

Related Categories: Adventure

A vibrant, cartoonish illustration depicting a cluttered room with various items and labels. A central box labeled "IDE CUTTER" is the focal point, with lines radiating outwards to different categories of clutter. The labels include:

- FREE-UP UNWANTED UNUSED OLD
- OUTDATED SPOKEN SPACE
- ATTACHMENTS OVERVALUED OVERLOOKED OVERGROWN OVER
- WORTHLESS STUFF LET GO
- FULL BOXES SMITT BOXES NONE OF THEM
- COLLECTING OVER BUYING
- DONATE CHARITY GIVEAWAY FUNDRAISE SELL
- CLUTTERED CLOSET
- BANKERS SHELS GARAGES
- POUNDRING SQUAPING TROLL HOUSE
- AUCTION SELL REUSE SWAP
- RECYCLE NOT USED IN LAST YEAR? DO YOU REALLY NEED IT?

The illustration is signed "© 2011" and "© 2012".

As I did my stuff letting go I keep a mantra "I release all that is unlike love.". If an item didn't feel like love to me any more or didn't fit or was used a lot then out it went to someone else who could use it and love it better. I got this mantra from Louise Hays book "You can heal your life" when I looked up the affirmation to cure the hemorrhoids I had before Christmas. And I have to say that my hemorrhoids left as I stopped holding onto my stuff and being stressed over deadlines! When it came to the final clearing out I had originally planned a tight deadline. And I chose to take a more Latin "Mañana" approach so that I could process the emotions of letting go without getting sick from the stress. I found this to be both more self-compassionate and overall more effective because I didn't have to take time out being sick! Here is the full Louise Hay info that I found at <http://www.squidoo.com/spiritualmeaning>

- 1) Spend more time in nature.
- 2) Consume more high-vibration foods.

- 3) Clean your clutter.
- 4) View your life as if you were your own life coach.
- 5) Deepen your commitment to spiritual practice (even if it's just a few minutes a week).

More details at http://www.naturalnews.com034611_consciousness_awareness_2012.html

I am doing all of these (some better than others!) already. How are you doing? Write and let me know.