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March/April 2011



FREE YOUR SPACE

BY DR. MICHELLE ROBIN

Here is a twist on spring cleaning. What would you consider your space? What do you consider to be clutter? We inhabit three distinct spaces: environment, mind and body. I define clutter as anything that does not support your mind-body-spirit well-being. It is important to not only remove clutter and free your space but to find ways to enhance your space as you continue to improve your well-being.

Environment

Your environment is what most people immediately think of when they hear space. When you look around your environment, what do you see? How does it make you feel? Everything has energy – literally made up of energy, as well as the metaphysical energy it holds. In your environment, clutter isn't just the piles of paper on the table. Clutter can be all the shoulds and need to's you see when you look around. Do you say to yourself, "I really need to fix the handle on that drawer," or "I should wash the windows"? Environmental clutter is also any negative feelings you have from your surroundings. When you look at a particular painting, photo or knick-knack, what memory or feeling does it trigger?

Clutter, in all of its forms, can be overwhelming. Take it in chunks. Remove those things that don't bring you joy or are unneeded. If they can be, give them to charity or someone in need.

Physical Body

We often don't think of our body as a space. It is the vessel that houses who we are as physical and spiritual beings. Our body gets cluttered just as our homes do. You take in toxins through what you eat, drink and breathe, as well as what you put on your skin. Some of these toxins you knowingly take in by eating processed foods, drinking sodas, alcohol and taking drugs. However, many toxins are unknown: pesticides, toxic additives

in food, bath/body and cleaning products, air and water pollutants ...

Practice clean eating: eat as organic as possible and whole foods. Limit your processed food intake and OTC or pharma drugs. Drink plenty of filtered water. Practice deep breathing. It will oxygenate the blood; push out carbon dioxide and help release stuck emotions.

Mental/Emotional Space

Your mind and heart are spaces that can get cluttered. Some clutter is from the day-to-day of work and family, and some has been there for years. I call this clutter 'The Committee.' It's the yammering that goes on in your head that says you aren't good enough, don't deserve it, can't accomplish it, and aren't really all that attractive. It's all the thoughts and feelings that hold you back or lead you to feel less than the magnificent being that you are. Sometimes this mental clutter is a root cause for the clutter in our environment and physical bodies.

You can remove this clutter by addressing 'The Committee.' Identify what is being said. Where does that come from, and is it valid? Identify the truth and move forward. Being aware of the messages that don't serve you and how they impact your life is the first step to releasing them and living from truth.

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What can you do to start to free your space?



Dr. Michelle Robin is the Founder and Chief Wellness Officer of Your Wellness Connection, P.A. Contact her at 913.962.7408.

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