

Getting rid of the old to make way for the new

Ever loved something that you owned and you held onto it long after it had fulfilled its usefulness? Like a dress you bought in 1969 in Antibes, France, a tie your ex-wife gave you in '78, or a paperback that you read on vacation in 1983. Maybe you haven't changed your hairstyle since high school or you still drink the same kind of beer that you drank in ...wherever. You may need it someday. In the mean time it collects dust.

In case you haven't noticed, the world has changed. And as you look back over a lifetime of things, decisions, and activities you've probably changed also, maybe reluctantly, but we all change. Change – the interesting thing about it is that we can't stop it. Yet we hang onto things, ideas, thinking patterns, old ways of doing things to remind us of how **not** to move forward. It's as if holding on to things will somehow stop us from changing; give us a thread to the past that no longer exists. We delude ourselves into thinking that somehow it was better back then. I remember that dress – I agonized over buying it; my mother almost fainted when she saw me get off the plane it in, and I probably wore it twice after that. What makes me hang on to it?

We fill our lives with all kinds of stuff -- mental, physical, emotional stuff -- and then we expect that things will be different. Our lives will not be different until we get rid of some of the stuff that crowds our lives.

Nature does not collect things. In order to make way for the new the old goes away or transforms into something else. The leaves fall off the trees to make way for the new leaves in the spring; caterpillars become butterflies, young animals grow up and leave their parents to make way for new younglings. It is the cycle of nature – born, grow, mature, grow old, and die.

The Money Clinic™ now called the Wealthy Mind™ Seminar talks about the cycles of change called autopoiesis – creation, growth, maturation, turbulence, chaos, dropping off, silence, which leads us back to creation. In our life in general as well as specific endeavors, we will follow this path of change. Any system that stays in complexity and maturity too long will go into turbulence. From turbulence it goes into chaos, extreme change. Now the system has to drop things off, let go. At this point, companies let go of employees, trees let go of leaves, people get divorced. Letting go of things is a part of nature and necessary for the system to survive.

As you can see, NLP Training Concepts has a new look. When Patricia Dillingham and I were in the designing phase, I wanted to incorporate my little ladder (my old logo) into the new design. (I loved that little ladder.) It just didn't work. It made the design too crowded and busy. I had to let go of it. Maybe it was time to stop climbing the ladder and just be at the top. Who knows? The new look gives me new energy and excitement about what I'm doing. It

coordinates with my new website. It feels more like where I am right now – bold and energetic.

It is the same with you. Dropping off or letting go of things, ideas, places, people who no longer fit your life will energize and stabilize your life and make way for new things, new goals, new ideas, achievements. Holding on to things only makes the system more chaotic. We can't continue to live in a hovel (place or body) and expect things to change and get better. There is no room for it. What are you holding onto that's keeping you from achieving your new goals? Is it an office, home, car, garage that is filled with stuff you no longer use? Or maybe it's extra pounds collected over years due to inadequate exercise or poor eating habits.

Dropping off can be one of the most important steps to goal achievement. Clean up the mess in your thinking and your life and get rid of things. Get some breathing room. Nothing new will come in if you don't make room for it. You'll marvel at what comes in to replace it.

Here's what to do:

1. Clean up and get rid of things in your house, garage, car, etc. If it has dust on it, you probably need to get rid of it.
2. Survey your relationships and let go of those people who no longer support you or hold the same values as you.
3. Defrag your **mental** computer and empty your trash bin – what do you need to **think** now in order to get what you want? What thinking patterns no longer fit who you want to be or what you want to do? Do you have an attitude towards a person or situation that's dragging you down or taking a lot of mental or emotional energy? Drop it off. Put your energy into creating something new. (You probably ought to do that with your pc also.)
4. Do the dropping off exercise. State what you want to drop off – ideas, thinking pattern, habit, stuff – Ask, "what does that help me achieve" or "what is the positive intent"? Keep doing this process until you reach the deepest intent (you usually slow down and the reasons become child-like).
5. Don't take anything on if it's a "project". Example: I like that chair but it needs to be recovered; all this bike needs is a new seat; this dress is great, the hem just needs to be taken up a bit. These "projects" can get put on the back burner forever and sit around taking up space and energy. Simplify your life by getting things that are perfect for you now, no assembly required.
6. Set your new goals.
7. Have a great 2004!

Thank everyone of you who has supported NLP Training Concepts through referrals, support, and ideas I 2003. I look forward to helping you achieve the ultimate in a great life in 2004!