

# Letting go



## AN HONOURING RITUAL

When we have possessions imbued with emotional meaning, sometimes the best way to deal with it is to create a letting go ritual. Some things can't just be thrown in the bin. Maybe you have been hanging on to something for a long time and are now ready to deal with it. Or perhaps you want to make space for the new and know that it no longer serves you to hold onto an old love, a course you never completed or a tragic loss. I am a strong believer in the value of marking occasions, and this is an ideal way to honour or let go of a memory or period in life that has ended.

## HONOURING MEMORIES

The four Honouring Memories cards are the final set in my Home Declutter Kit for two big reasons:

1. Most of my decluttering method is fast and instinctual, but this process is slow and thoughtful.
2. Some things really need to be let go of in a way that respectfully marks an ending or transitional passage. To be honoured in some way.

These are the four cards that are devoted to dealing with memories:

**Creative Project.** This is where you make something meaningful from your old possessions. This could be sewing a cushion cover from an old dress, a teddy bear from old jumpers, or creating a collage of magazine cuttings as a vision board.

**Photo it.** This is often the best option and a photo of your child's first babygrow is better than keeping it a box feeding the moths. If you like still life photography, you could create some artistic shots of old items and frame them.

**Frame it.** Gather up all those old honeymoon tickets, or some of your children's drawings and frame them. Anything that holds a special place in your heart can be framed, it doesn't just have to be just photos or high art! Even something 3D.

**Ritual.** This is expanded in the pages that follow.

**Be as open minded as you can with this process and trust your intuition to lead you.**

## THE LETTING GO RITUAL

Gather the things that you are ready to do say goodbye to. They can be actual things or objects that represent what you want to let go of. Choose an area to arrange them, ideally a corner where they can have space for a few days.



### Create an 'altar' to your memories

Arrange the things you want to let go of in a beautiful way, as if you were creating an altar, curating an exhibition or setting up a stall. Do it with love and reverence. Remember, each object holds a story from a tender part of your life. You might want to bring in some decoration. For example, some flowers, leaves if it is autumn time, or some pretty ribbons. You may even want to write some little messages and tie them to a branch that sits in amongst your pile of treasures.

Smell is the sense that is most evocative of memories, so you could light some scented candles, burn incense or scatter over some essential oils.



### Bring a journal to your altar.

You will need a private time for this. When your altar feels finished, just sit in front of it and connect with the objects you placed there. Once you are ready and if it feels right for you, you can engage in a imaginary dialogue with them. Tell the object or what they represent:

- What they mean to you.
- Why you have held onto them for so long.
- What you are afraid might happen if you let them go
- What you appreciate and what qualities you will be keeping in your heart or if it is a painful memory, tell them what hurt you want to leave behind.

Then ask them:

- What do you want me to know?
- Can I have your blessing to let you go?
- If there is anything they want you to do, in order to bring closure?

The idea of talking to objects be new to you. You are really talking to the part of yourself that might be struggling to let go of the objects or what they stand for.



Now, take some time to simply be with your altar of memories. Sit and meditate, cry, mourn, sing, dance or bow to your memories.



When you are done, take some photos of your altar, or find some other way to mark or record these special memories, this ritual that you have done, this honouring.



You may want to leave the altar there, so you can see and live with it for a while. Make a clear decision about how long you need. Is it a week, a couple of days, or until the flowers die?

Once you have decided how long your altar will sit there, allow it to breathe. If you like, go back and sit with it each morning, or simply just look at it as you pass by.

When the day comes to clear it away, it is important to stick to your decision! It is so essential that you follow through on your commitment to letting go. No more procrastinating and avoiding – remind yourself that you are making space for something new and call to mind what that means.

Finally there might be something you want to put in an 'Action it' pile if you want to sell it, or send something like a photo to a friend or relative.

Lastly, it might be time to burn and finally let go of those old love letters, sell that old clock, or donate some old golf clubs to someone who might enjoy them.



**Now, breathe ... and be kind to yourself.**

That may have been hard, but you have been brave. Honour the space you have now opened up and the journey you have been on, and connect with some positive feelings about the new journey you are about to embark on.