

Reasons for STUFF

Peeking out from between the cosmos, calendula and petunias in my garden there's a wonderful praying mantis - about 24 inches tall, made of scrap metal, a gift from my adventurous friend Silva. At 78 she has just moved from Vermont to Colorado. She told me the mantis had served it's purpose in her life and should start it's next era - in my garden. Thank you Silva!

Silva had called me to help her think through her move. She wanted to take only what made sense - to save on cost as well as to fit her life into less space in her next home.

Using my "keep test" -

(http://www.breathing-space.com/documents/clutches_of_stuff_000.pdf)

as her measuring stick , she did an amazing job of keeping only the items that passed the test. (Note: Her moving sale paid for special shipping of the desk she loved.)

During the process Silva decided to write down a list of her reactions to different items and all the reasons that were coming up for having each item in the first place. She said she's gladly share her REASONS list with you.

Here 'tis:

- 1) I THOUGHT I liked it
- 2) A friend gave it to me
- 3) If I have one of these I will do X_____.
- 4) It IS (was) ME!!!
- 5) My friend has one.
- 6) It's SUPPOSED to be good for _____
- 7) It's beautiful and owning it will make me FEEL beautiful.

Sound familiar? Do you have others to add to the list? Silva said she'd love to hear yours...so would I.

Joanna