

Infinite Potential Creations

Creating Space for Miracles to Occur

© By Harmony V. Laurence

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness concerning all acts of initiative and creation. There is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision raising in one's favour all manner of unforeseen events, meetings and material assistance which no one could have dreamed would have come their way.”

~ W.H. Murray

Why do you think it so important to clear the clutter from your office space, home, car or anywhere that you spend time? The answer is simple - because it will create a positive flow of energy to occur. You actually create a vacuum by clearing the unwanted articles from the space you want to use for something else, even if it's just to create more breathing space in the room.

Because nature abhors a vacuum, that space will soon be filled up with more positive energy. You will feel better as clutter can have a negative effect on your health and well-being. Notice how much better you feel after you have cleaned a room, let go of an unhealthy relationship, or unfulfilling job?

You will truly be amazed at what will occur in your life when you let go of what no longer serves you. Your list could include things or people that you have unconsciously (or perhaps consciously) been hanging onto for weeks, months, or even years. Once you release them, serendipitous things often occur in the form of opportunities, people, or even money entering your life.

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My daily intention is to radiate Truth, Peace, Joy & Love around the world. – Harmony © Infinite Potential Creations

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I suggest that you start with the space where you spend most of your time (E.g. work space or kitchen) and commit to a plan of spending a specific amount of time each day so many days per week to start clearing up the clutter. If all you can manage is 5 minutes per day, start with that and build on it. You will likely find that once you get started, you will get excited about the project and want to keep going. This will create a momentum that will take on a life of its own to help you complete the project and will make a seemingly overwhelming task much more doable.

If, for example, it is your office space or study, start with the most important area, for example, your desktop. Once that is completed, move on to items on the floor, your in basket, a desk drawer, etc. until you have, systematically, gone through the entire room and all of its contents. This way you will not feel so weighed down with the task and, as you see progress being made and the increased flow of positive energy, it will encourage you to keep going the next day.

For my office move last year, I created a step-by-step action plan with support required and benchmark completion dates for each of the items so that I could clearly see the bridge of how to get from the current reality to my end vision of my new office. I was so delighted as I witnessed the day-by-day progress of my plan and could not stop admiring the end result when it was all completed!

Clearing clutter from your kitchen can also be a daunting task! So, as above, just take one cupboard (or even shelf), closet, or drawer at a time. I have found that I feel so much better after I've cleared the clutter in one area that it motivates me to keep going even longer than I had planned. I actually love organizing things so when I have created some new space, it allows me to better utilize the space that I have opened up.

Below is a system you can use when making decisions on what to do with each item that you are no longer using because they are damaged, out-dated, stale, mouldy, dirty, etc.

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C – Clean it up - Use it again yourself or give it away

L – Let it go - If it is no longer useful nor brings you joy, sell or give it away

U – Use it again, if reusable

T – Trash it - If it's unrepairable – no use hanging on to broken items if you can't use them - throw it out if it is no longer useful nor brings you joy or give it to someone who is willing to fix it

T – Take it to a goodwill/thrift store

E – Energy conserve – Be diligent about recycling or donating whatever you can; you will feel great about the contribution you are making to the environment

R – Repair and re-use it - If it is useful and you honestly think you will use it again; create a special place for all items that require repair and set a time to fix them

As you are going through your space or your life and making decisions whether to keep, throw out/recycle or give away/donate, ask yourself these 6 questions:

1. Do I love it?
2. Does it bring me joy?
3. Does it still serve a purpose or function?
4. Does it work?
5. Does it work for the person/people I care about?
6. Do I love this person/these people enough to change something that they don't like?

Resources

“Organizing is an Art” - The Paper Tiger Methodology - Barbara Hemphill - <http://thepapertiger.com/>

“Organizing from the Inside Out” - Julie Morgenstern - http://www.juliemorgenstern.com/Products_Books_OIO.php

“The Life Changing Magic of Tidying Up” - Marie Kondo - <http://www.tidyingup.com>

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