



*“Indeed, the more you have...  
the poorer you are.”*

~ Henry David Thoreau, *WALDEN*

***“When I have met an immigrant tottering under a bundle which contained his all... I have pitied him, not because that was his all, but because he had all that to carry.”***

~Henry David Thoreau,  
*WALDEN*

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## **Stressful Trappings**

As I continue reading *WALDEN* by Thoreau, I came to a section where he talks about the furnishings he obtained for his cabin on Walden Pond. He states, *“My furniture... consisted of a bed, a table, a desk, three chairs, a looking-glass three inches in diameter, a pair of tongs and andirons, a kettle, a skillet, and a frying-pan, a dipper, a wash-bowl, two knives and forks, three plates, one cup, one spoon, a jug for oil, a jug for molasses, and a japanned lamp. Thank God, I can sit and I can stand without the aid of a furniture warehouse.”*

I am flabbergasted at how short Thoreau's list of furnishings is compared to my own, yet he was content living in his one-room cabin. He understood how easily possessions begin to possess. He explained how stuff becomes traps—traps that entangle like a spider's web.

As I gaze around my surroundings, I begin to think about what and how to dispose of some excess trappings. With a little online searching and questioning friends, I learned about the benefits of Craigslist ([www.craigslist.com](http://www.craigslist.com)) and Freecycle ([www.freecycle.org](http://www.freecycle.org)). The purpose of both these sites is to help people *give* and *get*. This concept can eliminate the potential of tossing good items into landfills.

You, too, can begin to relieve yourself of unnecessary stress, when you look around at the things you are hoarding. Yes, it is simply hoarding when you keep things you are no longer using and fail to pass them along to someone in need. As you become aware of the items you have stashed away in the attic, basement, garage and the back of the closets, think about the extra space you will have when you move these things out of your house. Think about the extra time you will have when you are not tied to caring, maintaining and insuring them. Think about others who will find good use for your castoffs. It is a win-win situation for everyone involved.

Do you want to talk about how you can lighten your load? Call or send an email. My contact information is on the left sidebar.