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.

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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 that 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

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