

**Selfing - Change your
habits - change your life.**

You Are Here

Week 2

Declutter - Feng Shui.



The Royal Womb

Thank you Heather Bruce For Your Work

1 - Clean up your personal space. STUFF



Look about and take stock.

Choices.

The air of space and the feeling of spaciousness is to be on all levels.

Qi must move. What is not essential but is parked is taking up space and energy as it often holds deep connections – sometimes not helpful. As you discover when you wish these props were gone. Look at every single object in your house — who could love this more? Is it worth holding on to it? The purpose of this exercise is **clarity** –

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All will feel much cleaner/clearer. Maybe move on one every day – so it is not such a drama – think about what goes next. Who would need/like this more? Regift your bits. Aim for only what you love around you.

2 – Write lists.

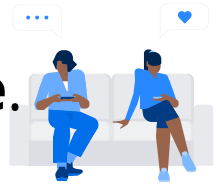


Strike off at least one thing every day. **To do** – *a) what has been waiting for tomorrow.* That is today. Add on big and little tasks. You can always feel achievement if the day gets away with you. Have AT LEAST a little extra done . . . (Even if it is only cleaning the bathroom mirror).

b) Fulfil your obligations. You do not do 'own' tomorrow – if you didn't get it done now – when?

Procrastination – is dragging you down with expectations and possibly unkind self-talking. How did you feel if this were the last day of your life? With joy? Why not? It is YOUR life.

3 - Sort out your social life.



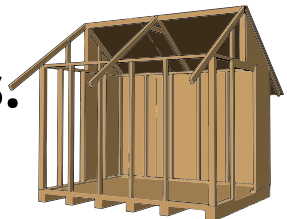
PEOPLE. We all have the same amount of time to 'fill /life. Does this connection warm your heart? Do you feel enriched having that person in your life? Write out what that person has meant in your life – reframe into gratitude Tell them

- Write a card and send it. Who does?
That makes this even more special.
You clear the connections - let them
go - in love. **SAY it.** Like the clothes
in the wardrobe - were they such a
good idea even then? Why is the
clutter around you?

Energy gets caught up...

Do a 'death declutter' - imagine you
are to be taken out in an accident/
whatever - why were they in your
life? Have you fulfilled the contract?
Do you have unfinished business?
Are they, in fact, there to remind
you of.?

Unfinished Business.



Write a list of all whom you feel unfinished business.

And tackle one of these at least weekly – preferably daily.

Unload the basket of the hot air balloon you could be – and set yourself (and they too as well) free.

Gratitude for their being. For the growth gained.

Learn to let go joyfully.

I acknowledge, I release, and I let go.

Clean breaks. Love, Peace, and Harmony within me. Free – space to be me again, All of me.

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