

Traveling Lighter Wellness

BEING, GOALS, HEALTHY HOME, UNCATEGORIZED

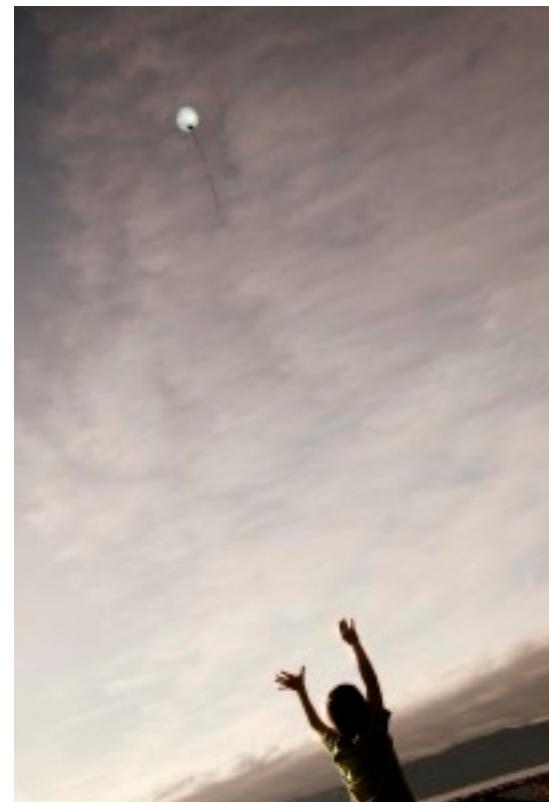
YOU CAN'T TAKE IT WITH YOU

JULY 8, 2015 | ESPROCTOR | LEAVE A COMMENT

The title of this post says everything you need to remember when it comes to you and the things in your life. One day, when the moment comes to greet the hereafter, you will not be able to lug the silverware, your *Star Wars* memorabilia, or your favorite sweaters with you. And what's more, you won't want to. Think about a state of being where you don't give a darn about your many things and then ask what if...you could live like that now?

I'm not suggesting that you divest yourself of all worldly belongings; rather, you could begin divesting yourself of what's causing clutter—what you don't love.

One of the first steps in clearing your life is to get emotional distance from the things that are clogging various aspects of it. This distance creates all kinds of liberation, whether you're talking about giving the heave-ho to items or to people who drag you down. When we can let go of fear, regret and the feeling of being less than the world expects, there isn't anything we can't do: clean out the basement that has become a black hole, never have another lunch with someone whose company we don't enjoy, write the story we've been carrying around in our hearts forever.



Get free!

Getting rid of the stuff we think we need to feel okay *right now*, rather than waiting for the moment when we truly can't take it with us, can create amazing things in our lives at this very moment—why wait for a divine and disincorporated state to be unencumbered?

Hang on Tightly; Let Go Lightly

As far as I can tell, the first popular use of this phrase was in a John Denver song, so chime in if you

know more. I picked it up in one of my favorite movies, *The Croupier*. It's a core expression of the film's main character, played by a young Clive Owen. To me, it means love what you have access to, thing or person, and when its epoch is finished, be gracious about it. Don't sweat and worry over its passing.

What repercussions could this idea have for our daily lives? Well, in regard to your personal possessions, you can cherish your stuff; hug it if you want to. Use it gladly, be thankful that you have access, and when it doesn't serve you anymore, let it go—quickly, painlessly.

In a more profound application, if something should finally go away—a thing, a period of life, a circumstance or relationship past saving or reconnecting with, let go without regret. That doesn't mean some introspection might not be in order, but don't beat yourself or others up about it.

I chanted "hang on tightly; let go lightly" a lot when I was cleaning out memorabilia from past travels a few summers ago—t-shirts, letters, posters, postcards—so many things and snippets of friends met briefly that I'd held on to, thinking I couldn't remember anything without the help of these scraps. I scanned some paper that warranted it and got rid of the rest. What a great feeling! The time has passed and I'm still enriched by having lived it. The experiences are all still in there, with more to come. But I didn't need the boxes of street maps and brochures anymore. It was time to give some cred to my internal map and the memories I still walk through when I want to.

So what about you and the stuff of your life? Will you decide that not only can you not take it with you, but you don't even want to drag most of it any further? Is this the day that you decide to "let go lightly" of some things or relationships that have been weighing you down?

• CLUTTER

• CLUTTER HANG ON TIGHTLY LET GO LIGHTLY DIVEST YOURSELF STUFF OF YOUR LIFE

• DECLUTTER YOUR RELATIONSHIPS

• GET RID OF CLUTTER

• LET GO OF CLUTTER

• SHORTEN YOUR TO-DO LIST.