

# BAGGAGE

How much baggage do you take with you on vacation?

Have you ever gone someplace to 'get away from it all' but didn't?

If we don't unpack our baggage, we take it with us, wherever we are, wherever we try to hide.

How many bags do you take with you when you fly? These days most airlines charge for more than one bag. People are trying to pack less and, often, we still take too much with us when we travel. We can get by with less.

Most important is the mental baggage you take. Your favorite endless tapes that play in your head. You go away, to get away from it all, but you take it with you. You can't hide or escape your mental baggage. Unless you do something about it.

Your mental baggage you can unpack right where you are. You don't have to go someplace to do it. You can't hide from it. Oh, you can escape for an hour or two by being consumed by an activity or self medication. But, it stays right with you.

Most of us can't sit in the now. I was sitting recently at Trunk Bay Beach in the US Virgin Islands. It's a magnificent beach I have sat on for over twenty-five years, and I never tire of the view. I intentionally focus on the beauty and the majesty of it all, soaking it in, recharging and refreshing.

To be present, to take in the beauty of the likes of Trunk Bay, takes focus and intention. Most of the people on the beach, I dare say, are only partly enjoying it. The other part is replaying their endless tapes. What I have to do when I return, what else I should be doing now, how am I going to do?..... All of these thoughts, concerns, and the future are baggage that ruin the now.

Go with a kid. The kids see far more than adults, and they enjoy it all more. They don't have our baggage. They see the beach, and they enjoy the wonder of it all. At that moment, for them, the beach is all there is.

It's the beach, period. They see, they take it in, they feel it, and they live it. No wonder they are so happy.

Unpack your baggage at home and leave it at home. The first step is awareness of it and its effects on you.

Ask yourself, 'Will this matter in 25 years?' If not, realize you can let it go. If it's an old regret or grudge, get help as needed to let it go. If you look closely at it, you'll realize it's hurting you more than anyone else. Crazy, isn't it? Let it go.

If it's grief, allow it, write about it, and let it come. It won't leave you, and you can't hide it. Learn from allowing it and working with it.

If it's things to be done later, upon your return, schedule them, make the plan and put it away. Planning when it will be done allows you to go away relaxed. It's waiting for you, and does not need your attention while away.

Too much baggage on a vacation is no vacation. Stay home if you are going to take all the baggage with you. Unpack your bags before you leave.

Travel light, take as little baggage as possible, and enjoy the NOW of your vacation.