

### **Week 3 Day 3**

#### **Cleaning Up and Clearing our drawers and closets!**

This is it. Only a couple more days of cleaning and clearing which is directly and indirectly opening the gateway to our effortless connection with intuition. By this point we should begin to see the benefits of this work and all the time and energy we are putting towards taking care of ourselves on the outside. Becoming a master at cleansing and organizing is a skill that is cultivated over time. Eventually, we will be able to intuitively look at everything we own as serving a purpose, need, or simply bringing us joy. We will continue to enjoy things in our life and remain unattached to any beliefs that do not serve our highest purpose.

Everything will matter from a greater level of perspective, and we will powerfully decide how we wish to use our things to enhance our life. We will no longer be influenced by others and their interpretations that they wish to market to us. We will know the truth for ourselves. Life will not be taken lightly and on the other hand we will feel freer than ever before. We clearly see beneath the glamour and glitz and we no longer judge a book by its cover. Not that we ever did this purposefully, but we never overlook the unconscious matrix within our society. All of this comes from tuning in as conscious intuitive beings.

In addition, we will no longer hesitate to make decisions. Our embodied knowing takes precedence. Proof that something exists will no longer be necessary and believing in the unseen will emerge. This will come from the gnostic knowing emerging as you complete these 28 lessons.

Today, we are on to the next landscape of our adventure. We are looking into all our closets and drawers. For many of us this may seem like an enormous project. For others, we may be acclimated to a lifestyle of periodic purging. Sometimes the closets and drawers can be the most deeply personal spaces that we have in our lives. They are hidden places holding many of the things we may not be ready to unveil or do not know how to even approach. This may sound familiar to the thoughts and beliefs we have stored within us and worked diligently to forgive and release last week. Essentially, our drawers and closets are a direct reflection of what is going on within us.

Let's reflect on a common drawer in many homes called the 'junk drawer'. Why do we call it a junk drawer? What is all the junk in there and why are we holding onto it? Could it be ironic to store things in a junk drawer that are junk? Why do we do this? How about any other drawers or closets that we don't know what to do with or without? Do we have a place that stores every single birthday card received since we were born? What is it about keeping these things that keeps us believing we must hold onto them? And what about the closet that is 'saved for a rainy day'. When the rainy day comes, do we open it? If not, why? How many of us traditionally go through our closets on a regular basis and decide to purge something? Once we begin to look at all the drawers and closets and begin to understand the fresh and easy concepts of lightening our loads through purging, this task will become quicker and easier every day.

We begin a simplified life by analyzing every drawer and closet and purging items that have not been used, worn, or fulfilled its function for a year. This includes the scarf that the best friend gave us, the sheets that we used when our children were infants, and the pairs of jeans sitting in the back of the closet. Our goal is to be light and free from energetic burdens. These unused forgotten about things create a load we need not bear. When it is time to put clothes away from folding laundry, when we need to find something in the kitchen, or pull out an item from the top of the cabinets we know exactly where they belong and are found. Knowing everything has a place creates powerful living. Here is a list of the benefits received...

1. Our minds remain at ease knowing where things are. We no longer exert unnecessary energy looking for misplaced things.
2. Our body remains relaxed as we can direct people to the places to find the things, we know we have. We no longer must spend time searching with or for them.
3. We save money unnecessarily buying something we thought we needed only to find it later.
4. Our families become organized and accustomed to the philosophy of one thing in and one thing out. If we buy something new, then something old needs to go. We embrace the concept of want versus a need.
5. Lastly, our ego is no longer looking for excuses as to why things don't turn out the way we had planned because we are organizing and making our life plan through this simplified practice. We can spend more time doing the things we want instead of having to do.

Clutter can be a subtle way of self-sabotaging our life. If life is always a mess, then we are never in our power and we slowly lose our purpose. If we don't know where we are, we will never know how to get to where we want to go. To have fruitful and loving relationships we must be fruitful and loving ourselves. To have abundance we need to know we are already abundant from within. To have an amazing career we need to know we are powerfully productive in ways to allow for the amazing career to find us. To effectively communicate and convey confidence in our life purpose we need to know where we are and what we already contain. All this is possible by knowing ourselves fully and completely. This includes our surroundings and our drawers and closets.

In the beginning, it may seem frightening to go in there but if I tell my daughter, who is afraid of the dark, there is no monster under the bed, she won't believe me until I shine a light into the darkness. We must do the same. We may find answers to what energetically is holding us back. We may find that what we never wanted to see was not so terrible after all. As we do the work we will tap into the thoughts and feeling keeping us from seeing what is truly going on. This effort will make way for effortless flow. Cleaning up and clearing out the drawers and closets is like cleaning up and clearing out our hearts. It is a delicate process full of deeply fulfilling rewards. Eventually, it will feel so much better that we will never turn back. Our inner and outer lives will be effortlessly flowing.

Lastly, feel free to use the forgiveness prayers used in weeks before as a tool for helping to clear out items in your life. These exercises will bring up memories and images of the past as we tune in and accept what we are sensing and feeling on all levels. Once these are forgiven, resolved, and released the process will flow. Our physical things contain our emotions. Our things reflect our true self and how we see the world. Once we address what is happening within us our world shifts in a whole new way. The things we once clung to out of fear fall away and the world opens. As we clear ourselves, our environment clears, and we naturally feel the urge to hold this higher vibration. The struggles drop off and the desire to improve and resonate at a higher vibration remains. It is at this higher vibration that we remain and now our intuition effortlessly drops in to guide us through many miraculous ways. It becomes as natural as the skin on our body. We live the life of flow from one idea to the next trusting effortlessly the intuition answering our questions we are consciously asking the universe.

Our life questions are directed by our new power and we no longer ask, 'Why does this happen to me all the time?' We begin asking questions such as, 'How can I live my life in a way that allows me to receive what I am looking for?' We begin to understand that the universe is indeed responding to all our questions. We only need to consciously build our power from this new knowing. When we have been in reactionary mode most of our life, we are powerless to make changes. When we address and clean out our thoughts, ideas, and

physical representations around us we are reclaiming our power and ready to ask the productive questions that bring the answers that we are truly seeking.

Today, as you go about your day cleaning up and clearing out your drawers and closets know that you are giving yourself a gift that is more than just neat and tidy living. You are shifting your life into higher states of awareness and actively making permanent changes. We reclaim ourselves when we look at everything around us with new eyes and form a sense of appreciation for everything we have. We see the value of our lives and we understand the impact we have on our day-to-day living. Take it one drawer at a time and allow yourself to feel any resistance. Simply dismantle the resistance once and for all. With every drawer that you conquer life will flow easier and easier. You will enjoy the freedom that you gain from this simple and yet profound act.

**Mantra:**

**I clean and clear out my life so that I can fulfill my highest purpose and uniquely live my highest potential.**

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