

## 10 Tips for Clearing Space:

**1. Observe:** Observe your environment and notice what you are projecting and what is reflecting back at you. There is a telling dynamic at play. Consider all space sacred and see how your perspective changes. What is impeding or enhancing your journey? What are you great at doing and what are you avoiding? How can you make your space sacred?

**2. The Story of Your Stuff:** Take a mental/emotional inventory in each room. How does the room make you feel when you first walk in? Is your bedroom inviting you for deep rest and relaxation? Does your kitchen offer your body the nourishment it needs? Is your office a place that will provide you with the clean and precise 'tools of your trade'?

What are the things you notice? How are they arranged? When you look at something, what emotions are stirred? Do you really need that letter from a former partner? Is it useful to have that painting that makes you nervous? Do you feel abundant or anxious when you check your valuables?

The quality of your emotional reaction is more valuable than the thing itself. Investigate your environment and see how it might be impacting your multidimensional health. Be curious with your surroundings and explore with childlike vigor.

**3. The 80/20 Rule:** The 80/20 Rule shows that, on average, we use 20% of our stuff 80% of the time. Take this fresh perspective on your things and move slowly to eliminate the 80% of the things you use 20% of the time. This does not mean it all goes right away; the Rule is a guideline for success. Use it as a lens for clearing.

**4. Start Somewhere That Is Easy:** Find a place that you know will be emotionally and physically easy, like your closet. Put on your favorite music, a gentle smile on your face and get to work. Whatever you absolutely love, stays. Whatever you do not goes into 2 possible piles: 1) Discard 2) Maybe. Get rid of the discard pile and reserve the maybe pile to do at a later date. Ask yourself if you really need that old garment or that extra pair of shoes. When was the last time you wore them?

**5. I Can't Remember:** We all have things that we don't know what to do with (the "maybe" pile) or don't remember we even had. Put these things into a box, close it and put it somewhere safe for 6 weeks. If you can't remember what's in it, take the whole box and get rid of it. If you didn't need anything in the box, get rid of it.

**6. The Tougher Stuff:** Pictures, books, letters, paintings and antiques can be particularly difficult to let go of. Consolidate your pictures into a nice album. Read through letters and toss the ones that don't uplift you. Ceremonial fires for letters and significant writings are great ways to clear any old blockages while simultaneously setting ablaze. Check your bookshelf and consider when was the last time you cracked those books. You can always find them at your library, especially if you donate them there.

**7. Where to put it:** There are plenty of services that will come to your house and pick up your stuff, like the Vietnam Veterans Association. It can even be used as a tax right off. Local shopping areas have (clothes) drop off bins. Charity drives are great as well. You can also turn your old stuff into cash. Yard Sales, ebay and consignment stores are available. Set time lines for yourself and if it is not worn, read or shared by a certain date, donate it.

**8. Get Help:** Enlist your kids, spouse or neighbors. Hire a personal organizer. Consider this part of your mental, emotional health care plan. It is worth it – YOU are worth it.

**9. Bring in Plants:** Plants are a great way to spruce up your environment. Fresh flowers make lively additions to any room and potted plants help to purify and circulate the air. They enjoy your singing and classical music is a favorite.

**10. Reward Yourself:** After cleaning an area in your house or office, take a break, smile and breathe in the new freshness of the area. Treat yourself to a movie or a massage. If you do buy something, remember to get rid of at least one, preferably two other things to make space for that newbie.