

THE ART OF LETTING GO OF EMOTIONAL BAGGAGE

Have you ever moved away from a situation such as a job you disliked, changed residence, or left a relationship that was not working and felt worse than before? This is because although you have moved away, you were not able to let go completely. To hold on you may continue having coffee with your ex or continue remembering about the good things you experienced in your previous job but conveniently forgot about the bad stuff. Holding on helps relieve the feelings of anxiety, anger, guilt and remorse.

We get angry because we are carrying too much emotional baggage from the past and can't seem to drop them. The thought about it makes us feel fearful and to cope we either fight with ourselves and/or others or run away. Running away may include withdrawing emotionally or depression.

So how do you let go of all that emotional baggage that you are firmly holding onto? Most times in our life we can't see past what we have right now. Therefore if we are feeling awful we hold onto it and its memories and then feel awful again the next day. Yet if we trust that working through our emotions will make us feel better, then we will actively do it.

Working through our emotions includes being aware of how we are feeling, acknowledging it and then letting it go. You may have to write an angry letter; punch a punching bag, or pillow; or imagine speaking to the other person while using all your emotions to finally release them.

Just remember that while you are working through your emotions you will have to go to that dark place you were working hard to avoid. The dark place may include experiencing the feelings, shame or guilt that has hurt you and caused you pain, realising that you are vulnerable (even that it is okay and best to acknowledge) and acknowledging that you may have made choices that was not good for you (even though it made you learn and is a starting point into activating your growth process).

Then it is important to realise why are you holding onto the heavy baggage. Is it because you are afraid of growing as you recognise that you will have to make significant changes in your life first? The changes may include:

- Improving your attitude
- Moving house
- Changing vocation or employment
- Letting go of people who are not good for you

Remember to remain kind to yourself when you think about whether you did the right thing as your feelings and emotions are not used to feeling good and therefore will work towards holding you back so you can remain feeling yuk. Know that it is okay to feel uncomfortable for a while, that it will pass and you will get used to feeling great and like it.

On a last note, trust your gut when you know it is time to move on and use your logic to distinguish it from fear or that you have outgrown your present situation. It can also happen because you took the wrong path as you did not know yourself enough then, but do now.

Give thanks to the past, send it love and welcome the present and the future.

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