

New Year's: A Time to Clean up the Past While Stepping into the New

The Taos News has committed to implement a bi-weekly column to help educate our community about emotional healing through grief. You may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.

Dear Readers

Reflection on the past year and your entire life is a common aspect of benchmark dates, such as the New Year. As you step into 2015, there may be the opportunity to do an internal inventory of your past, the previous year, and or where the momentum, resistance, or other issues and emotions may have impacted on your dreams and goals that effect your quality of life. Sincerely taking the opportunity to review your life can be beneficial and possibly help you change old habits that may not be serving you.

You may also find that you have certain tasks that you now just seem to get around to that bring you down with worry, guilt or just a weight in your metaphorical backpack. Gently and in a nonjudgmental manner reviewing your history is important in order to not end up in a shameful or guilt filled emotional world. When this happens you will may find yourself overwhelmed or find distractors to set these issues aside. A non-judgmental review can allow you to prioritize, see what you really want to change, clean up, or get done without the load being so large that you end up not doing anything except compounding emotional interest on underlying issues and behaviors.

After reviewing your year and uncovering the parts of life that are not serving you in reaching a better quality of life, it is important to see where adjustments can be made. This is probably the reason there are New Year's resolutions. As you make your resolutions it is good to make the resolutions reasonable, not only attainable, I would say keep it simple and specific. This way you can allow changes in behavior, personal growth, and cleaning up those to-do lists that may have been lingering in your mind for years. By keeping your list simple and attainable, you have not set yourself up for failure and you can build a strong foundation emotionally, intellectually, physically, and possibly spiritually rather than building a house of cards that comes tumbling down as each card was not stable enough to hold the efforts and good intentions of change.

Each and every one of us can continue to grow, change and evolve to be a better person allowing a higher quality of life for ourselves as well as our loved ones and community. Internal serenity can resonate out to allow for a sense of peace within yourself and for those around you. Choosing to look at yourself, authentically and without judgment and defensiveness, takes bravery and can be the catalyst that allows less irritation in yourself causing a better state of being for all aspects of your health and quality of life. Finding self-love, compassion and gentleness for others, and enjoying your day while checking off tasks, one at a time, will allow more chances to celebrate life rather than endure and fight life.

I wish all of you a great 2015 and am grateful for the Taos News and Golden Willow Retreat allowing me to reach out promoting emotional healing for us all. Blessings on this year. Take care and I wish you well your path to emotional healing.

Golden Willow Retreat is a nonprofit organization focused on emotional healing and recovery from any type of loss. Direct any questions to Ted Wiard, LPCC, CGC, and Founder of Golden Willow Retreat at (575) 776-2024 or GWR@newmex.com.