



Autumn shows us how lovely it is to let some things go

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In the Southern Hemisphere it is autumn. The leaves are turning vibrant hues of yellow, red, orange, and brown and falling to the ground. Nature has her seasons and during Autumn she lets things go which allows for renewal in the Spring months. Perhaps, like nature, during this time there are some things we can also let go of.

1. Your thoughts run your life. Your thoughts influence your feelings and actions, and thus what you ultimately do in your life. So, given the importance of what you think, what thoughts do you need to let go of. There must be some. You cannot always be thinking thoughts that are empowering you. What negative and limiting thoughts and beliefs are not serving you in any way. For instance, maybe you tell yourself you cannot do something. If someone told you that you were incapable of achieving some goal, perhaps they were telling you what they were incapable of doing. Perhaps it had everything to do with how they approach life, and nothing to do with your potential and abilities. You probably have thousands of thoughts that disempower you, but for now think about the "cant's". What do you tell yourself you can't do? Why do you think that? Is that the opinion of someone else? If it is, why should it also be your opinion? Challenge that thought. Is it true that you really and truly can't do it? What if you believed you could do it? Challenge all those beliefs that you can't do something and drop the ones that represent the views of others and are not helpful to you and your life.
2. Let go of the inner critic and embrace the inner coach. When you have misplaced your keys, your inner critic starts telling you what an idiot you are and how you always mess up. Your inner coach asks you how you can plan so that you don't lose your keys next time. If you say something and immediately regret it, your inner critic beats you up by telling you what a stupid person you are to say such and such, and why don't you just keep your mouth shut. Your inner coach tries to understand why you said what you said and gets you to think about a better way to deal with the situation next time around. Your inner critic berates you, while your inner coach seeks to understand the situation and find a different and better way of doing things in the future. Let go of the inner critic.

3. Let go of bad habits. Habits are formed when we do things over and over again. You can form new habits by practicing new behaviours over and over again until they become habits. Your life is a reflection of your habits. To the extent that your life goes well you have good habits. Think about what habits you want to drop. There could be lots of them. For example: watching too much TV, not getting any exercise, eating unhealthy foods, too little sleep, and overworking. You can also drop habits like trying too hard to please people, getting overly upset about minor incidents, or leaving everything to the last minute. What habits do you need to let go of?
4. Let go of resentment and bitterness. If you are angry then be angry and deal with the underlying issue. If you need to confront someone, then do so. But don't hang onto resentment and bitterness, they will eat away at you, your happiness and your peace. Do what you need to do to make wrongs right, hold people accountable as you need to, and then let the resentment and bitterness go before it runs (and ruins) your life.
5. Then perhaps there are items in your environment, in your space, that you need to let go of. Clearing out the clutter can leave you feeling wonderfully energized afterwards. Let go of needing to have so much "stuff". Are there hobbies or interests that are not your hobbies and interests anymore and you would be better off not doing them? Maybe there are activities you signed up for and have not done for the past two years and you know you need to stop signing up each year. There may even be people you need to let go of. Look at the technology you use. Cleaning out the clutter on your computer and phone can give you and your electronic devices a new lease on life. Delete what is taking up space and you no longer need.
6. And then let go of what has already let go of you.

As the trees show us, when we drop what is past its due date, when we let go of what we need to let go of, we free up space for the new to come along. We make way for a new spring where renewal can take place. We live in a very consumerist society where the unspoken mantra of the many is acquire more, buy more, accumulate more, and do more. Change that. If you think about it, this is a recipe for a life of maximum stress. Stop constantly consuming for a while. You don't have to keep on adding items, people, things, activities and chores to your life. Start reducing and eliminating all these extra things, that, at the end of the day, don't add much to your life. Let go of what makes you unhappy, stressed, angry, and frightened. Let go of what doesn't interest you anymore. Let go of what you have outgrown. Let go and make room for new and better things to come into your life in the future.