



Your fridge will tell you about your life!

Have you looked in your refrigerator lately? What do you find there?

Leftovers from yesterday that are still appetizing? Or bits and pieces of meals you've eaten at some indeterminate time in the past? Do you save food that isn't enough for a meal for one, thinking you can incorporate it into some future gourmet creation? Is your fridge stocked with glowing, healthy, nutritious and appetizing food? Or fruits, vegetables and other food well past its prime?

You might think this is a strange topic, but I think there is a relationship

between what's in our refrigerators and how we filter past experiences. In order to truly look forward to the future, we need a clean starting point, and that point is now. In order to truly live in the 'now', we need to be free of past beliefs, past hurts, past situations. If we are hanging on to old hurts, or to negative beliefs about ourselves because of past situations, it is very difficult to put all of our energy into creating life as we want it to be.



So, when you look in your refrigerator, if everything you see isn't vital and fresh, it's very possible that you're hanging on to old stuff in your consciousness as well, or as it's otherwise called "*extra baggage*". The problem is that, like the bit of cheese that gets lost way in the back and when you find it you have trouble remembering it was cheese, these memories go deeper and deeper. The deeper they go, the more likely they are to influence your life today, and the harder it is to remember that that's why you do what you do.

It's a lot easier to clean out your refrigerator than to clean out these old hurts. But it is possible. Here is a 4-step strategy to release yourself from these limiting memories. Doing any one of these steps will go a long way towards liberating you from the past. The 5th method is a shortcut for those of you who prefer doing things the easy way!

- 1. Identify the areas of your life where you do things that are designed to protect you.** Some examples of this might be not trying something new (so you won't fail), not initiating communication with others (so you won't be rejected), having trouble trusting people for a long time (because they might hurt you in some way), not committing to a relationship (because they might leave you). You may need to think about this for a while. Because we don't like to think of ourselves as living defensively, we usually come up with other reasons for our behavior. Seeing the connection between the what and the 'true' why may take some time.

2. **Remember when you first felt that way.** Once you make the connection between a behavior and 'true' why, try to remember the first time you felt the fear behind the why. For example, your fear of failing might be linked to something that happened in the 4th grade, when you put a lot of energy into something and someone, the teacher, perhaps, belittled your efforts and embarrassed you in front of the class. It would be very difficult to continue trying after that. (When asked this question, most people usually have a ready answer.) When asked why they're afraid to fail, the memory of that teacher usually pops right up. The trick is to ask the question.
3. **Rewrite your history.** Let the strong you rewrite this event and release the negative emotions around it. Visualize the situation, but this time have the person act in a loving, nurturing way, the way you would act if you were that person and in that situation. If you find it hard to reframe the memory, then visualize it as it happened, but this time you step in (as an adult now) and comfort the you (of childhood) it happened to. Say all the things you wish someone had said to you right away. Remember, you are not trying to change the past as much as changing your reaction to it.
4. **Release the old energy.** Very often, rewriting your history is enough to let go of the negative memory that is limiting you today. You may, however, need a little more work to be completely free. You need to forgive that person for his/her actions and let the situation go. By forgiving, you are releasing that person and act from memory and freeing yourself. Don't forget to include a "thank you" to that person because part of who you are today is because of this situation. It may have made you more caring and more sensitive, so be sure to include that as well.
5. **Shortcut Step: Clean out your fridge!** Let's end where we started. Double the effectiveness of cleaning out your refrigerator. With each item that you toss, create the intention of releasing old beliefs, situations or people. With each item, say something like "As I release this old food, I release all old hurts and negative beliefs. I am free." As you play with this, the phrase that will have the most meaning and effectiveness for you will evolve. Use it everytime you throw something out and notice how your life starts changing.