Clearing Out the Closet

Is life's clutter hindering your growth in the New Year?

November 28, 2006 By Dorothy Randall Gray

The new year is a time for celebrating the sacred, letting go of the old and embracing the new. It is also a great time for making life changes and for letting go of people, places and activities that aren't working in our favor.

One woman I know released negative feelings by writing an angry letter, stuffing it into an unaddressed envelope with the offending person's name on it, then dropping it into a mailbox. I've got another way: I clear out my emotional closet.

On a TV show about clearing closets and clutter, an expert gave viewers four questions to consider when deciding which items to keep and which to give away. These questions can also be applied to life:

Do I love this? From time to time, we need to take a close look at our relationships, jobs, spiritual practices and life directions. We should consider the quality and quantity of the ways in which we are treated and the love we give and receive. Once this is done, we can make thoughtful decisions about who needs to stay and what needs to go.

Is this flattering? The Creator intends for us to wear life well. The lifestyles we choose shouldn't lock us in or swallow us up. Our spirits need room to grow and glow. This calls for surrounding ourselves with friends who offer care, compliments and truths.

Is this the look I want to project? We don't always consider how we want to be seen and remembered. Try dressing yourself in the words I am a beloved child of the Divine, and see what a difference it makes in how you're perceived.

Does this make me feel alive? This holiday season, consider the things that could make you feel truly alive—new or familiar people, say, or places and activities that are stimulating, inspiring or precious to you. Above all, be mindful of the spiritual, mental and physical health you'll need in order to enjoy these experiences.

The Creator has blessed us with the power to change our lives. Let this be the year we get ourselves clear and embrace our divine entitlement.

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