

# DETACH & RELEASE

It's For Your Good



Mercedes L. Miller

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Watching a child whose spirit has not been assimilated to the idiosyncrasies of the world is amazing yet simplistic. Over the last year I have learned three valuable lessons from Dominic (my nephew) – the two year old genius. (Okay he is three years old – but he was two when these Einstein-like revelations became apparent to me.) Lesson One:

Christmas Eve is generally the day we gather at my mother's house to share time-honored food traditions (humdingers, cheese roll and other tasty delights), express our thankfulness to each other and God and exchange verbal pleasantries that warm the heart and encourage the spirit.

Last year I was feeling a bit under the weather so I retreated to the bedroom where my 93 year old grandmother was reveling in the parade of people. I lay on the far end of the bed hoping relief would soon penetrate my air passageway and relieve the pressure in my chest.

Just then, the cutest little two-year-old I had seen all day came bopping through the door. Eyes exploring colorful lights, hands discovering poinsettia plants and bells hung for audio/visual delight and taste buds apparently overwhelmed with a cornucopia of different treats being stuffed into his little mouth.

Suddenly, I got an injection of energy. I wanted to mush my lips into those golden brown cheeks. I said, 'Dominic, give Aunt some sugar.' He belted for the bed, struggled with all of his might to climb up and willfully turned his head to the side as he knows the routine. I pulled him close, squeezed him tight and allowed my lips to plunge into his plush, pudgy cheeks. He laid there on the bed with me for two minutes; it was so peaceful.

Okay I am exaggerating. Probably thirty seconds. He then scrambled to get off the bed as quickly and feverishly as he worked to get on. I pleaded with him to stay but to no avail. He was gone as swiftly as he came.

It occurred to me that generally this is how those who have been conditioned to the things of the world and operating by feelings and emotions often behave. We sense that our work in a particular area is over, a professional or romantic relationship has served its purpose, a habit or tradition is no longer beneficial but we keep holding on, trying to make it work.

Dominic had served his purpose. He came to give Aunt some joy and allow her to indulge in one of the things she loves most in life (him). Without resistance he proceeded to his next expedition.

Regardless of how I prodded and encouraged him to stay, his intention was not to lie beside Aunt and Great-grandma on the bed the entire Christmas Eve. He was not going to allow the ailment or agenda of another person to thwart his quest for more delicious goodies, festive lights and unauthorized discoveries under the Christmas tree. He completed his assignment and kept moving.

Detachment is often a difficult process. We become so accustomed to what is familiar and routine that when it is time to develop a new way of being or move to the next phase of our existence, we do not. Our ability to do so is encumbered because we will not emancipate what should be in the past in efforts to convince it to stay in the present.

Understand the power of embracing all that is supposed to be in your life; but, respect people, opportunities and concepts enough to release them when their presence begins to become more of a hindrance and habit than they are help and hope.

Identify at least one thing that you are certain it is time for you to release. Make a conscious decision to change and operate in an alternate manner allowing something different and productive into your life. The results you experience will far outweigh the temporary pain of letting go of what is familiar.

After I embraced Lesson One that Dominic taught me I have been able to let go of personal relationships whose time was spent, professional obligations that offered more pressure than peace and self-defeating habits detrimental to my existence. I am all the better for it. Release what does not serve you and make room for new and exciting things in your life. Just like Dominic, you will be glad you did.

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## This Year, Do Something Besides Getting Mailed

# HAVE SOME FUN!

Sure, food and gift-giving are fun, but after all that is put aside, it's time to get out there and do something.

-Build a snowman. If you're a veteran of the snow country, you probably know how to do this blindfolded. If you're new on the scene, here's all you need to know. Start with a round, sizable ball of snow packed by hand and roll it across the ground to build a larger base. For a 6-foot snowman, make a 3-foot base, 2-foot middle and a 1-foot head. Add your finishing touches – stovepipe hat, button nose and two eyes made out of coal – and don't forget to take pictures!

-Christmas caroling. Gather carolers together in their most colorful Christmas clothes. Go door to door singing Christmas songs (make up a song sheet if you don't know the words.) Stick a candle in a jam jar tied to a stick to serve as a flashlight. Consider visiting a nursing home or hospital on your journey.

-Christmas pickle. This glass pickle ornament is placed on the tree on Christmas Eve. Whoever finds the Christmas pickle in the morning gets an extra present.

-Dreidel game. To play this game, get a dreidel (a kind of top) and some chocolate coins or candies. The four sides of the top each contain a Hebrew letter that signifies a Jewish word: nun (nothing), gimel (whole), hay (half) and shin (add to pot). Each player begins by adding a candy to the pot, then obeying whichever word faces up. The game ends when one player has all the candy.

-Host a holiday open house. Send out simple invitations to friends and family giving out a loose period of time for dropping by. Ask people to bring a favorite dish or drink. Make up holiday-theme games, such as a holiday scavenger hunt, including such items as tinsel, pine-needles, Christmas cookie, broken ornament. Search the neighborhood for items.

-Kwanzaa. This African-American celebration, established in 1966, begins Dec. 26 and lasts seven days. Each day represents a principle: unity, self-determination, collective work and responsibility, co-operative economics, purpose, creativity and faith. A table is set up with a colorful mat and a candle-holder containing seven candles: one black (for the people, in the center), three red (for their struggle, on the left), and three green (for their hope for the future, on the right). Light the black candle first, then, another candle left, to right, one per night. Also on the mat are corn and a unity cap. Books and other African cultural items are also placed on the mat.

Celebrate

New Year's Eve

with...

God at the Church of Your  
Choice!