

June 22, 2003

***Look inside your pockets...***

Someone told me that I have trouble holding on to things, that I can't let go. They noticed that my pockets are full of sentimental things that "weigh me down." I was struck by the insight - it stopped me cold. This offhand comment was right on. I am sentimental, I do hold on to things, and I do have trouble letting go of things. It was perceptive, accurate, poetic and clever all at once.

I do have trouble letting go of things. I hold on to paper, reports, messages, cards and letters, and far too many sentimental things. In my pockets I carry keys, a knife, a light, small pebbles, a shell, guitar picks, a pen, a money clip with gadgets, and so forth. I carry a pick (actually many) from a notion a long time ago that, "perhaps I will be asked to play" at a party or event, and I will be prepared. The times that actually happened are exactly never! I do like a pocket knife and have occasion to use it almost daily. I like to carry a pebble to remind me "not to throw stones and judge others (a reference to a quote from Jesus - *let he who has no sin cast the first stone*).

At times I am consumed with gadgets. I have a computer, a PDA (personal digital assistant), a cell phone, a laser pointer, a minidisk player and recorder and so forth. When I travel I need to bring five or six adapters and plugs to charge each of these units. I long for something simpler!!!

As I think about my life there have been times that I was consumed with things. Perhaps not as much as some, but also perhaps more than others. I am now starting to think that I have all that I need, more than I need, and am ready to make things simpler. If I was starting a house or apartment over again I would make it simpler with more open space. I would want to let go of things and carry less baggage around.

I would still keep one box of sentiment!

The bigger issue is letting go of many things in my life - worries, responsibilities, failures, painful experiences, burdens and so forth. There are times I carry them too closely for too long and their weight slows me down or causes me to miss new opportunities. I did write a song about this that my friends liked a great deal, called "Letting Go." It expressed the pain of letting go of something important held for a long time. I do have trouble letting go.

The insight and the way it was expressed just floored me! I wished I had made that insight! People would pay money to a consultant who could make such a deep insight in such a poetic way. Hmmmm....