

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

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Out with the old!



Dear Friends of Organised Chaos

Happy New Year and welcome to the first 2014 edition of **Chaotic Times!**

By the time you read this we will have welcomed in 2014 and said goodbye to 2013. Many of you will have drunk a toast to a more successful year, whatever that might mean for you.



The theme for this month, is 'Ring out the old', and just as a bit of trivia, I wonder if you know the origin of this phrase, which ends 'ring in the new'?

Well, for me, it was just something I'd known of for ages, but having just Googled the phrase, I now know it comes from a hymn title.

The whole tone of the hymn is about letting go of past beliefs and behaviour, and adopting a more Christian attitude. I especially liked the line, 'Ring out the false, ring in the true'.

I'm not religious, myself, but do believe that our society's obsession with consumerism has led to an awful lot of problems. The hymn says, 'Ring out the narrowing lust of gold', which I find quite relevant for modern times.

Ask yourself, what is it that holds you back?

There's lots of talk at this time of year of goal setting and adopting new habits for enhanced wellbeing and achievement.

Think of all those New Year's resolutions to maybe give up smoking, lose weight, go to the gym, sign up for a course, etc.

Maybe *you've* made New Year's resolutions in the past? Maybe you drew up a list of goals for last year?

If you were anything less than successful, you need to read on!



Here's my take on resolutions and goal setting

First of all, I'd like to make it clear that there is nothing intrinsically wrong with either of these approaches to getting where you want to be.

I would however invite you to consider another aspect. In my view, this additional stage needs to come *before* the resolutions, *before* setting any goals.

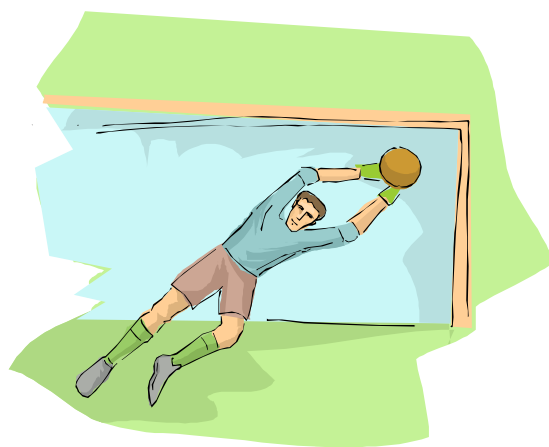
Let's face it - if you've tried the regular approach before and it's not been a roaring success, then it's time to do it differently.

Remember the hymn title? 'Ring out the old, ring in the new'. So, if you want new stuff in your life you need to clear out as much of the 'old' as you possibly can. This might be things, emotions, thought patterns or all three.

Good news! Part with the old 'things' - and the emotions and thought patterns will fall into place

If you want to score a winner with your 2014 goals, then think about what you have in your home that is giving out negative vibes, especially around your success and self-esteem.

Some items will be really obvious ones, so off to the charity shop they go!



Others will be less apparent. For instance, you want to do some part-time study and ultimately get a better job. Maybe you kept all your old school reports? Did any teachers give you a less than glowing report?

Clothing can be especially emotive. Garments that were worn to particularly significant funerals. Wedding dresses kept after a marriage has broken up. If you have any clothing you haven't worn for a while, ask yourself what associations it has for you.

This will be an emotional journey for you, but I can promise you that it is the best way forward. Imagine a clean slate for your resolutions!

How I can help

Let me help you sort the wheat from the chaff, the good from the bad, the inspirational from the negative. I have years of experience of guiding my clients through their own personal maze of accumulated stuff.

If you want 2014 to be the year you liberate yourself from the emotional web of your possessions, then get in touch now! One word of warning, though. If you embark on this course, there will be no turning back because you'll be on a completely different path

If you're interested, but live too far away, never fear! There's help for you via [Make Space for You](#) my joint enterprise with Clare Wildman, life coach.

So, what are you waiting for? Call or e-mail me today.

Well, I hope you're suitably enthused, I look forward to hearing how you get on.

*Best regards,
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