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"Your Spacious Self will teach you how to clear your house and your mind!"
—MARCI SHIMOFF *New York Times* bestselling author of *Happy For No Reason* and *Love for No Reason*

YOUR SPACIOUS SELF

clear the clutter
and discover who
you are

STEPHANIE BENNETT VOGT



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Your Spacious Self Clear The Clutter And Discover Who You Are

**Jack Canfield, Marci Shimoff, Chris
Attwood**



Your Spacious Self Clear The Clutter And Discover Who You Are:

Your Spacious Self Stephanie Bennett Vogt, 2012-10-01 IT'S A JUNGLE IN HERE Behind our stress clutter and confusion is an infinitely spacious place one might call stillness or joy This is our natural state of being but we usually don't experience it because we are caught in a web of material possessions desires and fears Our clutter often becomes another member of the family that we feed house and lug around In Your Spacious Self author and professional space clearing expert Stephanie Bennett Vogt shows us that it's not our stuff but the holding on to it that creates a force field of stuckness that clouds our perceptions and paralyzes our lives Clutter is not just the junk spilling out of the closet It is anything or thought that prevents us from experiencing who we truly are With daily tips meditations and a decluttering checklist Your Spacious Self will show you how to CLEAR THE CLUTTER in your home and in your life REVEL IN YOUR OWN SPACIOUSNESS a place of stillness and joy LET GO OF THE PEOPLE PLACES AND THINGS that no longer serve the joyous being that you are Radical in its message and elegant in its simplicity Your Spacious Self offers a new model that combines the ancient wisdom of space clearing with the modern practicality of clutter clearing It teaches us that clearing is not just something we do but is also a powerful way to be one small step drawer or moment at a time

Your Spacious Self Stephanie Bennett Vogt, 2007 Behind our stress and clutter is an infinitely spacious place one might call stillness or joy This is our natural state of being but we usually do not experience it because we are caught in a web of material possessions desires and fears Why has our clutter become like another member of the family that we feed house and lug around Your Spacious Self Clear Your Clutter and Discover Who You Are shows us that it's not our stuff but the holding on to it that creates a force field of stuckness that clouds our perceptions and paralyzes our lives Clutter is not just the junk spilling out of the closet It is anything or thought that prevents us from experiencing who we truly are Clearing is not a tedious exercise of throwing away but a gentle journey of softening our grip and letting go Radical in its message and elegant in its simplicity Your Spacious Self offers a new model of clearing that combines the ancient wisdom of space clearing with the modern practicality of clutter clearing It teaches us that clearing is not just something we do but also a powerful way to be one small step drawer or moment at a time Page 4 of cover

Your Spacious Self Stephanie Bennett Vogt, 2023-09-12 Clutter it's not just the piles of junk in your closet It's also the nagging thoughts endless to do lists and calendar full of obligations It's the fears and worries that cycle through your mind on repeat and the sticky emotional energy that you pick up from the people around you It's the sense of panicky suffocation you feel when you contemplate all that you have to accomplish in a day a week or a lifetime For almost thirty years Stephanie Bennett Vogt has been teaching the art of clearing clutter at every level physical energetic mental and emotional Her unique slow drip approach to clearing is a welcome antidote to popular binge cleaning methods that leave you feeling exhausted and overwhelmed With her practical tips and step by step guidance you'll learn how to identify the root causes of clutter create a personalized clutter clearing plan and break the endless cycle of clutter accumulation Completely

revised and updated with even more inspiring stories helpful exercises and insightful advice *Your Spacious Self Clear the Clutter and Discover Who You Are 10th Anniversary Edition* is the ultimate guide to transforming your home and life

absence of clutter Paul Stephens, 2020-03-24 An exploration of minimal writing texts generally shorter than a sentence as complex powerful literary and visual works In the 1960s and 70s minimal and conceptual artists stripped language down to its most basic components the word and the letter Barbara Kruger Jenny Holzer Carl Andre Lawrence Weiner and others built lucrative careers from text based art Meanwhile poets and writers created works of minimal writing visual texts generally shorter than a sentence One poem by Aram Saroyan reads in its entirety eyeeye In absence of clutter Paul Stephens offers the first comprehensive account of minimal writing arguing that it is equal in complexity and power to better known more commercial text based art Minimal writing Stephens writes can be beguilingly simple on the surface but can also offer iterative reading experiences on multiple levels from the fleeting to the ponderous absence of clutter for example the entire text of a poem by Robert Grenier is both expressive and self descriptive Stephens first sets out a theoretical framework for reading and viewing minimal writing and then offers close readings of works of minimal writing by Saroyan Grenier Norman Pritchard Natalie Czech and others He reverse engineers recent works by Jen Bervin Craig Dworkin and Christian B k that draw on molecular biology and explores print on demand books by Holly Melgard code poetry by Nick Montfort Twitter based work by Allison Parrish and the use of Instagram by Hans Ulrich Obrist and Saroyan Text it seems is becoming ever more prevalent in visual art meanwhile poems are getting shorter When reading has become scanning a screen and writing tapping out a text absence of clutter invites us to reflect on how we read see and pay attention

A Year for You Stephanie Bennett Vogt, 2019 Despite an innate desire to live peaceful and happy lives many of us spend too much time in struggle and stress rather than enjoyment often working to make others happy while forgetting about ourselves In *A Year for You* author and clutter clearing expert Stephanie Bennett Vogt explains *The Spacious Way* a method that teaches you how to gently release the underlying causes of stress struggle and overwhelm Through five practice areas slowing down simplifying sensing surrendering and self care this book is like a year long sabbatical to help you nourish your life and clear any physical mental emotional or energetic clutter for good The result is a quieter mind a clearer home and a more gentle holistic understanding of the underlying causes of clutter and stress

Being Home Rebecca Ross, 2015-09-30 Winner of the 2016 International Book Award for Self Help *Home* is more than an address It s a place you belong one that reflects who you are This feeling of belonging comes from your being as well as where you are Recognizing that relationship between you and your environment opens a door When you understand the link between these two you can step across a threshold and make your home a place that works well and feels right *Being Home* teaches you how to establish this link between you and the outside world by Creating awareness about your natural and energetic boundaries Finding your own roots and how to connect to your spaces and Utilizing the three fundamental qualities of an environment to create a feeling of home wherever

you are Each lesson is supported by a variety of exercises that can be performed at home at the grocery store even while stuck in traffic When you engage with your surroundings you ll move with fluidity and confidence anywhere a crowded room an empty street and anywhere in between *Warrior Goddess Training* HeatherAsh Amara,2016-07-05 THE INTERNATIONAL BEST SELLER It s time to unleash your inner goddess and find your authentic fearless self with the inspiring rituals practical exercises and thought provoking wisdom in this book *Warrior Goddess Training* is a book that teaches women to see themselves as perfect just the way they are to resist society s insistence that they seek value wholeness and love through something outside themselves such as a husband children boyfriend career or a spiritual path Author HeatherAsh Amara has written this book as a message for women struggling to find themselves under these false ideals Amara challenges women to be warrior goddesses to be a woman who Ventures out to find herself Combats fear and doubt Reclaims her power and vibrancy Demonstrates her strength of compassion and fierce love Embraces her divine feminine goddess greatness Her approach draws on the wisdom from Buddhism Toltec wisdom and ancient earth based goddess spirituality and combines them all with the goal of helping women become empowered authentic and free Included here are personal stories rituals and exercises that encourage readers to begin their own journey towards becoming warrior goddesses **A Year to Clear** Stephanie Bennett Vogt,2015-10-01 A complete yearlong course in clearing yourself of excess stress and stuff this book features short contemplations personal stories tools tips one minute practices guided meditations and wonderful questions to help readers create spaciousness in their lives Stephanie Bennett Vogt will teach you how to unplug detach and clear to create more space and serenity in your life what she describes as the sacred process of removing clutter from both your house and your mind Included are 365 daily lessons organized into 52 weekly segments with each lesson building on the others to develop one s clearing muscle and grow new habits that will last a lifetime The week usually begins with a personal story to introduce the theme and ends on the 7th day with a Check In to review and integrate the experience Sprinkled throughout are meditations Q As and testimonials At the end of each lesson the author gives the reader an opportunity to explore a topic with several open ended statements designed to bypass the thinking mind and open the channels to one s highest wisdom Weekly themes covered include Moving Stuck EnergyConnecting with HomeBeing EnoughShining Light on Invisible ClutterLiving ImperfectlyWaiting It OutCultivating StillnessForgivingFlourishing

Pearls of Wisdom Jack Canfield,Marci Shimoff,Chris Attwood,2012-04-01 An oyster can t produce pearls without first suffering with a grain of sand Each of the chapters in *Pearls of Wisdom* 30 Inspirational Ideas to Lead Your Best Life Now gives guidance to readers on how to turn their own grains of sand into pearls With four New York Times bestselling authors including *Chicken Soup for the Soul* s Jack Canfield Chris and Janet Attwood and Marci Shimoff plus 25 of the best up and coming self help authors each chapter contains a fresh idea for a positive life change With each chapter as diverse as the cast of authors who have come together to create this unique book there is certain to be an idea to help transform anyone s life

Pearls of Wisdom contains the greatest ideas of today's top self-help authors combining traditional and new techniques affirmations theories meditations and practices to lead readers from the struggles they deal with in their current situations to a higher enlightened life not merely an existence For anyone who has thought am I really living the best possible life I could be Pearls of Wisdom grants the answers for any of life's questions straight from the words of the masters of self-help themselves

The Chakra Project Georgia Coleridge, 2018-03-15 Best Healing Book 2019 Soul it's very easy reading The best chakra book I've come across yet Emma Mumford Soul Spirit Magazine Judge for Best Healing Book category [Zen Ecology](#) Christopher Ives, 2025-03-11 Discover a way of living that can help you slow down and stay grounded and at the same time reduce your ecological impact and engage more fully with the climate crisis It may seem as though living ecologically and engaging in activism sacrifices our own enjoyment and happiness on the altar of doing the right thing In this book professor naturalist and Buddhist author Christopher Ives offers an alternative a way of living that can actually be more fulfilling than the modern consumerist lifestyle Rather than deprivation it can bring us richness In *Zen Ecology* Chris outlines his environmental ethic as a series of concentric circles beginning with ourselves and then moving outward into our communities all the while focusing on spaciousness mindfulness generosity and contentment At the individual level we deal with distraction clutter and ecological harm Here Chris offers ways to help us pay attention simplify our lives and lower our impact Then we explore how to envision our home as a place of the Way with Zen monastic life as a model for this without having to be a monk Next we realize our embeddedness in nature and emplace ourselves in community with others including other forms of life Finally we build on this basis to engage in activism to create a world that is more supportive of ecological health and spiritual fulfillment In this way we avoid the two extremes of apathy and burnout and uncover a way of living that is simple joyful embedded in nature connected to others in community and supportive of collective action

Clearing Emotional Clutter Donald Altman, 2016-02-15 A Fresh Start to a Healthy Emotional Life Is emotional clutter blocking success in your personal and professional life You've likely heard about the psychological benefits of clearing out the clutter in your surroundings but how do you handle your emotional clutter the psychological version of the jam-packed closet or impenetrable garage Shutting away and trying to hide old pains and traumas creates toxic patterns that can keep you from having the life of your dreams Integrating mindfulness and cutting edge neuroscience international mindfulness expert Donald Altman teaches how to modify entrenched habits and patterns with only a few minutes of attention daily Altman first helps you realize what your baggage consists of and how to transform or jettison it He then shows how to avoid the daily danger of accumulating new emotional clutter No matter how fraught your life or relationships may be you can cleanse heal or accept the old wounds mistakes and disappointments With Altman's lifestyle tools you'll discover how to address your past better deal with the present and cultivate the best possible future Start fresh with *Clearing Emotional Clutter*

O Caminho da Deusa Guerreira Heatherash Amara, 2017-01-01 Não segredo que as mulheres hoje em dia fazem muitos malabarismos

nas suas vidas Est o ocupadas com o seu trabalho fam lia e amigos pondo frequentemente as necessidades deles frente das suas Assoberbadas muitas delas tornaram se o seu cr tico mais feroz em vez do seu melhor amigo Este livro um caminho de descoberta um despertar e uma reconex o com as ra zes femininas Direta e honesta Amara mostra nos como nos libertarmos das expectativas que temos para finalmente nos vermos como a mulher aut ntica percetiva e perfeita que realmente somos Se n o gosta de si e n o se honra com todas as fibras do seu ser se quer usar mais a alegria e simples presen a na sua vida ent o tempo de uma revolu o interna tempo de reivindicar a energia da sua Deusa Guerreira Muitos cap tulos come am com hist rias pessoais acerca dos desafios que a autora experienciou e a forma como os ultrapassou As primeiras li es da Deusa Guerreira constroem funda es para a ajudar ao comprometimento alinhamento e purifica o do seu ser Segue se a transforma o interior e pretende se limpar a mente de preconceitos e ensinar lhe a ganhar energia A li o final inspiracional e ir encoraj la a fazer a sua luz brilhar sobre o mundo exterior Com base na sabedoria do Budismo da cultura Toltec e passando pela espiritualidade de uma Deusa baseada na Terra o caminho da Deusa Guerreira inclui hist rias rituais e exerc cios que a ir o inspirar e encorajar a tornar se a verdadeira Deusa Guerreira que est destinada a ser Considero me uma Deusa Guerreira determinada que aprende a cada dia Sou uma mulher como voc s que aprende cresce ri e chora Cometo erros tenho medos e d vidas Por vezes sinto me invenc vel outras vezes fr gil e vulner vel Eu honro e acarinho todas estas partes de mim mesmo aquelas que n o gosto tanto Espero que no fim deste livro tamb m saiba aceitar os seus erros rir se dos seus medos e ter f em si mesma

The Mindfulness Workbook M. Susan Roberts, Thomas Roberts, 2009-12-02 Mindfulness is a powerful antidote to stress anxiety and panic chronic pain depression obsessive thinking out of control emotions and many other physical and mental health conditions This ancient Buddhist technique can help anyone who struggles with fears worries and distractions refocus on the present moment and live happily here and now The Mindfulness Workbook is a step by step instruction book that guides you through simple practices that enable you to experience mindfulness not as a distant experience or concept but as an attainable state of being in the world You will discover the effectiveness of breath work mindful eating and thought watching and begin reaping the benefits of mindfulness right away Over time you will begin to notice that these small changes can bring about a bigger transformation enhancing your sense of fulfillment and calm

Walk the Prism Bridge Sunny Sharma, 2025-10-23 Walk the Prism Bridge by Sunny Sharma is a transformative self help guide that illuminates the path from chaos to clarity through the art of organization In this insightful book Sharma introduces the Prism Bridge metaphor a powerful framework that teaches readers how to refract the overwhelming light of life s complexities into manageable vibrant beams of focus and purpose Drawing from personal experiences practical strategies and psychological principles Sharma offers a step by step approach to decluttering not just physical spaces but also mental and emotional landscapes Readers will learn to identify the root causes of disorder prioritize what truly matters and create sustainable systems that foster productivity and peace Whether you re struggling with a cluttered home a

scattered mind or a chaotic schedule this book provides actionable tools to transform disarray into lasting harmony Walk the Prism Bridge is more than a guide to organization it s a journey toward self discovery and empowerment helping you align your external world with your inner aspirations Perfect for anyone seeking to break free from the overwhelm of modern life this book invites you to cross the bridge to a clearer more intentional existence **Cut the Clutter** Cynthia

Ewer,2016-04-05 A guide to conquering clutter and cleaning your home from one of America s leading housekeeping experts Drowning in clutter but don t know where to begin Feeling overwhelmed by a home that is out of control It s time to take back your space and Cut the Clutter can help From how to combat and stay on top of the clutter tide to the most effective tools and methods for cleaning expert Cynthia Townley Ewer guides you through solving the many obstacles of running an orderly home Step by step instructions household routines and quick tips make these daunting tasks easier to tackle and will leave you with more time and energy for the good things in life Whether you want to organize your closet tame your fridge or conquer the whole house one room at a time Cut the Clutter will inform you entertain you and save your sanity along the way

The Five-Element Solution Jean Haner,2020-06-16 Use the powerful spiritual principles of Chinese Medicine to discover your personality type and bring balance to all areas of your life with this practical solution oriented book from expert Jean Haner The ancient Chinese discovered a secret that remains little known in the West to this day the map of how your life is meant to work And just like an acupuncturist treats energy points in the body to heal you physically this book will show you how to make tiny changes in your everyday activities to heal your life when it s not working for you Based on the traditional wisdom of the Chinese Five Elements Water Wood Fire Earth and Metal the quizzes and step by step guidance in this book will help you discover how to solve problems in ways that fit your unique personality type Drawing from over 30 years of experience Jean Haner offers specific strategies from the spiritual side of Chinese medicine to help you create true and effective change With short term practices and select activities such as aligning with your magic hours new ways of clearing clutter and even adding certain colors and foods to your life you can get solutions for any problem at three different levels simple remedies full prescriptions and a five week reboot plan to get your entire life moving in the right direction again

Breathing Room Melva Green,Lauren Rosenfeld,2014-04-01 Cleaning out your cupboards isn t just about a tidier kitchen Find peace repair your past and live a more fulfilled life with this uplifting guide to the spiritual practice of decluttering Bless your clutter Yes you heard right Bless it Bless everything in your life that is superfluous broken burdensome and overwhelming because it is all here to teach you an important lesson perhaps the most important lesson there is what really matters Everyone s lives could use some serious decluttering But decluttering isn t just about sorting junk into piles and tossing things in the trash Decluttering can inform us of our burdens help us to understand our attachments and aid us in identifying what is truly valuable in our lives Written by a medical doctor and a spiritual intuitive with case studies of people just like you Breathing Room takes you on an enlightening room by room tour where each room in

your home corresponds to a room in your heart and where decluttering will not just make space but improve the spirit. So if it's weighing you down if it's become an obstacle if it's making it near impossible for you to find the things you really love it's time for you to let it go and find a little breathing room. *A Path to Perfect Love* Donna Malchuk, 2012-04 Have you ever wondered what a professional cheerleader a Waldorf mom or a computer geek could teach maturing women Or perhaps you have longed to know how to perform a self-loving ritual Search no more Donna Malchuk gives you all the answers and much more in her luscious and thoughtful book *A Path to Perfect Love* Drawing from her own experience Donna Malchuk shares in a clear no nonsense intimate and often humorous way the lessons she learned from significant events in her life The result is a kaleidoscope of feel good advice that if applied can easily change and improve every woman's life With such diverse chapter headings as WE Are Living in Magnificent Times and Thoughts Controlling Stinking Thinking Donna retells her stories with an honesty that is both brutal and tender Many women will identify and relate to Donna and cheer with her when she triumphs over the challenges in her life and thank her as well as she guides us gently but firmly to LOVE after love

Serene Mind, Clear Horizons Barrett Williams, ChatGPT, 2025-08-15 In the high speed world of tech constant alerts tight deadlines and endless meetings can leave the mind cluttered and the day slipping away *Serene Mind Clear Horizons* is a practical fast acting blueprint designed to bring calm focus and purpose back to your work and your life This is not a theory book it's a toolkit of simple repeatable practices you can weave into a busy day to move from scattered to strategic What you'll discover is a usable framework that turns present moment awareness into a daily habit Learn to anchor yourself with the breath deploy quick grounding routines for the moments you're pulled in a dozen directions and shift from multitasking to deep meaningful work You'll find guidance on handling interruptions shaping effective focus blocks and using micro rest rituals at the desk to reset without losing momentum The book also covers mindful communication in teams clear writing and listening with intent skills that reduce friction and boost collaboration You'll explore seeing stress as a signal to adjust not a trigger to panic and you'll uncover how posture movement and sleep rhythm support sustained performance for demanding roles Designed for developers analysts engineers product teams and tech leaders the content is organized around real life scenarios meetings code sprints reviews and collaboration Expect practical routines you can start today actionable check ins and journaling prompts and a flexible path to build a personal practice that sticks From digital boundaries and decision making under pressure to purpose driven projects and compassionate leadership this book offers a grounded approach to clarity that scales across your career Take the next step toward a calmer mind and clearer horizons Add *Serene Mind Clear Horizons* to your library and begin your daily edge today

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Your Spacious Self Clear The Clutter And Discover Who You Are Introduction

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