

Make Room for Manifestation

Letting GO of the old to CREATE space for the NEW

One of the little known and under used ways to allow and attract abundance into your life is to clear out the old and non-useful. Letting go of the past - metaphorically, energetically and materially makes space for the new and more of what you truly desire to fill up the space created.

“Nature abhors a vacuum” so the more space you create and the more clear your life becomes, the more you will attract what you truly crave.

Clearing the clutter is basically saying to the Universe, “I know you have my back, so I’m going to let go and trust that there’s something better on its way for me.”

Everything we own carries an energy with it. We want to keep only what makes us feel good and is useful. This attracts more of the positive energy we want to surround ourselves with. In order to be complete and clear and open ourselves to an abundant future, use this simple practice to help the momentum of letting go begin! I use it at the change of each season but it can be a constant process of editing and purging to stay on top of the clutter and keep organized.

GO THROUGH EVERYTHING starting with the stuff that no longer serves you and you don’t want to carry into the future.

Here are some guidelines:

Pick up each item **only once** and feel its energy. You must decide what to do with it and not pick it up again once decided. Ask these simple questions: Is it useful/valuable to me? Do I love it? Does it represent my ideal energy I choose to carry into my future?

Then, based on the answers, decide to donate, throw away or put away properly.

As you let go, thank the item for its previous usefulness, and then say goodbye to it with gratitude in your heart. This makes the process joyful and deeply fulfilling.

After you’re finished, take one final look around and see if what’s left represents who you are now and who you intend to be in the future. Stay on top of this new clear energy as many more things will come up to be purged. Be ruthless yet grateful for everything that has served you and release it with thanks and completion.



Zeigarnik Loops

The importance of closing energy draining loops and how to do it: Stress and anxiety doesn't just come from not doing what you know you should be doing, it comes from not having a procedure in place to take the pressure off your brain and your will to remember to do it. If we have tasks that we need to do but don't have a plan in place to do them, we drain our willpower and energy. Anything that is left undone takes up brain space "band-width" and nags in the subconscious which is why we feel so under pressure. This is how procrastination and putting off until later is anxiety producing. Lot's of open loops is awful for our willpower to do the things in life we know we must and those we actually want to do. Momentum (getting started) paired with a plan of action and strategies to handle tasks plugs the energy leaks and orients us to doing things in a timely fashion. All one needs is a strategy in place so that the brain can release the task to the system and not hold it in the subconscious any longer. The system is what closes the loop, not the actual action. But when the loop is closed we can take action because we are not paralyzed by overwhelm due to an energy drain.

Begin now to create an organizational system that will make you feel organized and empowered. For example:
use notes, write EVERYTHING down in TO DO checklists
three folders or piles: immediate, secondary, low priority
a list of what I must do daily, weekly and monthly
bill payments automated online
three baskets: donate, put away/file, throw away
use google calendar and reminders on your phone to go off when it's time to do a task

Rely on systems and watch your energy and will power return to you!

Other places to reclaim energy and close Zeigarnik loops:

Make grocery lists and meal plans if you wish to eat more healthy.
Do you need to have any clearing conversations with anyone?
You might also desire to let the people you live with know that you are beginning some personal development work.
Do you have any emails to write and send?
Schedule your wellbeing appointments - i.e. Dr, dentist, OBGYN, optometrist, chiropractor, acupuncture, massage, healing sessions etc.
Are your pets and children up to date with their health checks?
Any security needing to be handled? i.e. medical insurance, life insurance, house insurance, gadget insurance, your personal will etc.
Any financial completion or set up needed? i.e. hire an accountant or book-keeper or financial planner, apply for credit cards, contact people to whom you owe money and create a payment plan, do your tax return etc.
hiring a cleaner, gardener, a dog walker, nanny or cook.
learn to use Skype or Zoom, get a Google account, register with Facebook and create a profile, buy a new laptop or upgrade your mobile etc.
Any home completion required? i.e. clean out the closets, hang pictures, paint a room, clear out the pantry, update the medical/first-aid box etc.
Do you need to clear out your email inbox.
Do you have holiday plans to make or finalize.