

Why Less Is More: Life is Not About Things

Hi there! How are you? **Diane Money here, ready to help you live the dream.**

But, do you know what often gets in the way? Stuff. Too much of it. I'm not sure how or why we accumulate so much, but I know where to find it. Stuff in the closet, the garage, the attic, the shed, the car, the kitchen junk drawer, stuff in the basement too (if you live in one of those places where people have them).

But I also know what to do with stuff: Put it on the curb on Thursday. Or haul it over to the Salvation Army and pray they take it. Rent a dumpster. Or hold a yard, garage, rummage, white elephant, or an "estate" sale. (I mean, you can have an estate without anyone dying. It's not a requirement, right?)

Here's the bottom line: If we don't know what happened to it, find ourselves stepping over it, or routinely move it out of the way so we can get to something else: we ought to get rid of it.

No harm, no foul. We don't owe anything a place in our life. But what we do owe ourselves is the peace that comes when we reduce, reuse, and recycle our possessions.

Peace? Yes, sir. Peace.

Go ahead, ask me: "Diane, isn't that a bit much? A clean garage is a good thing, but I'm not sure it's at the level of peace." Challenge accepted.

Think about it. **Every time you step into that garage-attic-basement-shed, get into your car, or open that closet or junk drawer, you cringe.**

Why? Because clutter is stressful. The sheer volume of stuff we know we're going to encounter makes us agitated. It's easy to see that if more clutter = more stress, then less clutter = less stress.

Second, everything we own claims some of our time. Most of the things we have need to be cleaned, maintained, repaired, updated, etc. When we don't have as much stuff, we don't have as much stuff to worry about.

Third, there's a lot of stuff that doesn't really matter. Most of it lives in the garage-attic-basement-shed we do our best to avoid. When we keep only the things we really need, really want, or actually use, we can focus our time on the things that do matter to us.

And finally, when we kiss our junk goodbye—and stop replacing it with new junk—we live in a way that isn't driven by the need to accumulate material things. **In other words, we fully recognize that life isn't about things at all.** It's about becoming the best version of ourselves we can be. And that's like waking up in a place of sunshine and glory. See what I mean? Peace. Less really is more.

We don't have to wait until we're 'Resting in Peace' to find peace. But we have to make sure that what we own doesn't own us. For most of us, that means getting rid of all the stuff that stresses us out, takes up too much of our time and space, and distracts us from what's actually important.

Remember who loves you, ;-)

—Diane