

Life is an abundance of hope

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Tomorrow is filled with hope, new beginnings and a lifetime of good health, wealth and prosperity. We all wish this for ourselves and all of our family members and friends. Our nation is made up of a “hope filled” people that always respond to the needs of others in time of crisis. So, just how do we prepare ourselves to have that extra energy we share with others in time of need? How do we create an abundance in our lives so that there is always enough to go around for others? Just where and how do we begin?

Beginning is really quite easy and won't cost a dime. All it takes is a little will power, some planning and a large amount of continued practice. The place to begin is with you. Start by going through your house room by room and assessing what it is about each room that you really love. Is it Grandma's old sofa in the living room that you've re-upholstered at least three times in the last 15 years or the needlepoint piano bench cover you personally labored over for weeks stitching? Is it that lovely picture you have hanging on the wall in your family room filled with fond memories you bought while on vacation in the islands or the wicker cabana chair to go with it? Or, is it the dozens and dozens of pictures you have placed around the house of children, grandchildren, family and friends? Everything you have in your house that you love or that brings you joy also is filled with the energy of hope. In order to maximize hope, you need to emphasize the things in your surroundings that you really love and get rid of all of the things you do not love, especially if you actually dislike them. This is referred to as “removing the clutter in your world”. The more clutter you remove, the more energy will be able to focus on hope.

Un-cluttering your world is the part that takes the will power. Now let's move on to planning. This is the easy part. What do you do with all of this clutter that you have accumulated for years and have now decided to get rid of? If you are a garage sale person, that is one really good way to get rid of the many useable things and clothing; plus make a little extra income. If not, then here is the plan. Using three large boxes, label

the first one “donations”, the second one “trash” and the third one “maybe”. Ideally the “maybe” should have very little in it and the other two should be filled with lots of stuff. Anything that is in good condition or useable should go into the “donations” box. Things that do not work or are broken and clothing that is damaged or soiled should be placed into “trash”. And, those things you just cannot make up your mind about should go into “maybe”. Take the “donations” box to your favorite charity or church. You will feel good about the contribution because you will be helping others, giving them hope and in some cases, you can even get a tax write-off for your donations. The “trash” boxes get set out for trash pickup and the “maybe” box gets stored in a closet or the garage. “Maybe” is a temporary box that you need to visit in 6 months to review all of the contents once again. At that time you must make a decision about whether you are going to keep the item or which of the other two boxes it goes into next.

The last step is the continued practice of removing all of those things in your life that you accumulate daily but really do not love. Become disciplined enough to do this every six months so you can keep your world uncluttered, maintain higher positive energy in your house and have it focus on joy in your life and hope for the future. A crisis can occur in the life of a friend or family member at a moments notice and you will have an abundance of hope to share that will help them. Where there is a need for hope, it is critical that someone is there to help fill that need. Hopefulness is the light shining on our footpath to the future. Something we are all in need of at different times in our lives.