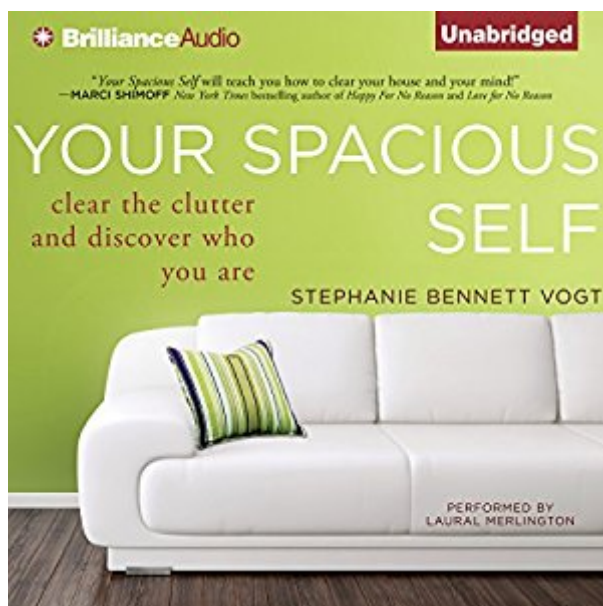


The book was found

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



Synopsis

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 stuck-ness that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is any thing 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.

Book Information

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Customer Reviews

I returned the audible version of this book for a refund. I feel like I could have saved myself the trouble if the book description had been more upfront and complete. I think a few quotes from the book can give readers an idea of what the tone of this book is like. "How do I know all this? As a long time professional space clearing practitioner, I am trained to tune into myriad distinct metaphysical,

geophysical and electro-magnetic energy signatures that swirl about in people's living spaces. I can feel the sticky residue of human emotions anchored in rooms, hallways, closets, furniture and people's possessions. I can identify the disturbing influences of neighboring homes, battlegrounds, construction projects, underground water, cell towers - you name it - anything that may cause my clients to wonder why they can't sleep, or why they're stressed, depressed, sad all the time, or broke."Here's another:"I have a highly developed sense of smell. I can smell things before I can see them. I can smell gas leaks that most might not. I can smell cigarette smoke from smokers in passing cars - even if their windows are rolled up. I can even smell stress patterns, "droppings", that have been left behind by previous occupants in homes for decades. I can smell energetic off-gassing when I am clearing a person, or being cleared."Elsewhere in the book "droppings" are defined."Droppings are highly charged stress patterns that stick to the environment. They have a strong magnetic field and attract more of themselves if not cleared."I stopped listening at this point because I could no longer tolerate the pseudo-science.A large part of this book involves getting in touch with your feelings.

If there is one person who specializes in making things simple, it's Stephanie Bennett Vogt, author of this award-winning book. As a space clearing expert, Stephanie is a firm believer that "behind our stress and stuff is an infinitely spacious place one might call stillness or joy," and clearing a path to our true nature is easy to cultivate, one small step or drawer at a time. In the course of ten years, Stephanie made some profound discoveries while clearing the clutter from her own life that she decided to write a book about the process that she hopes will inspire others."Your Spacious Self" brings the process and importance of organizing into a new light. Stephanie says that, contrary to popular belief, people's "stuff" is not the problem. The act of holding onto this "stuff" is what paralyzes people; it's what prevents people from experiencing their full potential.In her book, Stephanie offers a new model of powerful clearing that combines ancient eastern principles of space clearing with western practicality of clutter clearing. With thirty-five years of experience and study in metaphysics and various healing modalities, Stephanie, a born communicator, improviser, and organizer, incorporates her knowledge into "Your Spacious Self." Still, Stephanie preaches that there is nothing more important than embracing the present moment when it comes to letting goThis book is engaging, practical, and well-structured. She wrote it with the intention of helping people identify beliefs that create clutter, discover the long-lasting power of clearing, experience self-care, join together with others in forming clutter clearing circles, and bring wonder into their daily lives. The book's main idea is rooted in her business, SpaceClear.

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