

November - What's in your safety deposit box? What gems are you hiding away?

On my recent visit to Toronto, Canada I went through the safety deposit box that holds small items from my parents' estate, reminders of their lives. (A safety deposit box is a locked box/drawer in a bank vault that individuals rent to hold important papers, jewellery, anything that they want to protect from theft and fire). These items have been in there since the death of my parents in 2005. I hadn't looked at them since we put them in there; my brother had only been there once since then to add a few things of his own to the safety deposit box.

I wondered what my emotional response would be to seeing the contents again, what value would I associate with each item? My intent before going had been to use the stuff I liked, take away the things that had sentimental value to me, and then think about how to dispose of the items that didn't.

When I opened the safety deposit box so many things struck me:

- Moments of my parent's lives could be traced through the contents – a baptism cross, wedding ring, anniversary ring, lapel pins from my Dad's employer marking years of service, a great uncle's watch, a charm-like bracelet that was created over 15 Christmases, a jade bracelet from a business trip.
- Some of the items were so unique and beautiful – why had we locked them up unseen for so long?
- A few items have no sentimental or monetary value so why had we hung onto them, allowing them to clutter the box?
- It has been 4 years since I'd looked in the box – why had it taken so long to act?

We all have unique and beautiful gems hidden away in the dark – what will it take for you to take yours out and show them to the world? Why wait a moment longer to bring those gems into view? Those gems will help you create new and interesting moments in your life?

Get rid of those things that are cluttering your life and show off your unique and beautiful gems.

Live your potential!

Anne Taylor

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