

Reminder Spaces

A powerful way to reinforce and bring more attention to your intentions, and make the changes you desire, is by having a visual cue to remind you (and those with whom you share your space) that you are creating more order and simplifying your life. Clearing one space and using it to reinforce your intentions sends a message, creates new energy, and can be a small step with an astounding impact. If you were to choose just one exercise from this whole book, this is the one I would recommend.

EXERCISE: CREATING A REMINDER SPACE

There are two ways that you can create this space. You get to decide which option is best for you at this time. You can always choose to do it differently as you go along. Just be assured that there is no way to do this process incorrectly. Play with it, enjoy it, and be open to the possibilities. In either case, there are five things I recommend you do first:

1. Choose a small space in your home that you see frequently and that has more stuff on it than you would like. It's even better if this space has really been bugging you. It could be the front hall table, part of the kitchen counter, the top of a file cabinet, a shelf that's stuffed, a chair piled with clothes, or your bedroom dresser. You get to choose.
2. Remove everything from this space – yes, everything! Sometimes this act alone will bring about a sense of relief or even create an “ah-ha” moment. The things you removed are irrelevant for this exercise. Put them in a box or even on the floor. The main thing is to completely clear this space so there is nothing on it.
3. Step back and spend a few moments to simply notice if you feel differently with this space cleared.

4. Mindfully clean the space you just cleared. Dust it, scrub it, polish it, vacuum it, do whatever it takes to have it appear fresh and clean. Think of it as clearing out the old dust/dirt/grime/energy, and creating space for the new order and new energy.
5. Take a few moments to contemplate this clear, clean space and slowly move your focus to each area of the room it's in, visualizing each space as clean, beautiful, and uncluttered. At this point, you can practice making a decision about what to do with this newly cleared space that will serve you best.

Space Option #1: Leave the space you cleared empty – free of anything. If you tend to fill up horizontal spaces with clutter – if horizontal surfaces are clutter magnets for you – I highly recommend that you commit to keeping this space clear. And every time you see or walk by it, say to yourself, “I can keep spaces clear!” or “I am creating clutter-free spaces.”

One client of mine had trouble keeping horizontal spaces clear. She had a beautiful living room with custom-upholstered couches and chairs, and one of those chairs (that sat opposite her front door) was a magnet for everything she was bringing in – her mail, her briefcase, her shopping bags and receipts, her coats. It was a perfect “dumping ground,” but it also created an eyesore and a blatant reminder of her habit of filling up her horizontal spaces. She chose this chair and called it her “Yes, I can!” space. She cleared it, vacuumed it (and the space all around it), and set an intention to keep it clear. It was a visual reminder that she could create and maintain clear spaces. She was amazed at the shift in her energy each time she came into her house or walked by this beautiful, empty chair. She had to catch herself several times because her old habit was so ingrained, but with practice she kept it clear most of the time. She was uplifted, energized, and inspired to clear more spaces. One clear space multiplied into many, and she was overjoyed!

Space Option #2: Go back to Chapter Two and revisit “Setting Intentions” and your list of intentions (p. 43), as well as your list of qualities or values under “What Do I Really Want?” (p. 39). Think about what is most important to you as you work on your organizing and simplifying projects. Place one or two objects in your newly-cleared space to visually affirm your intentions and remind you of the qualities that are most important to you right now. Here is another opportunity to practice making decisions. Remember, you can always choose again. What object(s) might you use to reinforce your intentions? Here are some suggestions:

- Plant for growth
- Money for abundance
- Fountain for flow and circulation
- Rocks for solid, grounded energy
- Glass vase for clarity
- Feather for lightness
- Toy for playfulness
- Heart for self-love

As I was creating this list, I was reminded of the advice I received several years ago from my financial advisor and Master Prosperity Teacher, Alexandra Cock. She helped me recognize that, “Abundance is a natural state. One way to increase your abundance consciousness is to place images that represent abundance in nature throughout your home or office. Images of waterfalls, abounding harvests, majestic fields of flowers...these blessings provide a powerful reminder that we live in an abundant universe and that it is our duty to accept the gifts.” So if abundance is a quality you would like to invite into your space, this is a great way to do it!

If there are other parts of your life that you are also focusing on, feel free to add symbols that represent other things that you want, including pictures of things or people you love or want in your life. Just make sure you arrange anything you choose in a way that is uncluttered and pleasing to you.

Clarity and Beauty were foremost qualities one client wanted to focus on. She chose to place a crystal vase from her grandmother in her Reminder Space, and, each week she would place a rose, an iris, or other beautiful flower in it. This served to inspire her at a very deep level, and she gained more and more confidence in her ability to be clear and create the beautiful surroundings she’d been dreaming of.

Based on your Intentions and Qualities, what object(s) might you use? Write them here.

Have you any other ideas or thoughts?

Some people write down some of their thoughts and feelings when clearing this Reminder Space, when placing an object or two in it, and/or whenever they use it as a visual cue and a “Yes, I can!” space. Perhaps you will want to do the same. Please also know that you can revisit this space and change it any time you choose to do so. You might want to add something, remove something, or keep it clear for a while. Do whatever works for you, and don’t worry about doing it “wrong.”

Once you see how powerful your Reminder Space is, you might want to create others. I have two in my office and one in my bedroom. These spaces are very sacred to me. They continuously inspire me, and they stay clear of any clutter.