

Tossing Junk

There is something therapeutic about clearing out clutter. Getting rid of the old is a perfect way to make room for the new.

In preparing our house for sale, cleaning out junk has become a daily activity. Stuff has had a way of piling up over the years and having a dumpster dropped in the driveway makes the tossing job quite easy.

Closets are the worst. People in the western world have a bad habit of saving everything they ever wore. There are clothes that are in style, clothes that are not, and those coveted pieces that are a few cheesecakes away from fitting one more time.

We hold on to items as though our life depends on it.

I had a conversation with a dear friend the other day about him having to sell his beautiful Victorian home after he divorced some years ago. It had been carefully restored, by him, to its original splendour.

Parting with the house wasn't easy, and as he pulled out the driveway the final time, he looked back at the place he lovingly poured his blood, sweat and tears into, and realized it was just stuff.

Holding on to the house or even the marriage, would have kept him in a miserable place, far from the wonderful world he currently finds himself in, even though, at the time, he had no idea what the future had in store for him. In order to get here, he had to figuratively let go and toss out the old.

Tossing doesn't end with clothes or old homes. If, as a society, we never tossed out old beliefs we'd all still be thinking the world is flat.

The point is, things change. Our tastes. Our interests. Even the world around us evolves, and morphs before our very eyes. Holding on to what once was, could possibly be keeping us stuck in something that's time has passed. To move and grow ourselves, we may have to gently let go, so we can attract new and exciting things to take its place.

This is the lesson for today. The closets along our journey are only so big. In order for you to make room in your life, home, relationships, beliefs and career, you must let go and toss everything that no longer 'fits.'

The tossing doesn't have to be difficult or mean spirited. It can simply be a decision on your part that you no longer feel that way, think that way, or want that in your life. Once the decision is made, moving forward is so much easier.

With today's lesson I am extending a challenge. I want each of you to clear out the clutter of your life by throwing out something that no longer serves a purpose for you.

Get rid of old clothes in your closet that haven't fit since lord knows when. Not only are they grossly out of fashion, dreaming that one day you'll wear them again keeps you in a

perpetual state of being unhappy with who you are today. Get rid of everything. Donate it to Goodwill, the Salvation Army or another clothing drive.

Clean out the garage. Do you really need 1,946,677,983 different sized nails, screws and left over pieces of wood from those projects you completed last decade? It's just clutter. Boil down your spare parts to something more reasonable. Donate what you can; high school shop classes are always looking for freebies.

Dig deep in the kitchen cupboards. Oh! My! Gosh! I had spice jars so old they qualified for antique status. Do you really need forty-five stained coffee mugs that were gifts from realtors, car dealerships and travel companies? I tossed a wok I hadn't used in fifteen years, simply because the monstrosity was eating up an entire shelf.

Head to the linen closet and donate at least half of the items stuffed on the shelves. Am I the only one that seems to collect towels and old sheet sets?

Once the house is clear, move on to your friendships and relationships. This is a huge area that everyone needs to spend time thinking about.

You all have a friend that drains your energy. Regardless of whether you've been friends for ions; your mother's uncle's sister's life was saved by their forefather; or they live next door - if their interests, hobbies, morals and values are different from where you are today, you need to let the friendship go. Holding on will only keep you anchored in yesteryear and slow down the progress of your own growth.

The same can be said for allowing people to hold on to you. Sometimes our friendships are a bit lopsided and we don't feel the same way about others as they feel about us. For their sake, their growth and their journey through life, we need to prod them to gently toss us out; giving everyone involved the freedom required for forward movement.

Clear out old dreams, desires, and beliefs. It's completely normal to think differently today than you did thirty years ago. Remember, at one point society thought smoking was cool and formaldehyde was okay.

By cleaning out old, negative, and unfulfilling clutter from your life, you make room for new people, ideas, dreams and even a new direction in your journey to come in.

One thing that is guaranteed from accepting my challenge, with each item tossed you will feel lighter, liberated and more able to accept new and exciting things to come your way, whatever they may be.

Enjoy the journey,
Louise