



Adventure Bonus Message # 6

Lose the Baggage

Let it go there is no rewind ...

It's over! We are not sure what we are talking about, but it is over, done with, finished. That moment an incident has passed, that moment in time, that event whatever it was, is over. We are not saying that people don't go through terrible things, sad things , heartbreaking moments and some of them will have to be dealt with professionally and we encourage that if you need it, what we are saying is accept the fact in any of these circumstances that you cannot relive any moment you cannot change what happened and if you can accept that we are on the first step to dealing with it or letting it go.

People sit around and dwell on what happened at a meeting or on a date, what you could have said, where you could have spoken up, or did say something and

now you regret it. People lose a night's sleep over this type of thing, if only I done that or if only, I did this ...guess what there is no time travel (yet), so you can't change it, so what are you going to do now.

Because saying there is no rewind does not mean that your next move, your future moves are not related to the thing that happened. Maybe you yelled at someone for no reason and regret it, you can't change that fact that you yelled at them but you can own what happened, remember no one is to blame for what you did or did not do but you, so you can own it and go and apologize to the person, explain what you were feeling and why you think you reacted that way, don't make excuses but it's okay to let them see what you were going through.

This idea that will continue to build through this adventure on the way to a more positive life, that you and you alone control your actions, no one can make you think anything you don't want to think. Accepting this, believing this is a critical step in dealing with things in your past or baggage that you may be carrying around.

Some pretty terrible things have happened to people as children or when attacked or taken advantage of by someone who took control away from them, we encourage any of you in this situation to get the professional help you need to help you move to a more productive and beautiful future.

Conversely the vast majority of us are stressed, frozen, obsessed with things that happened when we did have 100% control over what we did and what we said. If you and only you are responsible for those things, you can't sit here today blaming anyone else for your circumstances, where you are and what you are doing. If you truly come to believe that, which we hope you do, you will see that the only person who can change your circumstances, today, tomorrow is you. And if you are responsible and own it, then you can start to let it go.

The practice of letting go, is a muscle you will have to practice and build up, it's about letting go of things that are sometimes way in your past. Do you blame not going to college on your parents, gaining weight on a spouse, do you believe some moment in time changed your life and can't be reversed. Some of this is about forgiveness that we will cover in another post and in the Adventure Guidebooks but often the letting go is of your own anger, regret, bitterness.

Once we have worked on cleaning out the baggage that is holding you back from living your full positive life, the next step is to make sure it doesn't build up again, so often people deal with a situation, they get the closet all cleaned out and looking great and even though in the end the easiest thing is to maintain the clean closet they just let it get back in the same condition it was before the cleaning. Don't do that with your thoughts, always be moving forward, recognize and fight those moments when you find yourself obsessing over how you acted at a party, or in a meeting or something you typed in a text or posted online.

Now beware there will be people in your circle of influence today that do not want you to go through this process, they do not want you to move forward and begin to grow out of these things that have held you back. Recognize them, know what they are trying to do, generally these people will come in a couple of forms. They will be people that remind you over and over again of your failures or missteps, "what do you mean you want to go back to college, you were never any good at school". "well if you hadn't had a baby, dropped out of school, got fired from that job" or they will be the type who try to get you to accept who you are "you are just lower middle class working folk and that's all you are ever going to be", "you can't lose weight, you've always been a big girl it's in your genes".

Fight them, tell them, there is no rewind in life no do overs, I can't change my past but I can and I will own my future and that future starts right now with the next thing I do or the next thing I say and that is what I am focused on because all the baggage from the past is gone !!