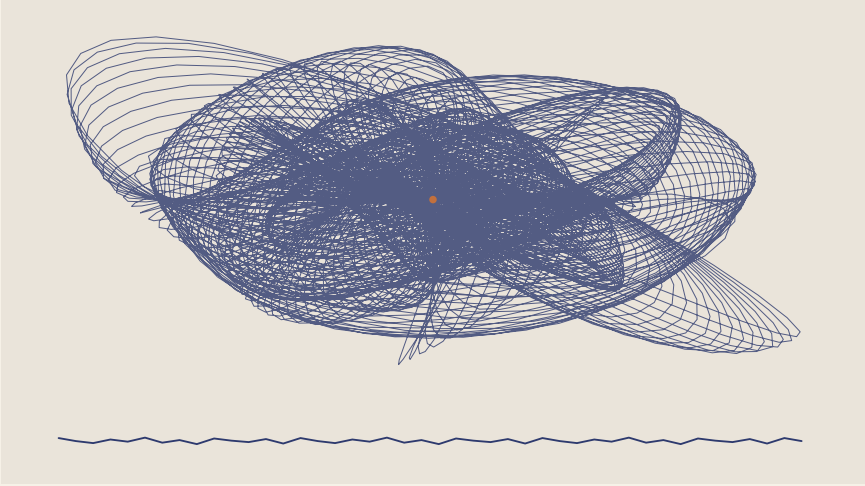
3 · More Is a Horizon

More is a horizon. Walk toward it, and it walks away.

The new thing becomes the old thing before the box is in the recycling.

Not because we chose badly. Because more was never a place anyone arrives.

Pause: What did you once want so badly that you no longer even notice it?



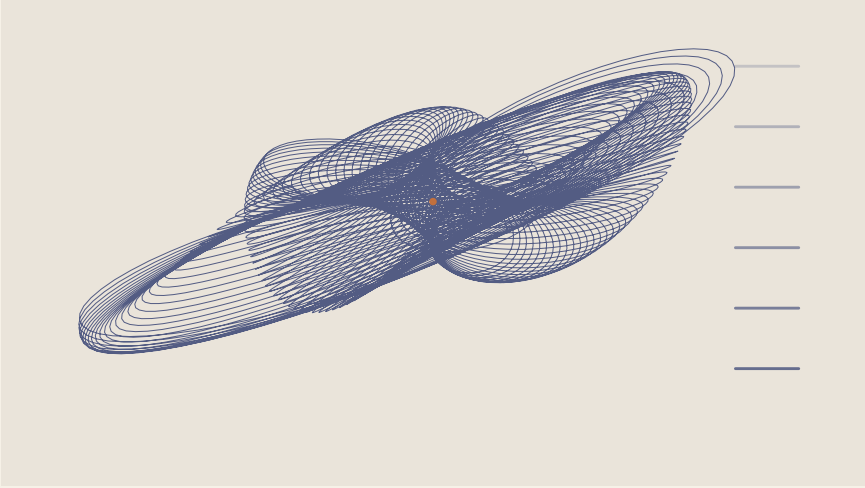
4 · Full Plates, Empty Moments

Full plates. Full calendars. Full inboxes.

And still, a quiet hunger that no meal reaches.

We are not starving for more. We are starving for the taste of what we already have.

Pause: What would you taste if you slowed down long enough to notice it?

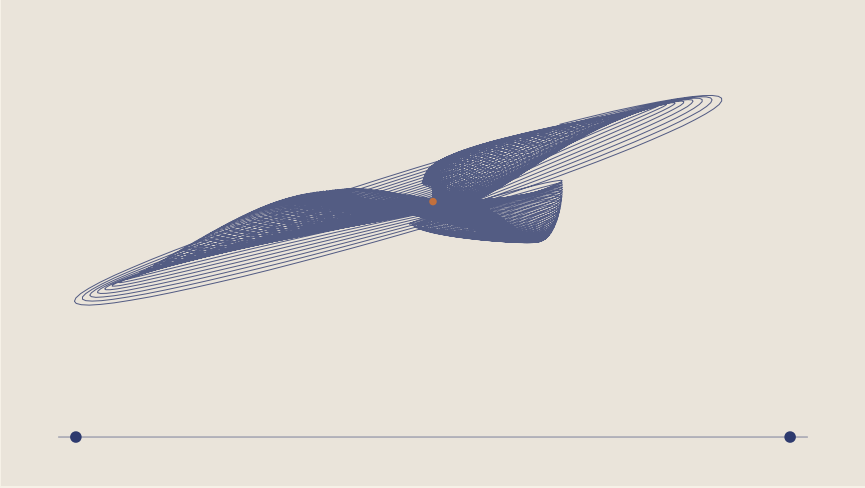


5 · The Endless Feed

We scroll for more, and find less.

The feed was built to never end. This moment was built to end, and that is what makes it precious.

Pause: Who in front of you is waiting for your eyes?



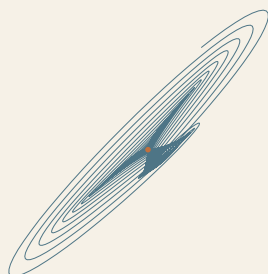
6 · The Other Extreme

When we swing too far, we often swing just as far back.

The crash diet after the feast. The vow to quit everything after too much of something.

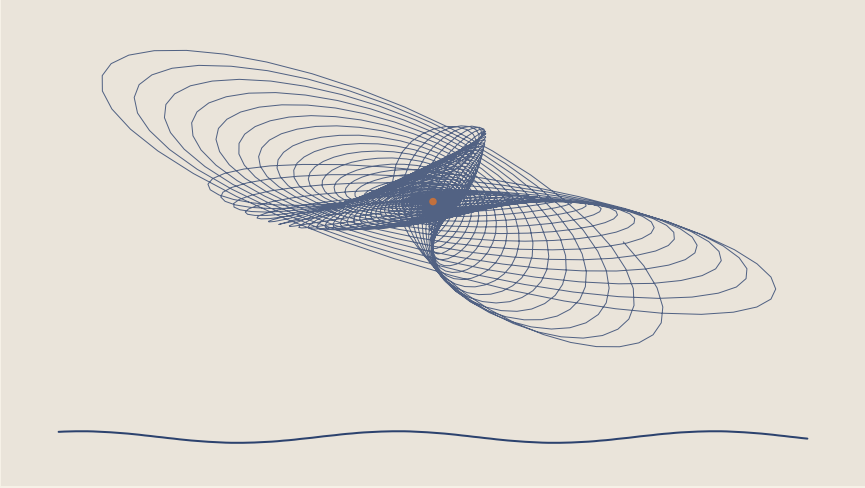
That is not balance. It is the same pendulum, swinging wildly the other way.

Pause: Where in your life do you swing between too much and too little?



PART TWO

The Body Remembers

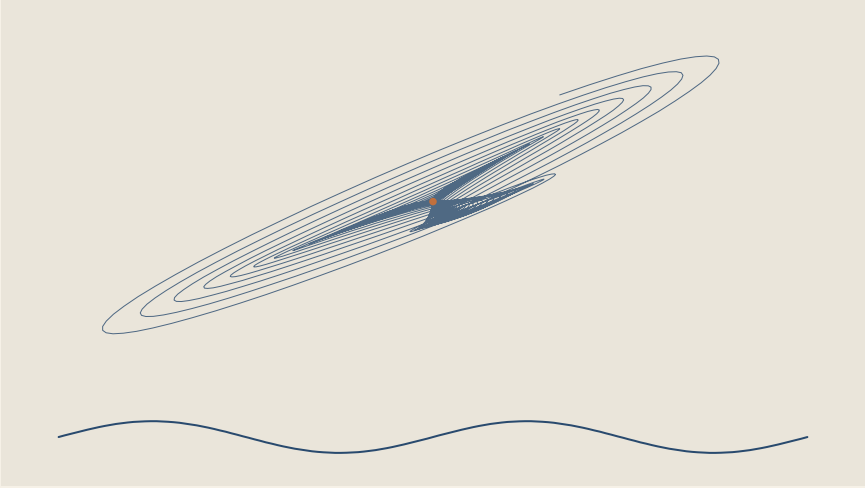


7 · Something Never Forgot

And yet, something in us never forgot.

Beneath the rush, a quiet intelligence keeps you in balance thousands of times a day, without being asked and without being thanked.

Pause: What is keeping you balanced right now that you have never once thanked?



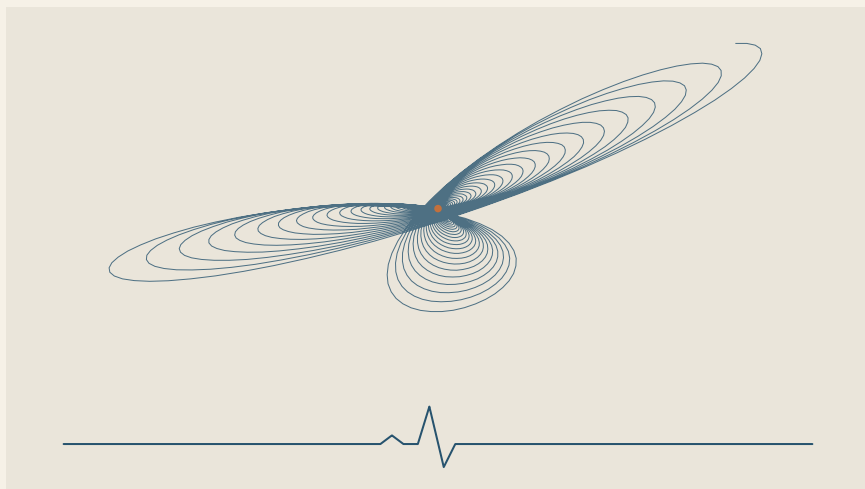
8 · Even Breath Knows the Middle

In, out, and the pause between.

Breath never takes too much. It takes, it gives, it rests.
Hold it too long, and the body lets go for you. Rush it, and
the body slows you down.

Your breath has been teaching moderation since your first
day.

*Pause: Breathe once all the way in, once all the way out.
Then wait, gently, in the pause.*

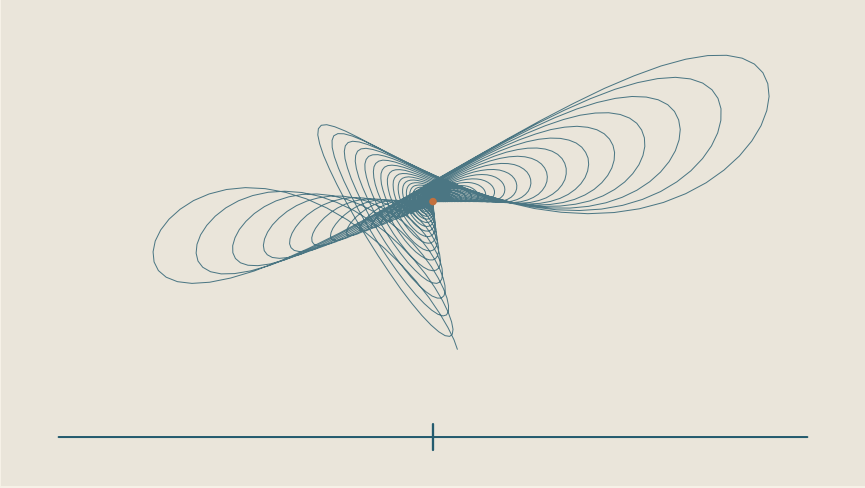


9 · The Heart Keeps Time

A heartbeat knows the magic rhythm. Not too fast. Not too slow.

It quickens for the climb and settles for sleep. It has worked every moment of your life, and it has never once hurried.

Pause: Put a hand on your chest. What rhythm is your life asking you to keep?



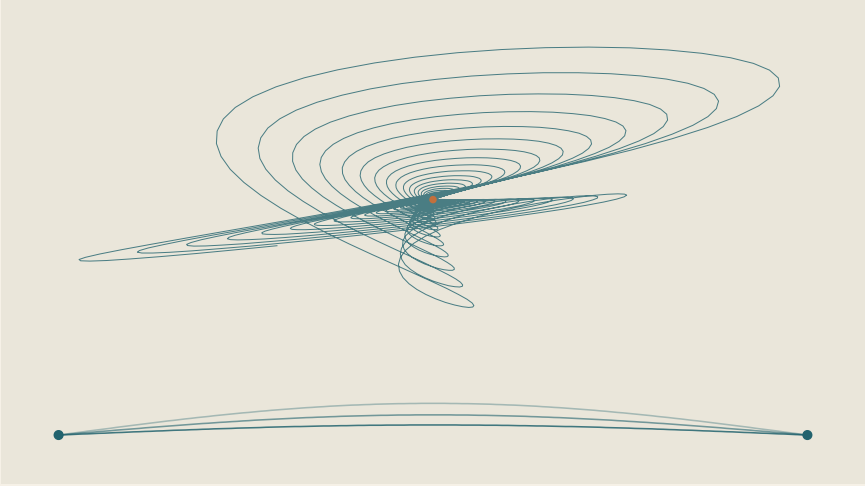
10 · The Body Knows Its Center

Lean too far, and it gently pulls you home.

Stand on one foot, and a hundred small muscles quietly find the middle.

Balance is not stillness. It is a thousand small corrections, made with kindness.

Pause: What one small correction is your life asking for today?



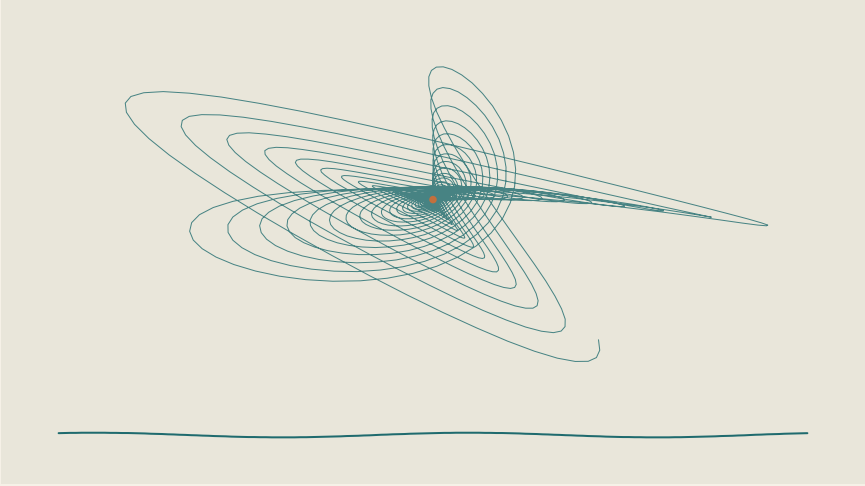
11 · The Tuned String

A string tuned too tight will snap. A string left too loose will not sing.

Only a string tuned just right makes music.

You are an instrument too.

Pause: Where are you strung too tight? Where have you gone too loose?

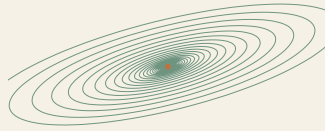


12 · Remembering

A child stops eating when full. An animal rests when tired.

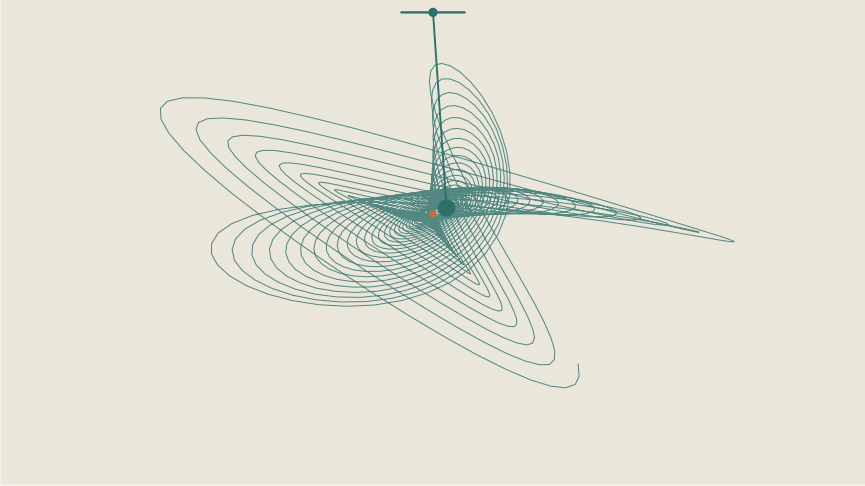
We knew this once. The world simply grew loud enough
to drown it out.

Moderation is not something we learn. It is something we
remember.



PART THREE

Coming to Rest: Enough



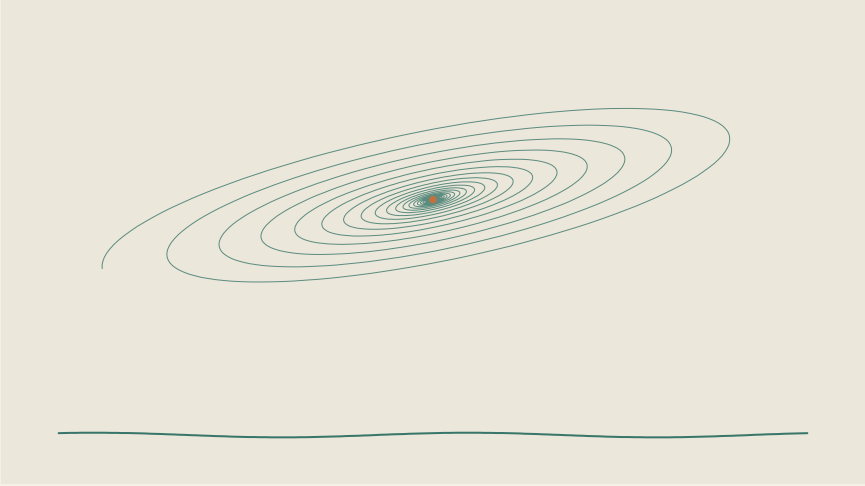
13 · The Pendulum

A pendulum swings far this way, far that way.

It never fights the swing. It simply finds the middle, and rests.

You do not have to force the stillness. Stop pushing, and it comes.

Pause: What are you still pushing?

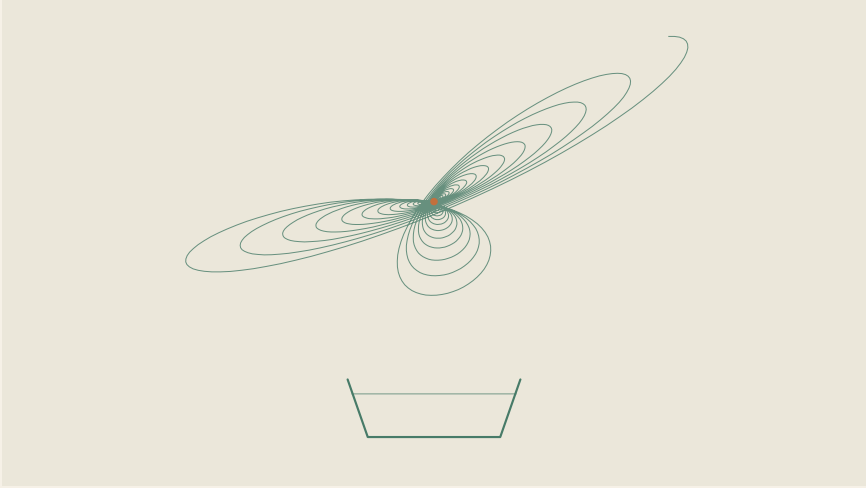


14 · A Quiet Word

Enough is a quiet word. You only hear it when you slow down.

More shouts from every screen. Enough whispers from inside.

Pause: Where in your life is enough already true?

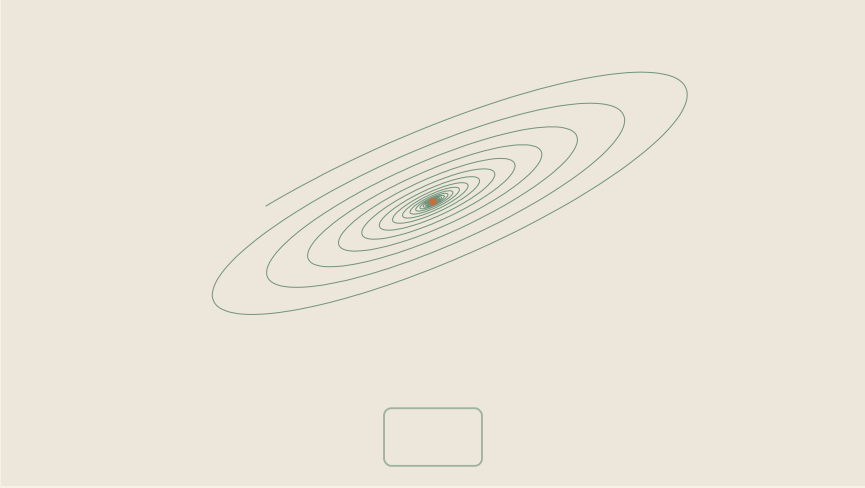


15 · Before It Spills

Not less. Just enough.

The cup is full before it spills.

Moderation is not a smaller life. It is a life you can actually hold.

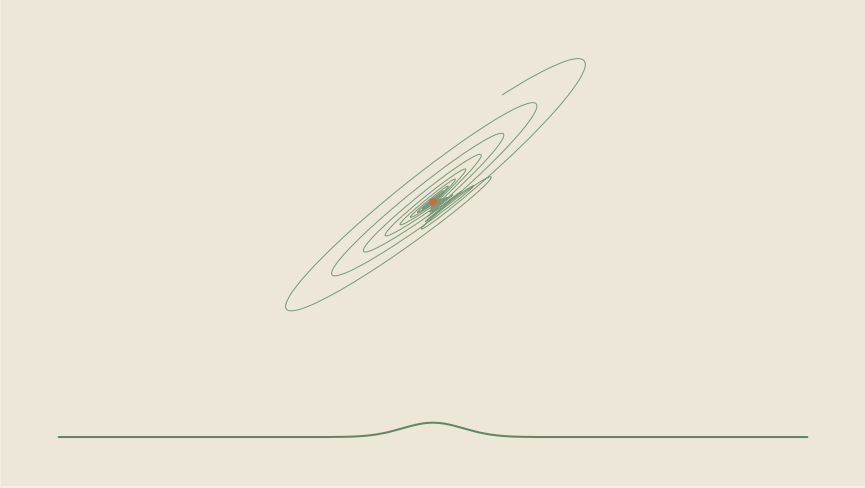


16 · When the Screen Goes Dark

When the screen goes dark, the world lights up.

The sky you forgot to look at. The face across the table.
The thoughts that only come when nothing is talking to
you.

*Pause: What might light up tonight if the screen went to
sleep an hour before you did?*

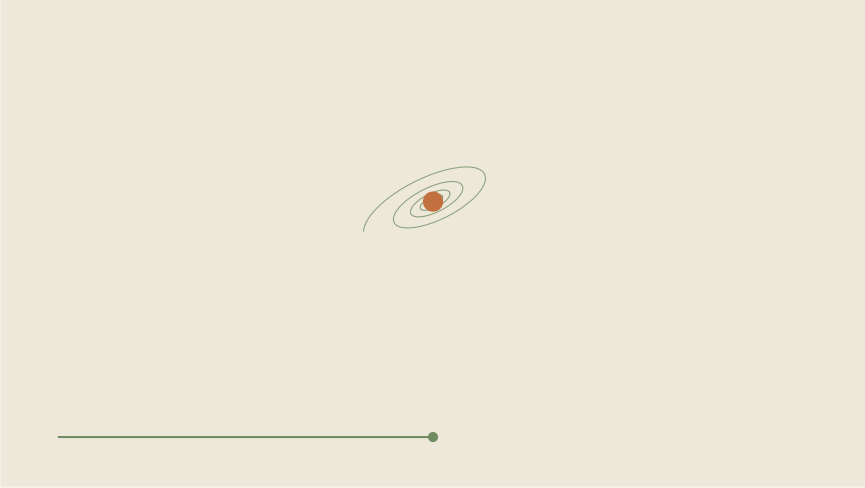


17 · One Bite, Truly Tasted

One bite, truly tasted, is a feast.

Joy was never in the amount. It lives in the attention.

Pause: What would change if you gave your whole attention to the next good thing in front of you?



18 · Here All Along

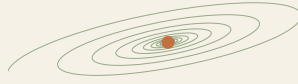
The middle is not halfway. It is home.

Not the lukewarm middle of giving up. The living middle, where you can feel everything and be carried away by nothing.

Between too much and too little, a breath.

Enough was here all along.

Practice: Each time you reach for more today, pause for one breath and ask quietly, “Is this enough?” Then listen. The answer may surprise you.



Closing

Every drawing in this book was traced by a swinging pendulum, slowly coming to rest.

May you find your own resting place, somewhere between too much and too little.

This book is free. Copy it, print it, pass it on.

About This Book

Pendulum: Modern Moderation for a World of More

Written by Jawad Yousofi, with the help of AI (Claude, by Anthropic).
The idea, the vision and the heart of this book are the author's own.

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Chapter 11's tuned string is inspired by a teaching of the Buddha to the monk Sona: a lute strung neither too tight nor too loose is the one that plays (Anguttara Nikaya 6.55). Chapter 17's feast echoes the old proverb "Enough is as good as a feast." "Zero to sixty" borrows a common phrase from car culture. "When the screen goes dark" is also the title of an unrelated essay on the BC ICU Doc Substack; this line was written on its own.

The drawings use the harmonograph, a pendulum drawing method from the 1840s. All artwork is original to this book.

Other books share the title Pendulum, including poetry by Eric Scott Sutherland and Chris Tutton, and *You Are the Pendulum: Poems & Practices for an Unsettling World*. This book is not related to them.

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