

## Week 3 Day 2

### Cleaning up the space I live in and career in.

Today we continue cleaning and purging. How did it feel to clean and purge the day before? Was it easy or a bit of a struggle? Were the changes embraced and could you feel yourself shifting?

Contemplate why it is easier to release some things and difficult to release others. Are we holding onto items that we love because of sentimental value or obligation? Consider these questions as we continue on today.

When we hold onto things, either they be emotions, beliefs, or physical things, we remain contained. Everything contains energy. Be sure the things you choose to surround you contain the energy that serves you in some higher potentially expansive and elated way. If they contain a thought or belief behind them that is limiting to you... then consider regifting or giving them to someone who would appreciate them. We stay away from limitations so that we can continue to tap into the potential that exists in all of us. Remember, the universe is never fixed and always in a state of expansion. As are we. If we remain congested and contained within our own environments, we remain in a state of limitation keeping us challenged and closed to the very possibilities that miracles are endless.

When we 'let go' of something we release it back to the universe so that the universe can continue to use it for it's intended purpose or transform it to something else. Whether it is a piece of furniture or a thought or emotion. When we 'for go' or offer up we resolve and release allowing that thing, image, or memory to run the full cycle of it's intended purpose and recognize the greater good happening in everything. There is nothing attached to anything except for our resistance.

Tell me, what will you be taking with you when you die? Do you think that all the things that you refuse to look at and release here on Earth will go with you there? Death is the only thing that is certain in life. Will it take death for you to feel free or will you do it right now? It's up to you.

Years ago, my family went through a house fire. It was then that I realized how much our stuff retains our energy. Without all our stuff that we lost in the house fire I realized two things. The first was that our things take on our energy and represent who we are. If we have a messy basement and there are things all over the place it represents our life being all over the place and there are many unresolved things of the past that we don't want to look at. Our stuff holds onto us. All that stuff is keeping us where we are. When we attend and look at it, we are released, and life improves.

The other thing I learned was that life was better without all the stuff. Yes, it was traumatizing at the time, and we really didn't need anything but each other and our day-to-day things. Everything we owned was taken away over night. That was just circumstance. It all eventually came back and everything we needed showed up. Nothing really was keeping us from enjoying our lives but our own perspectives on the world. It felt freeing not to have things. There was no searching for lost items and nowhere that things could not be found. We knew what we had and knew what we didn't have. It was simple. It was easier than having things.

So, if our stuff holds our energy and we lead a messy life, what does that tell us about how we see the world? If life is simply better remaining in simplicity, then why do we complicate our lives with complicated thoughts?

There is a book by Don Miguel Ruiz, "The Four Agreements". It is simple truth broken down into 4 ideas about life:

- 1- Be impeccable with your word.
- 2- Don't take anything personally.

3- Don't make assumptions.

4- Always do your best.

Living by these four agreements helps us to live our best life and facilitate what we truly desire. The first idea, 'be impeccable with your word' merely means to speak with integrity. Say only what you mean and use the power of your words in the direction of truth and love. The second, 'don't take anything personally' means that what others say and do is a projection of their own reality, their own dreams. The third, 'don't make assumptions' means to communicate with others as clearly as you can to avoid misunderstandings, assumptions, sadness and drama. The fourth, 'always do your best' means that under any circumstance simply do your best and you will avoid self-judgment, self-abuse, and regret.

If we look at our lives through this lens it may help us view our outside worlds, differently. If we are impeccable with our words, do not take things personally, lesson our assumptions, and strive to do our best we can view cleaning up and clearing out our environment as a simpler and beneficial task. We feel the freedom in giving away Aunt Betty's Christmas gift sitting in the same box for 2 years because we no longer *assume* she will be upset. As we continue to clean up our spaces, we find ourselves *impeccable with our word* because we really did not receive the important letter sent to us in the mail instead of it hiding under the stack of dining room papers. There could be a million reasons why we avoid cleaning and clearing our lives. Use the four agreements to take a simpler look at how releasing items helps us mentally and emotionally thus freeing up our physical energy to be able to do our best and live freely again.

Today, let's continue by cleaning up our living and career spaces. If you have an office, scan the surfaces. Ask yourself if all these items are necessary? Do the items mean something? Do they have purpose? Can I part with any of them? Can I offer these to anyone? Can I give them away? Analyze the shelves, bookcases, wall hangings, decorative art, the things lying around and ask if they serve you in some way. Or, have they been taking up space that could be freed for the flow of intuitive energy that wants to run through you and around you? If items are not serving you in some way, begin a plan to dispose of them. Thank the item for being present in your life and allow it to be moved on to someone or someplace else. Even if you have old wires, chargers, phones, or any electronic device, let them go. It is important for these items to be recycled or given away. Items saved for 'later' never get used and always collect space with the best-unused intentions. If it has not been used within the last 6 months, then say 'goodbye'. If you find a need and you already got rid of the item, just recognize you were doing yourself and someone else a favor by releasing it to the universe. Then trust the exact item or something greater will circle back to you. This allows you to continue listening to your intuition and keeps the flow of abundance circling. When we set something free it will either make its way back to us or something better will come along. Always.

Next, look at your home. This may take a little longer and be more of an adjustment. There may be several rooms needing to be addressed. Remember, we are scanning the environment and tuning into only what we can see on the surface. It should be quick and require little effort unless we have a lot of things we keep on our surfaces.

Many believe that if it has not been used in a year then it must go. Someone else will benefit more than the item taking up space and energy. Try to reduce to a handful of *must have* items that can be kept for long term. These may consist of mementos and meaningful items that are reminders of past experiences or people in our lives. Knowing where these items are stored, as to not forget about them, is also helpful. Everything in a home has function and is used and reused. Things have a place to be stored and items should be available to be found in the same location. This requires a commitment to being freed from energy holding patterns that may be cluttering out lives. It is a cyclical process that is regularly done with an intention of evaluating and deciding over and over. When an item leaves the home for good it is leaving with good intentions and with

the knowing that it will be used by someone who needs it, recycled, or returned to the energy from which it came.

Children can be taught the benefits of de-cluttering. On a regular basis they can contribute by cleaning up and clearing out their own designated drawers and collection bins. Going through items, scanning around their bedrooms, and making sure everything they have is needed and serves a purpose is a useful skill that provides mental, emotional, and physical benefits. It is a habit that indirectly practices the importance of energy flow and keeping their bodies and minds clear. This act of de-cluttering will help their intuitive channels remain open to flow and ease.

When we are not searching for our car keys or trying to find the lid to the container amongst the 100's of lids in a drawer we can open to higher levels of thought. Clutter can produce frustration, feelings of anxiety and incomplete resolution. Ultimately, it keeps us feeling powerless. Not to mention it creates stagnant thoughts based in fear and chaos instead of clean and clear peace. A simple life creates a feeling of power and unified help from the universe where we are working together to form solutions for life and purpose. This only comes by having purpose in everything we do, own, and regard as meaningful in our life.

Our home is our sacred space. It is a place of respite, peace, and reinvigorates our life force. Home cannot become this if energy is fighting against and navigating clutter. Home should be the frequency of love. It is an incredibly high vibration that is settling, restful, organizing, and free flowing. This is how we want to nurture our bodies, minds, and souls. Invest the time to free yourself from commotion and allow simplicity back into your life.

If this topic interests you, there are many de-cluttering and organizing books and shows, which would be valuable interested to help. Feng shui also has detailed information on clean living and the importance of the energy of our environment. Overall, the reason why we do this work is because disorganization is a form of self-sabotage. When we remove the obstacles and tune into our amazing worth, we realize that the amount of energy that was used to keep the clutter was keeping us from living our authentic spirit filled life. Living a conscious intuitive life requires looking at EVERY thing, which is necessary as we continue to shift over to intuition.

Today, do not assume you will get every room completed. Looking around and doing some every day will make a difference. Making this a part of your intention setting every morning and noting what you were able to get done every evening will produce results. This practice is a catalyst for change that will put you on the road to taking back your power and your life. If you get every room done, then great! Remember, we are not doing drawers, and we are only scanning and looking at what surrounds us. All the trinkets, books, furniture, and stuff we see that we may have begun to ignore because it is just sitting there every day. After awhile we tend to overlook the obvious that is right in front of us. **What a metaphor for life!** Today is about paying attention to the obvious. Go see for yourself. There are probably a multitude of items that are overlooked. Interestingly, this practice may bring up resistance. If it does, it is a huge clue that something is lingering and needing to be resolved. Change is the only constant in the universe. Change will help us rise above everything and become something greater. Accept the doubts and fears and allow the resistance to shift. I guarantee you will be rewarded by free-flowing energy creating newness and elevated living.

#### **Mantra:**

**I rediscover the purpose of every thing in my life.**

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