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Sacred Objects & Dealing with Possessions

It is common to have to deal with your loved one's personal items and possessions after their death. Many of these objects will become more meaningful - even seemingly mundane objects may now be highly prized. Practically and emotionally, you likely cannot keep all of their objects. But this also doesn't mean that you need to get rid of all of their items or do it quickly. Below are the suggestions listed in the video. But remember, it is normal and healthy to keep some meaningful items.

Considerations Regarding Loved One's Personal Items

- 1) It isn't emotional or practically possible to keep everything. Even if you physically could, this will likely impede your ability to be open to new opportunities and growth.
- 2) You should certainly keep some items.
- 3) Take some time to make your decisions. There aren't any prizes for how quickly you get rid of personal items - and you may regret a rash decision.
- 4) It can help to take pictures or videos of items. Then you can see the item, but not have to physically store it.
- 5) It may be easier to give away items if you choose worthy recipients. Whether it is a family member, friend, or charity, choose carefully.
- 6) After you part with an item, try to emotionally let go of it. Try not to worry about how another is or isn't using it, etc.
- 7) If you're stuck, focus on the relationship and the memory and de-emphasize the item. The memory will remain without the item.
- 8) Items should not be valued over relationships with the living.