

THE ATTIC by Donna Deos

What images that conjures up! Have you ever seen a clean and empty attic? I have. I just spent a grueling weekend with the help of my fiancé and grandson emptying out things I once thought were treasures that I knew I would want to use again someday! Ha. Funny what 15+ years will do to how you see things and their subsequent value to you. Not to mention how much heavier they have gotten (or maybe weaker, I have...)



NEED SOMEONE TO LISTEN?

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When we decided it had to be done (because the room that accesses it was getting new carpet and it was best to haul all that stuff out on the old carpet versus the new), I wasn't looking forward to it. Instead, I was looking forward to it being done. Over with. Never to have to be thought of again.

I had even stowed a bunch of my brother's items up there too. Shhhh, I haven't told him yet that I have another pile of his long forgotten past ready for him to sort through next time he comes to visit. I'm afraid if I tell him he won't come visit. Ha ha. No really, he might not. My sister-in-law will not want him to bring any of it home, that's for sure.

At any rate, the things we stow away all need to be dealt with eventually, don't they?! They say that a messy/cluttered desk is a sign of a messy/cluttered mind. According to Katie Hoffman in her article on *Feng Shui and Clutter in Attics and Basements*, "a messy cluttered attic symbolizes your aspirations and the possibilities for your future. Filling the space with clutter stifles what you want to bring into your life and who you want to become." Well, that right there would motivate me to clean things out, and I did. Bring on the hopes and dreams! Things are looking up already.

Just don't look in the garage... I now have a garage full of stuff to sell, donate or throw away. It seems like the cleaning out never ends. However, this is the absolute last vestige of long held stuff that has spent far too long in this family homestead. I hope my kids appreciate how many generations of "that'll be useful someday" that I have taken care of for them.

This is what I think finally pushed me to do it. I had been putting it off for well over a decade anyway. Funny how time and perspective change the way we see things. I always had the "yeah, yeah. I'll get to it someday" mentality.

I now have the "OMG what was I thinking putting all of that stuff up there?!" thoughts. Let's face it, no matter what we are stuffing away and not dealing with, eventually it will have to be dealt with. Stuff in the attic or basement may well fall on the hands of someone else to deal with (again, you're welcome kids!), but the emotional stuff we shove down deep inside, well, that is nobody else's to deal with but our own.

So, how much old useless stuff that no longer serves you do you have stuffed deep inside somewhere? How is it showing up? Illness, extra weight, aches and pains, tears you cannot control that come out at just the most inopportune time?

This happens to all of us. Stuffing it in there doesn't make it go away. You know you have to deal with it eventually. Why not start today? Let's work together on unpacking all of the old, useless stuff that it is time to let go of. Call me, I am here to help. And, no, I do not want to help clean out your physical premises, but I will certainly help you with the emotional and mental things! It's time to heave - ho! Let's go.

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