

How much does your life weigh?

Imagine for a second that you're carrying a backpack...

I want you to feel the straps on your shoulders...

You feel them?

Now, I want you to pack it with all the stuff you have in your life.

Start with the little things. The stuff in drawers and on shelves. The collectables and knick-knacks. Feel the weight as it adds up.

Now, start adding the larger stuff. Your clothes, table top appliances, lamps, linens, your TV. That backpack should be getting pretty heavy at this point - Go Bigger. Your couch, your bed, your kitchen table. Stuff it all in...

Your car, get it in there...

Your home, whether you have a studio apartment or a two story house, I want you to stuff it into that backpack.

Now try to walk.

Kinda hard, isn't it?

This is what we do to ourselves on a daily basis. We weigh ourselves down until we can't even move. And make no mistake - Moving is living.

Now, I'm going to set your backpack on fire.

What do you want to take out of it? Photos? Photos are for people who can't remember. Drink some ginkgo and let the photos burn.

In fact, let everything burn and imagine waking up tomorrow with nothing.

It's kind of exhilarating isn't it?