

# FREEDOM COMES FROM LETTING GO!

by Donna Deos

Freedom comes from letting go. What could I possibly mean by this? Let's refer back to last month's article about "the attic" and all of that stuff that I liberated from its 15-year imprisonment in my attic.

It all had to go somewhere. Some of it, sadly, went in the trash. Some of it went to Goodwill and The Salvation Army.

Some of it is still sitting in my garage waiting for my brother to come visit – hee hee. Some of it will be going to an antiques dealer, and so on.

Some of it has found a new place of prestige in our home, where it can be enjoyed and used finally! All of that stuff is now free to make other people happy or become one with the earth again. I am liberated from the obligation of having to figure it all out, because I have completed that task.

I am now free from the clutter in the attic, which became the clutter in the garage because I was willing and able to let it go (well, most of it anyway).

Last month we talked a little about the stuff we stuff into ourselves, like food, negative thoughts, emotions, memories we are not ready to deal with or let go of. We also talked about how you can get someone to help you get rid of physical stuff, but you are the only one who can handle and move through all of the emotional and psychological stuff.

Here's a way to get started on that. First, what are the things you have stuffed and why? Second, what is the easiest one on that list for you to try and deal with and let go of? Third, what do you need to help you with that? Time, money, space to be alone and process?

Now that you have identified one thing you can work on and what you need to do to start moving through it, make a plan. When can I



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get a day away from everyone so I can face that horrible thing I have been putting off dealing with? A time and space where I can cry or scream or yell or do whatever I want and need to finally process it.

I know, I can never have a good cry when I finally have the house to myself. That would be great and make sense and be

helpful. Instead, it always hits out of the blue, unexpectedly over some small thing that just sends me there. When that happens I have a choice. I can either re-stuff it and try not to cry, or I can take that time to go into another room and let out as much of it as I am able in that moment.

Stuffing things just puts off the inevitable. Letting it move through you and hopefully go away is a better thing by far.

Here's another tip. Try writing about it. You don't have to share it with anyone. The writing is for you. For you to process the event, how it made you feel, how you still feel, how you would like to feel. What you are going to do to head in that direction? Maybe you make a list of things you can do to help with this like who do you want forgiveness from? Who do you need to forgive? [Here's a big tip: we all need to forgive ourselves! You may not think so right now, but ultimately we are the ones holding on to the issue. When you can finally forgive yourself for your part in whatever it is, you are able to let go of so much more than just getting the other person's forgiveness. That's freedom!]

Try doing this with one thing you have stuffed. When you move through that one you will feel the freedom of having finally faced it and let it go. This will inspire you to find another one on that list and make a plan to free that ongoing issue as well.

If you need help, you know how to reach me! All my best, Donna

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