

Creating Space for Your Soul

by Judith Waller, "The Soul Connector"

How well is your living space supporting you? Like to know a fresh way to re-energise yourself and your life? Try spending an hour or two intentionally cleansing and refreshing your home environment. This simple action can dramatically improve your state of wellbeing. In this article, I show you how to create a space that nurtures and supports your soul.

1. Tune into your space...

Space clearing isn't about ordinary housekeeping tasks like vacuuming, dusting or tidying away clutter (although they do, of course, help!) -- it's about working with the *energy* of your home. A house doesn't have to be immaculately neat and clean or totally devoid of clutter to be comfortable to live in -- it has to *feel* good.

To get a sense of this, think about (or go to) someone else's home that you really admire. Imagine yourself walking into this place. What's the first thing you notice? How do you feel, being there? There's something uplifting about the atmosphere, isn't there? Somehow merely being in the space impacts on your energy level and makes you feel better.

So what are the special attributes of that place that particularly appeal to you? Go beyond surface details like a newer renovation or more expensive furniture or fittings than your own home. Are there colours, textures or shapes that particularly appeal to you? Notice what else makes it work for you -- get a sense of how the space is arranged. Does this give you ideas that you could apply to your own home?

Now imagine that you're a visitor walking into your own home and seeing it for the first time. What is the first thing you notice? Is there anything that especially annoys you, such as areas of clutter or something that needs fixing? Overall, how does the place make you feel? Do you feel uplifted, neutral or drained? Visualise yourself walking around each room. Is there a difference in how you feel from room to room? Take note of any particular problem areas.

2. Set your intention...

Before you do any clearing, think about what you wish to achieve. What kind of *feeling* do you wish to evoke in your home? Is there a specific aspect of your life that you would like to improve, such as greater abundance, more fulfilling relationships, enhanced creativity, better health, deeper spirituality? If so, take a moment to decide which is the most important area to focus on at this time.

Then set your intention to consciously create a home space that nurtures and uplifts you. As Denise Linn says: "Where intention goes, energy flows." By focusing your intent on what you want to achieve, you will intensify the effect of your space clearing and open up the flow of energy into that area of your life.

3. Clear the clutter...

Now get stuck into some clutter clearing! What can you do about the problem area/s you identified on your "walk through" earlier? What can you do to evoke a more positive feeling in your space? Be realistic with what you can achieve in the time you have. Do a bit today and a bit more tomorrow or next weekend. Remember that it doesn't have to be perfect, it simply has to feel good!

If you have a lot of clutter or a number of rooms that need cleansing, choose just one (or even a corner of one) and start there. Begin with the room that represents the aspect of your life that is in most need of re-energising. For example, work on your bedroom if you want to focus on relationships or spirituality, choose your office or study for enhancing career or creativity, your kitchen for better health, the bathroom for self-nurturing, or your living room for overall balance and wellbeing.

Open all doors and windows, put on some music and enjoy the clearing process. Let your intuition guide you to clean and rearrange things in a more harmonious way. I find it's really powerful to say an affirmation while clearing out clutter -- it keeps your mind focused and your intent clear. My favourite is: "I am now clearing all blockages and joyously opening to receive the abundant flow of the universe!"

4. Cleanse and purify...

Once you've physically cleared your room (or rooms), it's time to cleanse and purify the energy in your space. You don't need any special skills to do this -- your own positive intent is all that's required. Take a moment to centre yourself and remind yourself of your intention, then simply stand in the middle of the room or walk around the space, mentally cleansing and lightening the atmosphere. With practice, you'll be able to feel the energy in the room lift. To test this, when you've finished cleansing, leave the room and then come back in again -- it will feel distinctly better when you walk into the room.

You may find it helpful to use a few tools to assist you in the cleansing process. Here are some suggestions:

-- use a room spray or burn a combination of essential oils (e.g. eucalyptus, lemon, rosemary or peppermint for cleansing and uplifting; lavender, geranium, rose or sandalwood for harmonising and relaxing) and allow the aroma to permeate the space

-- light a sage smudge stick or some sandalwood incense and move about the room, wafting the smoke into any areas where the energy feels stagnant or blocked

-- get a bell and move around the room gently ringing it, continuing to ring until the tone is clear and pure; this is an intuitive process, so listen carefully and work on any spots where your bell sounds muddy or tinny -- keep going and eventually the air in the room will actually *sound* clean!

Do some space clearing and cleansing whenever you're feeling a bit run down or the atmosphere in your home feels sluggish -- it's a wonderful boost!

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