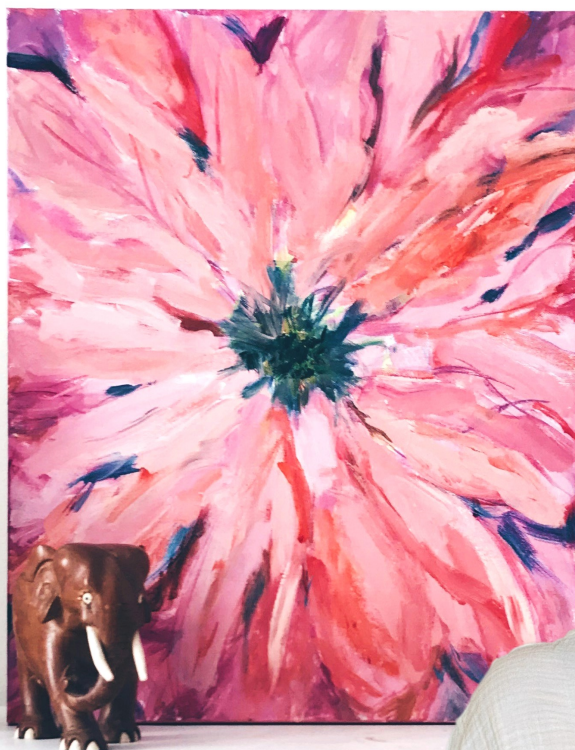


balanced space empowered life

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I have a friend, Jane, who is at place of introspection in her life. We've talked often about what clutter represents and why it's important to pay attention to it.

Through our conversations Jane has learned that clutter is cleared in three ways ... Keep, Send Away, Trash. We do a lot of culling and piling in a single decluttering session. Some of the clutter makes it's way easily to the Trash pile. A majority of the clutter heads toward the Keep pile and a smaller percentage gets Sent Away. Usually, although we've cleared a lot, that Keep pile is still too big! The Keep pile is often the hardest to work with because it is full of emotion and memories and often, pre-conceived notions about what NEEDS to be kept. This is where our partnership takes a turn. Though my client is understands the *act* of decluttering the reality of truly looking at what's in that Keep pile is challenging. That is the root of my work ... To help

you clear the emotional clutter associated with the things you keep in your spaces.

Jane is hyper-focused on creating ways to stand in her own power. It isn't an easy choice, especially for those of us who are recovering co-dependents. It's hard to break out of that grip of control that lurks subconsciously. But when we make the decision to free ourselves from that grip, it allows us to look at our living spaces with new eyes. When we start to stand in our power, we realize we held many things close to us because they were 'comfortable.' Once we shine a light on those things and realize the memories they evoke don't *feel* right in the space any more ... That is when the miracles happen!

Jane's solution was a complete re-do. She started by taking everything off the walls. By her own admission, it was comfortable for her to be

surrounded by 'stuff' and by color'. While her

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staging was tasteful, it was very busy. So many places to look, so many things to look at! A new visitor coming into the space would spend half of the visit just looking around, instead of enjoying the company of a friend. What the staging was actually doing was forming a wall of protection for Jane and the rest of us!) as if to say, 'If you are interested in the things in my space, you won't spend so much time paying attention to me and I can just melt into the background.' Not literally, of course, but this is one of the strange ways that clutter controls us.

The new year was a turning point for Jane on many levels. How amazing is it that she understood the assignment! If she wanted to bring positive, new changes to her life, she needed to show up and be seen. She's making changes in the way her career is heading. She's taking steps to live a healthier lifestyle and she's learning to live right now, with white walls. Her intention is to let the energy around her settle, as so many changes in one's life can take time to become

routine. When she is ready, she will be mindful of the way she stages those blank walls. Checking in to make sure what she displays honors and enhances her newfound strength of self. She's ok for the walls to be bare right now because she realizes how much easier it is to breathe in her space and that has become a priority for her now.

Jane has done the work because she has made the conscious decision that change is more important than comfort. It's a very big step and she is doing exactly what I would coach her to do. Strip the space and start again. Sitting in that larger open space, vulnerable, is a tell-tale sign of inner growth ... And is it amazing to quietly observe from my vantage point! It's why I do this work! Yes, it's about clearing clutter. Seeing, acknowledging and getting rid of the junk is physical and easy.

Facing down that Keep pile can be emotionally challenging. Having someone beside you to hold space for you, giving you 'permission' to release the memories and push the emotional reminders toward the Trash pile ... Is deep work.



This space, like Jane's walls, is intentionally left blank. Stop for a second, close your eyes and breathe ...

Did the blank space give you a rest from reading? Did you notice yourself taking a breath and enjoying the quiet or did you think, that's a strange thing to do?

Let's be like more Jane! Let's clear your living spaces so you can breathe and enjoy *just being* for a while.

The energy on the Planet Earth at the moment is very heavy. We need a diversion. We need to focus on the bubble of our own lives and find ways to clear the spaces we live in so they bring us solace, not perpetuate stress. The times now are calling for us to turn away from

the outer world and turn inward. This is truly the only place we have control!

I'm here when you're ready to listen to that tiny voice inside you that keeps telling you it's time for a change. Removing the clutter that's a no-brainer is the first step. Even if it's all you do, it's a huge step in shifting the energy around you. I'm ok if that first step is all we do. I'm confident, in time, when you're ready, we'll come back into the space for further clearing.

Pop over to our website and reach out on the Contact form. I'd love to chat with you about your spaces!

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