

## Letting go in 2012

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I have heard from several people that they will host Wednesday Gatherings once a month or on some other schedule and if you are hosting a gathering let me know ahead of time and I will be happy to include it in my emails. Right now I am not aware of any scheduled. So! I have retitled these emails "ADVENTURE" rather than "ANNOUNCEMENT" so that they are easy to find in the lists.



I have been doing a lot of letting go in the last month. I sold and freecycled most of my stuff. I had so much stuff that I had not used for years! And that is after a Feng Shui purge a few years ago. I gave my 3000 books on spirituality, personal growth, paganism, sexuality, math, business etc to Camp Ramblewood to be a Michelle Zee library there. I figure that way many other people can benefit from the books again and again. Plus I can even visit them in future years! I do have

a pattern of collecting books and while I read a lot there were quite a few that I had bought and not read. So this pattern is something that I have done some clearing on

During the house clearing process I found that if I did some spiritual work on letting go the items ahead of time then the physical part went easily. If I didn't do that then it sometimes got stuck or delayed. In my case the spiritual work might be holographic healing, or sage smudging ritual, asking angels for help or even a Kundalini yoga set for releasing. I once read that 99% of events manifest in the spiritual realm first and then 1% in the physical so it makes sense to me that doing spiritual work first will make manifesting easier. I got a lot of help from Alison, Kim and Derrick on the sorting and moving and ebaying - thanks so much! And thanks to everyone who bought or picked up free stuff! The items I chose to keep (some books, clothes and artwork plus business records for 7 years) fit in a 50 square foot storage room. Though I got a 10 x 10 room so that there is room to get in there and retrieve stuff later as I need it. That is a lot less space than a 2000 square foot house!

As I did my stuff letting go I keep a mantra "I release all that is unlike

love.". If an item didn't feel like love to me any more or didn't fit or was used a lot then out it went to someone else who could use it and love it better. I got this mantra from Louise Hays book "You can heal your life" when I looked up the affirmation to cure the hemorrhoids I had before Christmas. And I have to say that my hemorrhoids left as I stopped holding onto my stuff and being stressed over deadlines! When it came to the final clearing out I had originally planned a tight deadline. And I chose to take a more Latin "Mañana" approach so that I could process the emotions of letting go without getting sick from the stress. I found this to be both more self-compassionate and overall more effective because I didn't have to take time out being sick! Here is the full Louise Hay info that I found at <http://www.squidoo.com/spiritualmeaning>

HEMORRHOIDS: Fear of deadlines. Afraid to let go and move on.

AFFIRMATION: I release all that is unlike love. There is time and space for everything I want to do

I see letting go of stuff I don't love or use as part of a way to be more conscious in 2012. Here are some other ways to be more conscious this year from Mike Adam's blog

### [Five practical ways to raise your consciousness in 2012](#)

- 1) Spend more time in nature.
- 2) Consume more high-vibration foods.
- 3) Clean your clutter.
- 4) View your life as if you were your own life coach.
- 5) Deepen your commitment to spiritual practice (even if it's just a few minutes a week).

More details at

[http://www.naturalnews.com034611\\_consciousness\\_awareness\\_2012.html](http://www.naturalnews.com034611_consciousness_awareness_2012.html)

I am doing all of these (some better than others!) already. How are you doing? Write and let me know.