

## Put it Down

A close friend and I had several conversations recently about some frustrating situations in our lives. Part of our discussion included the necessity to let go of our need to understand the behaviors of others, our desire to control situations, and our wish to put down the heavy frustration load that we both had chosen to carry.

During my post-conversation assessment, the following thoughts came to me.

### Put it Down

Are you emotionally and physically tired because you are carrying around a grudge?

Put it down.

Are you tired because you are toting around a sack load of needless worries?

Put it down.

Are you worn out because you are hauling around the images and sounds of a recent conflict with someone?

Put it down.

Are you sick of worrying about what others think of you and find yourself burdened by the worry about whether you measure up in other people's eyes?

Put it down.

Are you bent over from needlessly shouldering responsibilities that are not yours but those of someone else?

Put it down.

### Pick It Up

Pick up the understanding that we make the choice every moment to either hold on to these burdens (and allow them to put us down) or to put them down.

If we need something to carry, let us pick up the knowledge that a successful and happy life requires knowing what we are dragging around with us.

Let us pick up on the idea that we are the ones who pack the burden case, and we control what goes in, how heavy it is, and how long we carry it.

Want to make the change? Pick up the idea that it is a matter of choice. We can make ourselves weary, or we can lighten up our lives through wisdom, understanding, and choices.

It is a matter of deciding.

### Affirmation for the Week:

"I make my own choices."

Have a decisive week!