

# February Newsletter 2012



THE CENTRE WITHIN

In Qld:

**Blackall - Self Esteem - Sun 4th March**

**Rockhampton - The Centre Within -**

**Sat 17th & Sun 18th March**

## If it doesn't serve you, let it go

That applies to everything: things, habits, clothes, reactions, people, patterns, feelings, memories; we could come up with an almost endless list.

I believe life is pretty simple; we tend to complicate it. One of the ways we complicate our lives is with the clutter we hold on to - in our homes, in our workplace, and in our minds. There is a really simple, basic question we can apply: does this serve me? If it doesn't, then let it go. It is your choice; it's up to you.

Remember, we are not talking about what you ought to do, or should do, or have to do - this is about you choosing to keep the things you want and letting go those you don't want.

There are many things that serve different purposes. And each of us will have a different reason for holding on to something and a different reason for letting something go. How often do we ask the question: does this serve me? Possibly not often enough!

Things: *Maybe it will come in handy one day. It reminds me of Mum. Do I really need 17 of these? That was Dad's favourite mug. This was our first champagne cork. You can never have too many tools. It will be fine when I stick the handle back on. There'll be a day when I need a good set of wheels.*

Habits: *I like doing it this way. If you're irritated by that, it's your problem. That's the way I was taught to do it. Why would I change - it works this way. That makes it easier, doesn't it? I don't care, that's what my mother always did. At least I know this way will work.*

Clothes: *One day it will come back into fashion. I don't care if it has holes, I like this shirt. You can never have too many shoes. I just don't have anything to wear. I haven't worn this for three years. This has so many happy memories. It might fit me again one day.*

Reactions: We react in a particular way usually because of earlier training. Our subconscious mind has learned from an earlier experience to react in a certain way. You have the tools to change those unwanted reactions if you choose - use the mental rehearsal method to learn to react the way you want to.

People: It's true that not everyone who comes into our lives is there for the long haul. Sometimes our paths cross and then we move on, others will be part of our world for a while and then we lose contact, and some people will be with us for a lifetime. Often that's just the way it is. We sometimes feel the need to keep in contact with everyone. Letting someone go is OK.

Memories: What wonderful things to have. But some memories we don't want to recall. In those cases, remember to use the affirmation: "That's just a passing thought, that's going and will soon be gone." It's a powerful process - and very useful at times.

We're not talking about rights and wrongs here, but what works - and it will be different for all of us. The aim is to pose some thoughts and questions that may be helpful in sorting out the 'clutter' we all tend to hold on to. If it serves you, in whatever way, hang on to it, but if you feel it doesn't, consider moving it along.

The more we happily discard and let go, the freer we become, the less fettered we feel. There is a delightful feeling of peace and contentment that comes with shedding the unwanted - in every part of our lives.

When considering how we live our lives, we could ask these three questions: How well have I lived? How well have I loved? How well have I learned to let go?

Have a happy month.

Love and Laughter,

### In Queensland

#### **Blackall - Self Esteem**

Sun 4th March

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#### **Rockhampton - The Centre Within**

Sat 17th & Sun 18th March

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Courage is the power to let go of the familiar. ~ Raymond Lindquist