



Solution Oriented  
Creative Coaching©

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## Clearing Out the Clutter

“You can’t bring the same stale self to the world and expect the world to be new for you.”

Deepak Chopra

A life without clutter is much freer. You'll regain control and become more centered. Increased energy, improved productivity and renewed inner peace are added benefits. A full spectrum of clutter clearing can take years, months, or even weeks depending on the existing inner and outer clutter in your life. It is always an ongoing process. You have to start somewhere! Just do it.



Clearing clutter from your life allows you to focus on your priorities, making you happier, healthier and more grounded. **When we respect ourselves enough to do something we really want to do, we are giving ourselves the all-important message that we matter.** All the undone things in our lives have a tendency to drain us. When we accomplish something we promised ourselves we would, it frees up energy so we can do more! Clear and release layer upon layer of physical, mental, emotional and spiritual clutter. And you can be sure there's more. That's why learning the skill of clearing clutter is so important. There are common challenges to living a complicated and cluttered life. Whether the clutter is in your mind or in your home **clutter creates the following:**

- Distractions
- Makes it difficult to find items when you need them
- Acts as a barrier to your inner wellness growth and development
- Traps stale energy

- Symbolizes your fear of releasing things that no longer serve you
- Reduces your availability or openness to receiving new opportunities
- Physical clutter is symbolic of your inner resistances
- Emotional clutter is about fear of connecting with your inner joy, peace and love
- Spiritual clutter is a cloak of illusion. Spiritual by definition is simple and clear.
- Mental clutter is a barrier to your inner authentic voice that whispers truths to you.
- ❖ Clutter is a habit, a way of life, a way of self-protection.

**Clutter in your home:** Keep only those things that are beautiful, useful or very memorable when you are clearing clutter. Perhaps you'd like to set-up a system for those things that you will donate, throw away, share with family and friends or re-locate to another place. Denise Linn recommends that you say and focus on the following affirmation while you clear your clutter: *"There is clarity within me and around me."* As you release your clutter, acknowledge and celebrate the free will that you have to make choices to move forward. Every step you take to clear clutter is a step to celebrate. You'll find that each time you re-visit a previously cleared space for round two or three of clearing that many of the items will be easier to release. If it's been in a box for 10 years - do you really need it? Is it really beautiful? Is it really memorable? If you haven't worn certain cloths within 6 months to a year, give it to someone who will wear it!

**Clutter in your thoughts:** You have too much stress. You don't eat well, sleep well or feel well. Losing your temper, frequently forgetting things and making mistakes are also signs that you're overloaded. You need to unclutter your mind so that your life will run more smoothly.



Clearing clutter in your life has the following benefits:

- Provides more space for refreshed thinking -like windshield wipers for the brain
- Infuses vibrant new energy
- You'll find items more easily and effortlessly
- You will have more space to keep the things that matter most to you
- You will be able to move more freely in your life and home
- Creates a feeling of being refreshed, balanced and your surroundings will look organized

- ❖ Allows you to more easily prioritize and solutionize.
- Attracts greater abundance of positive energy to flow more freely through your life.

Some clutter is good thing - a sign that you are living. Like a house with children - who love to enjoy the feeling of having toys all around them. It is about balance. Have fun with the process, be kind to yourself as you progress and know that you are moving forward in life toward simplicity and inner wellness. Clear the clutter in your life and be ready for new beginnings of joy and vitality. You've freed yourself from clutter and purged your life of energy drains. Essentialism is key. In essence, everything you own or buy from hereon should have a distinct purpose. Everything you do, you do for a reason. Relax and focus on what's important in life, maintain balance and make time for yourself.

