

Un-nesting, Just Cleaning or Moving On?

I recently received an email from a friend in California who wrote, "What the heck is this un-nesting thing going on lately? I've been getting rid of all kinds of stuff around the house, including some pretty darn good jackets and clothes I've hardly worn!" She went on to write that she was even going to toss all the cards and letters her loving husband had given her over the years.

Another friend in the Midwest has been tossing things from her house left and right, from the basement up to the top floor. People have been stopping in to talk about how they're getting rid of all kinds of things in their lives and scratching their heads wondering why they're doing it. In fact, family and friends all over the country have been experiencing the same thing. And so have I. So what's the scoop?

It seems to me that what we're doing is not "un-nesting". I think what we're doing is un-cluttering our lives, getting rid of the "old" to make way for the "new". This includes not just old books and knick-knacks, but even some relationships and ways of life that just don't fit who we are anymore. We're preparing to move on. I think this process started a while ago, but the past few years have affected us profoundly. As a whole, I don't think any of us are who we were because of all the challenges we've had to face, and that has shifted the way we think and what our priorities are. Believe it or not, we're moving forward.

One of the biggest shifts we're feeling is the empowerment of women to understand who we are and why we're here. I'm not speaking as a feminist because we can be just as out of balance in a female dominated society as a male dominated one. But we have been going through a metamorphosis of understanding ourselves better so we could find our rightful place in creation and do something about it. We are *all* the chosen and I hope what we're learning is to walk the middle road of acceptance and truth that says every one of us is powerful and equal, otherwise we're going to get left behind in the muck and mire of prejudice and pain. We can no longer afford to think one race or gender is better than the other, as every one of us has something to contribute to the whole.

Many of the old ways, the old energies, the old thought patterns, don't work anymore. That's what we've been feeling. We're tossing out not only outdated and unused physical items, we're tossing out outdated and old ways of thinking and relating to others, as well as to ourselves. By doing this we're simply mirroring on the outside what's going on in the inside. We're cleaning up the clutter in our lives and replacing it with something better. It's time to let go and move on.