



Episode Transcript – 012 – Letting Go of Place

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

Hi, this is Jenn Shallvey and I'm back to share with you another episode on the remembering to be me podcast today, I'm going to continue with the theme of letting go. And last week we talked about our last episode. We talked about letting go of stuff, and if you haven't listened to that, then I strongly encourage you to do that because some of the ideas and thoughts in that might be relevant for this episode, but this episode will be about letting go of place. And I'm still in the context of the theme around why are we even looking at this theme? And that is, I want to help you enjoy living and being in your world by letting go of what no longer serves you and also others, because we're all connected. And if it's not working for you, it isn't going to be working for anybody else.

So what do you do when you consider a place? A place can be so many things to so many people. The first thing I want to do is say there is a difference between place and space, but they're very interchangeable because in a place I would say it's described anchored by a, almost like a geographical, or you could say where it is with space. I think it can be more of a part of a place, but either way, there is a physical, external aspect to the environment that you either are in or have been in and feel connected to in some way. That's what we're going to talk about with regard to place. So there are variations of that. And one of the ones that I first would look at is scale and size. So you might have a room or a building, so you might be in a workplace.

And for example, your workplace has strong significance for you. The whole building is like an icon, right? Or it could be just the floor that you work on or the office area that you're in think also in terms of location. So geographical, where are you located? Or where's this spacer place located? Is it in one country and not in another, that kind of thing. We can also think of the purpose of a space. So it is a work place as opposed to a living place and vice versa. So one is one that's important. A nother one that I consider for place is life stages. So where you were born, where you have been, might be one place that stands out. I mean, gosh, they put birth place on our birth certificates. So we often are asked, where were you born? And that can even become a place that we identify with.

Lastly, think about the meaning that a place might have to you. So it may not be even a thing or a place that you've ever lived in or gone to, but something about it is special for you, or it could be a meeting place or cafe or whatever, whatever it is, the place exists outside of you. It's not imaginary though. We can also play with that idea as well. But for the purpose of this episode, let's work with ones that are physically outside of ourselves. Why does our place matter to us? Why do we get a connection to it? What happens? I think that there is an energy to a place or space. There's



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something about it that begins to build up or we connect to it and it could be on many levels for many reasons. So for example, it might be a cultural connection.

It might be a place that relates to the culture that you're from or your family's from. It could be also an experience that you have had with that place. So it matters to you because your experience matters. I also feel that place matters because when we change or move or shift from one place to another, it requires adjustment and effort to acclimate to the new one and let go of the old one. And I feel like it's not as simple as I just packed my bags and I went somewhere or I left this place and moved to the next one. I feel like we're energetically connected to a place until we find a way to let go of it. And so it's not that easy when we need to leave a place, whether it's by choice or not. And I'll mention that a few times, I think in this episode, because sometimes we're moving because of choice or changing place because of choice and other times we're not, but it can impact our life.

It can impact our work and our wellbeing. In fact, one of the big stressors in life through some of the psychological research in the past was moving house or moving home was a high stressor. And I can't imagine very many people who haven't had to move somewhere from either an office to a new office or a house to a new house or whatever that is inherently an extra amount of stress in our lives. So there we go. We've got something going on there that is throwing a little bit of a wrench in our life, and we need to manage that. The other thing I also look at when I think about place is our connection to it being different and that no person is the same. We have at one end of a spectrum, for example, a person who could be described as nomadic, that they don't really like to call too many places home.

They might move around a lot. And if you ask them where their home was, it would be, oh, it's my sleeping bag in the camper van or something like that. You might have a worker for example, who doesn't have an office and they're quite comfortable going from one place to the next or working from their laptop in a cafe. There's no space or place that's anchored in that way, but there is still a place. It just is different. At the other end of the spectrum would be a fixed place. It would be a place that's been around for a long time that a person has been attached to or in or within for a very long time. And it would be a single place. It wouldn't have changed very much. So for example, think about somebody whose family home has been in the family for generations or the land that they have grown up on has been in the family for generations. And so there's a story, a legacy, a link that's very different from the nomadic person at the other end of the spectrum.

Workplaces can be very similar because you can be in the same company though, less than less these days in the past, but you could be in the same company. And if they haven't changed buildings, you could be in the same office for a very long time. And that would be an anchoring thing for you in saying that there is no right or wrong in this situation. There is a spectrum. There is one end that says in the most extreme sense, no attachment to space in a physical permanent way, but there still is a place. And at the other end, the person would be anchored very much into the one place. There is no right or wrong in that. So that's one way of looking at place as a side note, I probably should mention something else.

And that is this episode isn't about people who have been uprooted by factors beyond their control. I know that sometimes we have to move because it's somebody else's choice. Like if we're renting or the company changes its offices or we've changed jobs. But this isn't about people being displaced because of let's say an environmental disaster or about being homeless. That's a whole different conversation. And instead I want to look at our life and our work in response to how we choose to



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live and work. And I want to look at that from a sense of what's healthy and unhealthy per se, about the attachment to that. And not so much about factors that we haven't got control over, or at least that are extraordinary. I do acknowledge that. And I want to make sure that that's noted in this episode because that's really important to be aware of and have empathy for people who have shifted because of those scenarios. I think that's really challenging. So let's keep that in mind. Maybe some of the things in this episode could help that kind of person. But I think there's more in other areas that would be supportive for that. So if that is something that you're aware of, or, you know, just keep that in mind.

Thinking about space and place, it's about your relationship with that and how that changes and how it, how you can deal with that. Letting go is not necessarily about physically leaving the place it's knowing inside of you, that your attachment is healthy and not unhealthy. And that if you do need to change, you'll be okay. That's what I mean by this.

So let's go to a bigger picture for a moment, and that is our changing awareness of place and space. And what's interesting, and I thought about this before the episode was, what we know about place is expanding all the time. If you think about, okay, I'm in the middle of my life, so I grew up prior to the internet. The only way I knew about a different place was a postcard or maybe a documentary on TV. You'd have to go physically to see some of these places you didn't have social media. You didn't have anything sharing via text. It was a very different way of knowing place, just in the terms of travel. Now we have an endless stream of TV shows, travel documentaries. We have virtual earth. We can view down to a street level. If you want to go somewhere, you don't even have to leave your chair. You are able to see places and visit them and get an idea of what they look like and get a sense of them, however you choose. It's amazing. So our ability to be connected to a place is very different now than it used to be. Our awareness of place is very different than it used to be. So as a human being, we are existing in this world in a very different way. That doesn't change how we are in that place. We will still have places that we are connected to and ones that we're not. That's one thing.

The other thing that I was also looking at was the distinction between an individual place and a shared place. And the way I look at this is that if you just focus on yourself, where you're at now, you're going to be in a very tiny space or place. You might be in a room. In fact listening to this you might be in your car or you could walking on a foot path. And that is a micro space. It's like this, this is where you're at right now. The more you expand. Think of it like concentric circles and that you're the circle in the middle and that's your world. And you sort of, you could even draw this diagram and say, little stick figure of you and put yourself in a circle and then put a little diagram and say my world, and then go out another circle. And the next circle might be the home you live in, or the apartment, the building, whatever it is that you would call home, your current anchoring place. It could be the van camper, van, your townhome, whatever it is you live in, that's your space and your place. Then you got to the next level and it's, your town could be a small suburb. It could then be to the next level, which is your city. It could be a big city. It could go to the region. It can go to the state level. And we're beginning to get formal and more official boundaries around place. You then go to a country and you can say, my place of country is, and then you go to the continent and you think I'm on a continent. And then lastly, and I get, this is so cool because if you really think about it we're all sharing this planet and the idea of individual versus shared. Well, most of us are in a shared place and it, I think might be considered an illusion to think that we have a place to ourself. Human nature says, Oh, I need my space. I need my space. Well actually culturally, I'm coming from a very Western



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perspective, but let's say there is a, oh, I need my space. This is my space. This is my little domicile. And yet we are far more likely to be sharing with others than we are by ourselves. And there's, I think an illusion, a myth that we are by ourselves.

So even the idea that we live in our own home, we are still sharing so many aspects of our place with others, utilities, the street, whatever you wouldn't be able to be on your own. And there's probably a very few people out there that can say I am a hundred percent independent, completely on my own with nobody else. That's a rare thing. So that's one of the things I think is really key to think about when we think about place and that is, are you connected to a shared place? And how shared is that place?

And the other thing that I also thought about when I was reflecting on this topic was when we start to expand our awareness of place and we go outside of our individual place, we begin to look around at others and there's two responses. One could be, I share this place with these other people and they are my neighbours or my work mates, or my colleagues, or my, you know, whatever you want to call it. The other aspect, which can be more of like a shadow side would be comparison and judgement. And we start to see other people's way of living in their place. That might be different than our, than our own. And so we might actually react to that. So we see what others have or don't have that we do, or they don't, and that can be quite confronting. And depending on our personality, and I'm thinking the kind of people that listen to this podcast are going to not be as judgmental. But if you still have that come up, then that's another thing, the comparison trap. And so the aspect of this that I wanted to point out though, is it still shows us that we live in a world and a context of others. We are not by ourselves, even though our personality or our preference might take us into a space by ourselves. So that's one thing.

The other thing that's interesting is, and going back to the, where are you in your place, is that travel enlightens us. So if we're doing the comparison or the understanding of place, when we travel, whether it's a global trek through multiple countries, or just crossing the bridge to a different region of our state, you are seeing different ways of living and being. In a work context, you could go to another office for a meeting and see a whole different workplace or a work site than what you're used to. It can be really interesting. So no matter what it is, we are aware of, and we become increasingly aware of different places. I think that no matter what the degree of that travel is, or how big or small it is, there's always a way for us to develop a greater conscious awareness of our space. And the bigger the context, the more we can put things into perspective, the more we can have acceptance and choice about our current place. I think that's really powerful.

So as I go into this further, as I was reflecting, I do a bit of a meditation on the topic and the phrase that came up for this episode, which I find really great is that whole expression home is where the heart is. And even now I put my hand on my heart and I go, yeah, it doesn't matter what the purpose of the space is or how you got there, or why you're there. It's how you feel in it. And space can be, or place can be the same for you no matter what the outside external factors are cultural, the social, the economic factors that influence our choice of place. It's still up to us to internally define that. It's still up to us inside of ourselves in our own heart to say, here's how I relate to this place. Whether you're renting a house in a new town or living in the same one for 30 years, you are able to make that place your own. Whether it's a room in a house, you can make it your own. You can have that be for you.



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So for example, just think about the idea of you go on holiday and you stay in a hotel or you rent a house or an apartment somewhere for a holiday. And when you arrive, it is not yours. You're just a visitor. It's temporary. You have very little control over what you can do in that environment, right? You will be in that space temporarily. And so in other words, your energy will be there. And your interactions in that space will be just while you're there, but it's what you do that makes a difference. Isn't it? How do you make that a home where your heart is, even though it's that temporary and you have little control over what you can do in that space. Do you add anything? Do you get into a hotel? For example, even though you're only there for three days and unpack all your stuff, do you bring a little small bit of decor that you put in, maybe spray your favourite scent or something? Just, how do you make it feel like it's your personal space? That's what I'm talking about. And in letting go, then you have a chance to see what you want to create as well. A home is personal, the structure, the physical nature of it, how it works, what it looks like, all that is the extra bit. It really is about what's inside of you and how you see it. Isn't it. That is what I'm trying to say with the home is where the heart is, because your connection is going to define and be how you are attached or not attached to a place.

And then it's also going to lead you down different paths of letting go. When we start to look at the letting go part, and I'll get to more about that later, but what are you really letting go of? Are you letting go of the actual place? Or are you letting go of needing to make a place a certain way? Are you letting go of expectations that your space is the same everywhere you go? What are you really attached to? The fact that you may not have control over that space or that place is important to note. And that's why I give you the hotel example. What comes with that place?

So go to another example. Let's say you move from a house to a new house. What do you get out of that move? Is there a choice on how you shift in that move? What are you gaining? What are you letting go of? What do you, I guess, lament about the past place and what are you embracing about the new place? What is it that helps you want to shift that? As you begin to see different examples in your own mind, can you see that there are always opportunities for you to have choice, for you to have control over how you respond, how you are with the process of letting go of that space or place.

So ultimately home is where the heart is, right? No matter the physical location, no matter where you are, it's an inner game. You decide within your worldview, how you will see that place within you and how you live and work in it. And it's a choice because you can be glass half full or glass, half empty about how that space works for you. What is it? You can complain or not complain when you arrive at the hotel and it doesn't have everything that you want. What's your first reaction? Do you complain about the things it doesn't have that you have at home? Or do you say, oh, well, I'll just do a few things here and make it better. Maybe I'll move that chair a little bit. And that feels better.

Another thing is that place is also personal, even if it's shared. And this is a challenging one, because I talked about earlier that the more we step out of our little individual place, the more we realise we're sharing it with others, right? However, even though you may be sharing this whole planet with everybody else, as the ultimate sharing, how you see it is personal, how you connect is personal. And so this episode is about your connection, your personal viewpoint, not others.

You may link and connect with others in their experience because that might be part of what you're doing. But right now this is about you. So you connect to that place in a very personal way. You have stories and you have your own meaning and that's your way. And even if you move or change a



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place and it involves others, it's still your experience. And you have a right to your experience and how to work through that. I again will keep saying that the shared part of it is really important too. Understanding your experience and how that's happening for you is important. Because if you don't, you can't express that and share that with others. So take that unique perspective and own it and understand what is working and what is not working in terms of that. For example, if you are in a situation with others, then what helps might be to let others know, but then also respect their unique experience. You have needs and they do too.

Another point here. And that's really important is that even in this episode, I'm trying to give you ideas, but it's really about how you experience it. It's an internal process and it's all about an external aspect of your life. And no one answer is perfect. No one way is perfect. So when you start to let go of something in terms of place, it's important to develop your own strategies, find ways to deal with that place, especially when it changes.

So for example, let's think of a person let's say let's pick two people. They both have been forced to move their whole life. And they each can have different responses. One person may desire and need to settle somewhere. They just need to anchor themselves in a single place and say, I'm not going anywhere. The other person may have developed a love of change and shifting. Neither one is wrong. They're just different responses to a life experience. The choices in their response reflect their individual experience and their personalities. There could be even people in the same family with different responses because of the different personality.

Even with that, even though there can be different experiences, there still is a need to understand why you letting go of something in terms of place this is a really tricky question. I think that the physical manifestation of where you're at in your life means a place will take on an identity of its own. You can project onto place, certain aspects that either justify or force us to let go or stay attached. And that's why I think it's important to start with a question of why, and going down the path of asking why, because it can be quite powerful and healing.

So one of the techniques, or it's a kind of a blended technique that I used a lot in facilitation is the five whys or a fishbone diagram to solve problems. And so in this case, I'm going to modify that and say, look at the problem or the challenge of letting go of a particular place. And then ask yourself, what are you challenged by in that? And then as you come up with the different aspects of that challenge, then you can ask yourself why. And you keep asking yourself that question of why until you get to the core issue of that. It's when you get to that core issue of why this is challenging you, that you can then begin to let go. If you don't know why, then letting go of a place is going to be haphazard, trial and error. It will go back and forth. The more, you know, why you are having a challenge with letting go the easier it will be to address that specifically.

I might ask you, why do you feel you need or want to let go of a place? And then you might give me an answer and I'll keep asking you that. And eventually you'd get to the real reason. You might say something like it's time I need to change. But then after that many iterations of why you might realise that the reason why you need to change is because that place, you associate with a relationship that went bad and you want to break free from it and start afresh that's what you really want. And so you can see how internal experience can come up and become an action that may not have any clarity around it. So we go into that and we ask why. And the real issue in that also might come up in that is you have some relationship grief that might be related to this place and letting go of it's part of your healing process. I'm not saying that that's going to work entirely, but it could be a



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step in your own process that works for you. Just a suggestion. Not saying, go do that. Cause running away from place is not necessarily the way to get rid of grief. Is it?

So those are just some of the context aspects of place. As I've gone through all of this, I hope so far that you have tuned into things that stood out for you. You have maybe become more aware of place in your life, whether it's individual shared, your home or beyond that, that you feel you want to perhaps let go of in a different way, changed your relationship with work differently with.

In the last episode, when I talked about letting go of stuff, I said, there's lots of tools and techniques that you can use. And I gave a few. And if you don't remember, I'll just quickly say those. There was journaling journaling. It's great to go through. So I would journal about letting go of a place. A meditation is helpful. Checking in with your self on a mental, physical, emotional, spiritual level, which I talked about in the last episode and looking at place in terms of time, a timeline analysis of place. And that's quite easy to do because you can look at where you were living and why and the demarcations of that.

For this episode, I'd wanted to go into more detail around specific ways to process. And these are just suggestions because I'm not here to tell you how to do this. I'm just giving you some food for thought. And it's really about finding the way that is right for you.

The one that I like, and maybe because I've moved a few times, um, might be what I would call rituals or little ceremonies, and they don't have to be anything flash, but I feel like when you shift from one place to another, it's good to say goodbye to the place that you were at and hello to the new place. And intuitively it's really easy to just say, let's put together a ceremony or a ritual of sorts to let us say goodbye to the place. It could just be you saying goodbye, it could be you and other saying goodbye, but there would be a thing that you could do. And there's no predefined or prescribed approach, just what feels right and involve others if that's relevant.

So you might have a house you're moving from, and that house is going to be knocked down for example, and there won't be anything left of that house. After you move out of it, you might each take a little memento of that house so that you still have a little memory of that house. And that could be a thing that means something to you. You could stand in the house and say goodbye to it. That's just examples of rituals. And they may sound silly, but bear, whatever you want to make of them. And you can tell I've probably done a few of these things. But I'm not going to go into what they could be. Just the idea that you would have some sort of ceremony to say goodbye and a ceremony of some sort that you come up with that's to say hello to the new place.

Another one would be more mental and thought oriented. And that would be to change your attitude, change your perspective and do that consciously. Not that easy. It often I think requires facilitation from another person because you often don't see your attachment the same way somebody objectively can do that. But you might ask yourself questions like how has the place that you're leaving or letting go of served you in your life or your work or your journey? You can even ask the question, what gifts has it given to you or others? What do you take away from it? What are you thankful for? Um, and on the flip side, you could even say, what are you glad to say goodbye to? What are you glad to let go from this place? Maybe it was a house that had leaks and all kinds of things falling apart and you finally got to move out of it and you say, well, I'm glad I don't have that problem anymore. It could be anything. That's one thing is that, you know, change the attitude, the perspective, look at it from another way.



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Another idea is to change what you focus on in terms of letting go, especially with place. What can you control? What can you actually have control over? Let go of what you can't have control over. Pass it on, or get someone else to manage that that's important.

Another idea, a honouring or acknowledging. Doing something where you actually honour the place. It could be anything from framing, a photo that goes on the wall, a painting, maybe a creative momento that you put together. Maybe you have an annual visit to the place that you still do as a way to honour it. I know one thing you could do and you name a pet after the place. So the name's still there, even though the place may not exist or you can't get to anymore, the list is endless. It's really whether you want to keep the memory alive or not. Again, what are you letting go of in terms of place? It's not everything, is it? So that's another example.

A last one, I actually wrote about this in a blog post. And I said, as a suggestion, doing a visualisation exercise. And I suggested that as a way to understand what it is that you want to let go in regard of a place. So with that, I would say to people, you know, pause, take some time out and then really put the intention out that you want to connect to that place in a safe way, in a objective way that allows you to be with it and find a way to let go of what no longer serves you. And so I might suggest you close your eyes. You think of it, you feel it, whatever works. And if you're sensitive to the place, you can imagine that you're not in it, just looking at it from afar. But I would ask you, what is it about this place that draws you to it? What feels right about it? And then I would explore why it comes up. Simply ask the question and then notice the answer you get. And then after you've got the answer, then it's about discerning within your own process. To what extent you want to let go and how, and maybe think of some of these things that we've talked about.

Let's look at some examples. The thing is to look at changing places because changing places is huge. That's the main thing I think that would trigger us to need to let go of a place. Things like moving house. Let's pretend you're moving house. How do you move house? How do you let go of that house? And I've given a few ideas earlier of things like the rituals and so forth, but let's pretend that we're saying goodbye to a house. I might walk around in each room and say goodbye. I might take a photo of the room before all the items are gone and then a photo of the room after. And then I have this real sense of this is moving. It's changing. We're no longer in it anymore. I've also sat in silence and reflection in the empty space. We might just sit on the floor and allow yourself to accept that this place is no longer yours. It isn't a place for you anymore. The memory will always be with you, but the place is no longer yours.

And then you can also create a vision for the future place. A example that I did with my family once is that we were moving and, because that's who I am. I made us all sit around a table and do a vision board of the house we wanted to move into next. And I remember everybody had very specific things they wanted. And amazingly, of course, the house that we found had something for each of us. That was really powerful because even though we were all leaving the other place and there was some sadness in that, the focus on the things that we were moving into, that we were creating and wanting, was really powerful. The vision of the future place helped us shift from the old, the new, it helped us let go. Not disrespect where we were just say, here's what we have now is an opportunity because we had that conversation together as a family, it was really powerful.

Moving house is so common because we do it as so many different ways. Sometimes we've done that in our life when others initiated it. So for example, if you've moved, when you were a child, you had no say in that, right? That was family, not your say. And I've done that a few times. My parents



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moved a few times and I definitely know that that feels like. Moving out of home. We've all done that if you're an adult, probably we've also probably moved back home and we all have reasons for doing both, right? But there's a transition in that. And what that means, moving between shared housing with housemates and flatmates. You could be moving with a partner or family to a new place. You could be on your own as an individual, just changing from one home to a new hom., The moving of home, as in where you live and call home, not necessarily a house or an apartment or anything physical, don't think of it, but where you're moving is unique to you, isn't it. And your time of life makes it different. Who is involved, changes the whole experience. So how do you let go of that? It really depends on why you're moving. And so I go back to the idea of choice and I say, did you have a choice in that move. As a kid you didn't did you? So you're going to have a lot more resistance, aren't you? And I know because I've had my kids go through that. The other thing is that getting to acceptance is a journey. It's not instantaneous. You have to let go of the circumstances. You have to let go of the emotions, the connection, and then step into the new place and make that a home. So that's really tricky when you have no choice, isn't it? Because there's very different experiences for the moving of home and so you have different responses.

If you have a choice, then you are much more in control of that. And so the process of shifting can be more proactive, positive, because you can be the one directing it all. And that's really important. So for example, let's say you changed jobs and you went from one building and workplace to a new one that meant that you let go of the old workplace and you moved into the new one. And because you've chosen to do that, that meant that you were embracing the new and letting go of the old. And you might have some processes around that. Either way, when you let go of that old and you move into the new, you are given a blank slate to start again in a new place and take with you what you want to take and leave behind what you want to leave behind. Whether it's on an emotional level, whether it's on a physical level, whatever it is, there is a demarcation in terms of the physical place. Isn't there really different.

What's another scenario moving countries. So you can move home. And that could be even in the same suburb, right? But moving countries, I've done that. And a few people I know, probably would be able to tell you their stories about that. You might have done that yourself. What do you do in terms of moving countries? So I thought of some examples might be you leave behind the place, but you don't leave behind the people. So you can stay connected. And a really important transition might be to keep connections, stay in touch with the people that were in the place that are still there that mean something to you. And you might do that through writing correspondence, phone calls, just getting on video calls, things like that. And so you're up that connection to the people, not the place.

Another thing might be that if you've come from a country with a very different tradition and different culture, you bring some of that with you. You don't leave that behind. And at the same time, you come into a new culture and a new place and you embrace those traditions. And so you find a way to blend the two aspects of who you are in your journey around place of country. So you might learn the history of the new place, learn the differences and the similarities without judgement. And that helps you not forget what mattered from the old place, but bring that in and incorporate that.

When I talked about the example earlier in moving to a new job and you go to a new building and you're already dealing with the idea that you're in a new job and you have to start all over again,



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which is already daunting. You're going from familiar to unfamiliar again. How do you adapt to that? How do you bring yourself into the new environment? And I've done this a few times and I thought, well, how did I do it and how have other people done it? And I think what happens is you find your new hangouts, right? The first thing might be, where do I get coffee? If you're a coffee drinker. Or where do I get lunch. Where the hangouts? And then you go and find what works for you. You get a lay of the land from someone you trust or know in the new place. You might start small with just those little things. You might just get your desk sorted and make sure your workspace feels like your space. You have a new commute. For example, you might plan that commute and maybe figure out the best way to do that. I don't know if you've gone through that, where you've had to take a new bus to get to work from the old way and you go, oh, I better get the right time table out. Things like that. So those are just little things. You might take a break and walk around and really begin to feel into the new place. Not all at once, not like you're on a holiday and you need to tick off in 24 hours every tourist thing you can find. It's gradual, it's acclimating. It's becoming part of. You're building a new connection and that's really important, but you still have the old place that you left, right? So how do you let go of that in a way that's gentle and not harsh? Well, one of the ideas might be you go back and have lunch with an old workmate and you go to the old haunt where you may have hung out. You might stop by and say hi to some people. If that feels right, you don't have to go into the office that you used to work in, but there's still a connection that you're letting go of and as you move into the new one. And so you can see if you almost had a slide on a board and you could say, I'm gradually shifting my energy to a new place. I'm not cold turkey, letting go, I'm going to shift gradually. There's a new way for you to be, but it's still the same. You still have to commute. You still have to go have lunch. You still go get a coffee, just different places now, as you begin to develop a relationship with that.

Another idea of an example is you've moved to the new neighbourhood in your new home. How do you do that? Well, you're becoming a new local, aren't you don't, you love that. You're suddenly in a neighbourhood where you're not a local you're new. And so the people that have been there already know that. And so you have to acknowledge that you're in new territory, you're connecting with others in a new place. And so you begin to form relationships that might be with your new neighbours. It could be with the shopkeepers in the shops nearby. Whatever it is, but just intuitively go and discover your new place and begin to form a sense of familiarity with it. Gradually shift yourself. But don't be hard on yourself and say, I got to cut this off and I've got to go here and everything's got to be perfect. You still got the old place to let go of, right?

So for example, I remember when we moved from a suburb to a new suburb and the old suburb, of course, we had developed all the connections with the local shopkeepers and we knew everything about it, right? So you had those people that knew you and you knew them. I remember when we moved, for the first 6 months, I was like, Oh, I can't get my vegetables from the new shop because they're just not going to be as good as the old shop. And I still remember driving, oh maybe 15, 20 minutes to go get my groceries from the old shop for awhile. And I justified it because I kept putting in my head that that was better. And what I realised when I sat down and started reflecting on it was, no, it wasn't better. I just wasn't ready to let go yet. So it was my gentle way of holding on a little bit and letting go gradually. And I remember eventually shifting that. And then I also would go back to a particular cafe and have lunch sometimes or I'd arrange business meetings in that cafe so that I could go back to that town. And I had one client connection where it was a halfway point for



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us. And it was very convenient to say, Oh, sure, we'll go meet there. And then I was able to justify going back again.

But it's interesting because I still have a connection back to that place. And I go back for, let's say the vet, that kind of thing, but I don't feel attached to it anymore. I have done all the work on letting go and honouring and accepting that. And that's absolutely amazing. And I love the fact that I got the chance to be able to do that. When it's a bigger move, you don't get that chance. I know, but I've been able to physically shift and also see my physical attachment change. And I've done that and I feel really good about it.

Another one that also comes up, that's an example, but I think, and admit, it's actually, this one's hard. This one, I'm not going to be all lighthearted about this one, but there are places that are no longer in your life that you have no control over. Normally that would be because of a family member in your life that no longer exists that they've passed on, for example. And so the place that you associate with that person is gone. Well actually I say that home or that part is gone. It's not a place you can visit personally. You can't walk through the door anymore of that place, right? And so all your attachment, all your memories, you have no control over that. And you have to work with that. You associate the place with that person. The physicality of that place is one of the reminders of that person.

I know this is really hard because I've been through it and a person in my family passed away. And the place that person lived is only gosh, like 20 minutes from where I live now. And when the person first passed on, I had to be there every day for various reasons. And that was necessary to take care of things. And then once that was done, I couldn't go near the place again for a while because the place made me think about the person and then the person wasn't here and so it would bring up so much of my grief. So the physical place of that person I needed to let go of for a little while. And I remember this because I'd go to the place on a regular basis to meet this person. We had our little cafe where we'd catch up, I show up and I say, I'm here, come on over for a coffee. I had to stop for awhile. And then when I was ready, I used the physical place as a way to heal. And I made a conscious decision. It was really hard. I made a conscious decision to go and walk the footpaths around the area. I went along the footpaths that we used to walk together. I went to the cafe that we used to hang out together. And I used the physical location as a way to help me heal and say, I'm still here. This person isn't. It's going to be okay. It was really weird, but it worked. And there are a lot of other things I did, which I won't talk about in this episode because they're completely irrelevant. But that part I was prepared to do. And when I was, it was pretty powerful. I'm just giving that as an example, because not every physical shift is easy talking about it in a podcast is so I don't know what to say the right word is, but I can be seemingly taking light of the situation, but I don't want to say that at the same time, how we choose to see it is so within our power, our control that we have an ability to really work with place, not let place own us or take over us.

I've shared these examples as a way of showing you that our connection to place is personal. It's up to us to figure out our way to let go of what no longer serves us or serves others. It's up to us to find our own way of shifting when we let go. And that there is no perfect one way to do that. It will depend on all the factors I shared in today's episode, whether it's just you, whether you're sharing a place. It can be the degree of the sharing that you have with others. It can be whether you have choice or no choice in that shifting and need to let go. It can be a time of life. There are so many reasons. Whatever it is it's within you, it's guided by your own insight and your own intuition on how



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you choose to let go, why you choose to let go and when. And I hope from this episode, you get some sense that it's important for you to have a gentle approach when you need that and a fun approach when you need that. And that when you are in all of that and being you, then it's going to be very powerful.

Place is central to all of us. Nobody can be without place, whether it's a temporary spot on the ground tonight in a campsite, or whether it's the house you've been in your whole life. We all have a place that we want to call home that will anchor us for this moment. That will hold us. That will safely be for us. Think about that. What do you call place? What does place mean for you and why does it matter? And what do you need to let go of that you're ready now to begin to work on that will make your life even better and those around you, therefore benefiting even more. I'll leave you with that and pay attention to all the things that came up for you in this episode, and then go back and just delve into it a little bit more and explore.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y . c o m . I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me.