

Only One Resolution

By Robin Volker

I only made one resolution this year. It was to release, de-clutter, de-mess my life. It seems as I get older, I accumulate more and more stuff, attachments, habits, expectations, information, and, well, hokum. In December, days before the big ball dropped, I began working on my one and only New Year's resolution. I decided to eliminate one thing in my life that I no longer needed for each day of the New Year. That's right – 365 things in 365 days. The idea came to me as I prepared for our annual Burning Bowl Service at the end of December. I thought about all things I would like to release, not just the energy of some negative attitude or memory of something that didn't turn out as I had anticipated, but I wanted freedom from too many old magazines, half-read books, clothes that don't fit or I just don't like, outdated files of information, and wanna be hobbies, like needlepoint, which I might learn someday when I get to assisted care living, but not anytime in the near future. I don't know why I am a pack-rat. And I married a pack-rat. So you can imagine, we have difficulty releasing our clutter, while blaming the other for the mess. But, I am determined to be lighter by the end of this year, physically, mentally, and emotionally.

Physically, as I come across something that I don't need, it is going in the trash can, recycle container, or donation box. Unity in Community hosts a huge yard sale each summer, and I am beginning now to box things up that someone else would enjoy more than I do. For me, here's the test; if I say, "Let me think about it," it needs to go!

Mentally, I am releasing clutter of all the information that finds its way to me. I am deleting more emails, filing those on my hard drive that I think I might use someday. If it isn't worth taking the time to file it, I probably won't ever think of it again, so delete! I am making more room in my mind for mindfulness and meditation. Why do I think that someone else has to inspire me when I have this ceaseless stream of holy energy flowing through me all day long? I read somewhere recently that not all clutter is visible clutter. I am looking for the forms of mental clutter in my life, like expectations I have of others, especially family members. What about those things I have promised to do, but haven't done? And then there are negative memories that can also contribute to the obstacles and blocks of God's goodness flowing in my life.

Emotionally, I am looking at what keeps me from enjoying this present moment. What might be drawing my feelings back into the past or sending them flying into the future? All habits are not physical. I have some emotional habits that really don't serve me very well. Isn't it time to let go of this kind of clutter? Sometimes, I snap at my husband when I'm not feeling well. It isn't his fault. No need for him to be decapitated just because my head hurts or I didn't sleep well the night before.

What I am talking about here is not rocket science. We have all read the articles in popular magazines that have this year's perfect cure for organizing our lives, decluttering our homes, and finding our bliss. We know the how-tos. We just need to get busy working on it – one day at a time – one project at time – one drawer at time – one habit at time. And as we do, we will feel a sense of lightness come into our awareness. We will have more energy, feel more appreciative of what we have, and that often elusive characteristic of happiness might not be so difficult to hold on to.

Happy De-cluttering!

Rev. Robin