



Inspiring physical and emotional wellness



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De Clutter Yourself for Fall

This is my favorite time of year. I always loved going back to school, getting new clothes, having a new teacher and making new friends. But now I think it has so much to do with that extremely satisfying energy of getting organized and clear on the things that are the most important to us.

In the natural world the trees are refining their energy and shoring up for the winter. As a result, the leaves that are waning are shed in order to strengthen the tree at its core. I love this!

As we approach the season of metal - I've been thinking a lot about letting go of all that I don't need anymore. I have to confess I've developed some bad habits that have accumulated over the past spring and summer months.

The first thing I did was go through my apartment and sort through all of the clutter that's been hanging around. This clutter drains the free flow of energy in my apartment. I ask myself - do I really need this? If so - where can I put it so it is out of sight and easy to find if I need it some day? I rearranged some pictures on the wall that align with some feng shui principals to help me attract the things my heart desires.

Another thing I have done is thought about some of the relationships in my life and whether I feel good about some of my behaviors. This helped me unclog the abundance that is trying to flow in. I realized I needed to set some boundaries with the people that I love very much. Boundaries that honor who I am as a person and my schedule of availability. I realized I was making myself available to everyone anytime instead of being clear about what I need to do for myself and my business.

I also realized that I want to be more intentional with what I talk about with people. One thing I want to work on is keeping conversation positive and try not to say negative things about other people when they are not around. This is a behavior that drains the energy and I need to refine in order to stay healthy during the winter months.



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I got out a piece of paper and created a grid for the following three months so I could see all that I am committed to and how much free time I have. I then started to fill up the free spaces with things that I want to do! There's an amazing resource called Meetup.com. I went there and searched for tango because I want to learn tango! I signed up for a crash course later this month and I am so excited!

Fall is such an exciting time of year to restore and renew our intentions for all areas of our lives! I would love to help any and all of you to do this amazing esteem-able process that will help you shore up and get the most out of your fall season! Awaken your Healing guys! Today is the day!