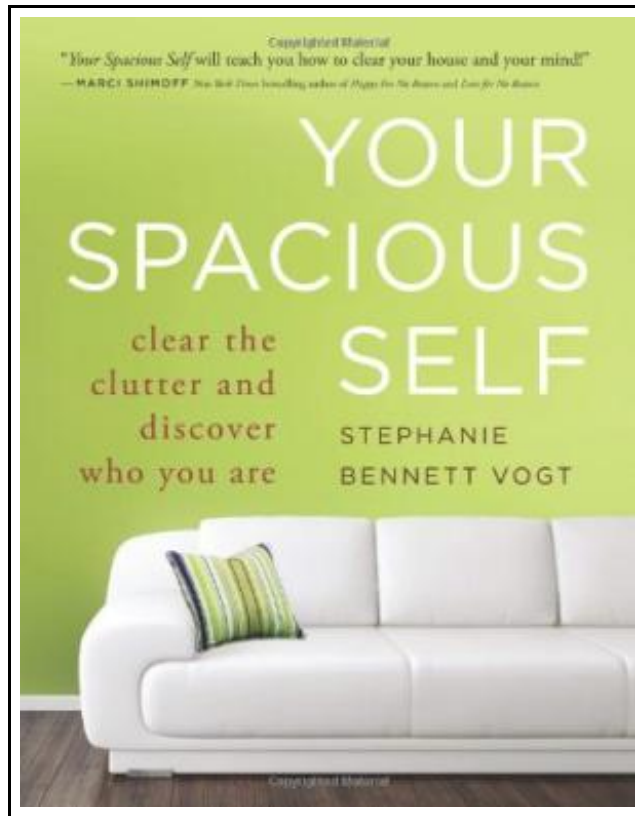


Your Spacious Self: Clear the Clutter and Discover Who You Are



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Reviews

This book may be worth purchasing. I was able to comprehend every thing using this published e publication. I am happy to let you know that this is the very best ebook i have got read inside my very own daily life and could be he finest ebook for actually.

(Rhoda Durgan PhD)

YOUR SPACIOUS SELF: CLEAR THE CLUTTER AND DISCOVER WHO YOU ARE



Hierophant Publishing. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 6.9in. x 0.7in. Its a jungle. . . in here! Most of us do too much, or have more possessions than we need. Or both. Our lives are caught in a swirl of attachments, overwhelm, and endless mechanical doing. As humans it is our nature to experience clarity and spaciousness all the time. The problem is we lose focus, get off balance, and forget how. With inspiring lessons, humorous stories, and nourishing practices in slowing down, simplifying, and self-care, longtime space clearing expert, Stephanie Bennett Vogt, shows you how to clear your home, quiet the mind, and restore your spirit, in ways that feel good and last a lifetime. Your Spacious Self shows us that its not our stuff, but 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 any thing, or thought, that prevents us from experiencing our true nature and best life. Clearing is not a tedious exercise in throwing away, but a gentle journey of letting go - one small step, drawer, or moment at a time. Included are daily tips and meditations, a weekly worksheet, and six sample meeting agendas designed for book groups and clearing circle support groups. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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