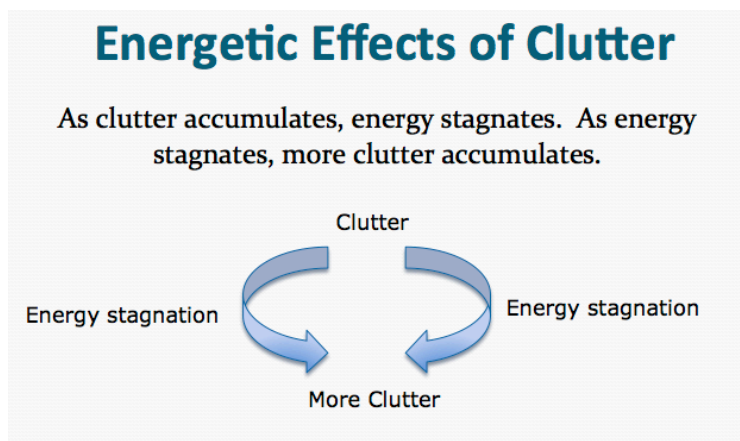


Energetic Effects of Clutter

*Everything you have in your life either nourishes you or drains you.
It either supports your dreams and desires or sabotages them.*

Barbara Hemphill/Maggie Bedrosian

- All of the things in your life profoundly affect your happiness, health, and productivity either at a conscious or subconscious level.
- Clutter weighs you down and holds you back. It can prevent you from reaching your highest potential.
- As clutter accumulates, energy stagnates. As energy stagnates, more clutter accumulates. This is why sometimes even thinking of clearing clutter can make you feel tired or overwhelmed.



Imagine tiny, invisible strands of energy connecting you to every item in your home, office, vehicle, briefcase, purse, etc. When these connections are to things you love, they can boost your energy. In other instances, they can drain your energy.

As you release things in your life that you do not love, that no longer serve you or that do not represent you at your best, you reclaim life force energy for new passions and pursuits.

If your clutter bothers you, this indicates that you are ready for change. By setting your intention to release all forms of clutter in your life, you have energetically begun the process of making positive change in your life.