



Wealth Tribe

Unmanifesting for Success

By Lee Milteer

IV. Releasing What No Longer Works

Dear Wealth & Power Mastery Members,

We started the "Stuff" Diet this month to open ourselves up to more life energy and clarity. So far we've been focusing on material "stuff" but keep in mind that it would also behoove you to do some mental clean-up.

Mental de-cluttering and emotional de-cluttering are also extremely important because if not done, they can lead to self-imposed blockages, resistance, and massive frustration and stress. Holding on to grudges, anger, or bitterness blocks you from receiving and causes you to be frustrated, discouraged, unmotivated, and depressed.

How do you de-clutter in this way? Well, start by recognizing the predominant thoughts running through your mind and then the subsequent feelings you have as a result. What's your general opinion and belief about your life and abilities to co-create it? What is your view on manifestation, your friends, your family, money, etc.? Go through each area of your life and make a list of all the beliefs and feelings you have that pertain to each one. Let it all flow. Don't hold back. The more honest and candid you are with yourself, the better. No one has to see your list; it's between you and you.

Homework Assignment:

Pick a different area in your home or office and give yourself permission to go on the "Stuff" Diet.

If there are clothes in your closet that you have not worn in the last 24 months -- get rid of them! If there are clothes you don't like and don't give you a good feeling when you wear them -- get rid of them. If there are clothes that need repair, have them repaired. Your one exception: you can keep your wedding dress or tuxedo!

Don't forget to clean out your attic and garage; inevitably there are things you're keeping that would cost more to repair than replace -- throw it out or give it away.

Get rid of old furniture, toys, office files, magazines, and newspapers. Clear out the junk that robs you of your energy and time whenever you see or think about it.

De-clutter your life from the tangibles and intangibles that are no longer adding to your well-being. New substances, new relationships, and new opportunities do not flow easily into a cluttered environment.

Another important homework assignment is to allow yourself to gently move away from acquaintances and friends who are no longer really friends. Just because you were close and had a lot in common at one time does not mean that you're destined to be friends forever. Give yourself permission to really see and let go of relationships that have grown in different directions. By continuing to spend your time with people you no longer really have a rewarding relationship with, you are preventing yourself from opportunities to meet and spend time with people that you would really enjoy or learn from.

POINT TO CONSIDER:

Most of us don't remember "stuff" but we do remember experiences. Why not start creating your life with memories instead of things that have to be insured, cleaned, or repaired!

Give up Hoarding:

How does one determine if someone is truly a compulsive hoarder or if they are just untidy and disorderly? Some people take their organizational skills for granted while others may focus on the hoarding as "their way" of keeping things organized. The complexity of compulsive hoarding is much more involved than just being unable to organize things. Being disorganized means that someone has a difficult time putting things in their rightful place.

Compulsive hoarding in its truest form simply means that a person obtains and keeps practically everything they can get their hands on because in their mind these items are worth something more or will be needed sometime in the future. The hoarding can be an underlying symptom of OCD, known as an obsessive-compulsive disorder and other disorders.

A person's belongings ("clutter") is only a symptom of the hoarding behavior. The true problem lies with how hoarders view their possessions. One generalization about compulsive hoarding can be made. True Hoarders have a genuine fear that they are running low on a particular object in their possession, therefore throwing something out is not an option because there may be a need for it at some point. A hoarder may also become emotionally attached to an item to a point where losing it or throwing it in the trash is unbearable and they will simply refuse to get rid of it. Out of sight is not out of mind in these cases. Many hoarders attach a lot of sentimental value to items because it may remind the person of someone or something close to them, therefore, it is pleasing to have it in sight at all times. To put this in simple terms, often hoarders feel that by controlling their environment - namely, their possessions - they are in complete control of their life.

If you have ever seen the Hoarding show on TV you know that these people are all dealing with massive fear. They hold on to things to make them feel better. Their decision about what to keep is based on the fear of letting it go when they might need it.

The truth is many of us have some pack rat or hoarding tendencies and it is not healthy for us. I want to leave you this month with a thought. Having too much in your life causes confusion. Confusion creates complications, which is the opposite of simplicity. Letting go and releasing what is no longer needed or wanted allows your life to be more organized and less stressed, and you will gain a sense of clarity. Apply this concept of the "STUFF DIET" to every area of your life and watch the clarity unfold for you, too.

Remember less is more and clutter free feels good.

Your new motto:

If it doesn't serve a purpose, have meaning or monetary value—out it must go!

Enthusiastically,
Your Mindset Coach
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