

LETTING GO TO MAKE ROOM FOR SOMETHING NEW

1. **Gather items to release.** Choose a drawer, cabinet, closet or room that feels cluttered or in need of cleaning. Bring a box or a bag for items you no longer need, that no longer suit you, or that aren't in alignment vibrationally with what you want to create in your life. Go through each of the items in your space and decide if you're ready to let it go. Use the following questions to help you decide: *"Have I used this in the last six months? Does this bring me joy? Is it in alignment with who I am now and what I want to create in my life?"* If the answer is no, consider placing the item in your box or bag.

2. **Release each item.** As you place each item in your box or bag, take a moment to honor its service and all that it brought to your life. Honor the earth for providing the natural resources used in creating it. Thank the people who invested their time and energy in making it. By honoring them and their work, you complete the energetic circle. For example, if you're releasing a cotton shirt you no longer wear or that no longer fits, take a moment to honor the earth for providing the cotton, as well as the people who gathered the cotton, weaved the material, sewed the garment or tended to the factory machines where it was made. Honor the truck driver or delivery person who delivered it to the store where you purchased it, as well as the sales clerk or cashier. If the shirt was a gift, quietly thank the person who thought of you when they purchased it. In this way, you acknowledge the interconnected nature of everything. With your appreciation, you bless and release the item, as well as everyone who was connected to you through it.

3. **Sort your items and send them on their journey.** Consider whether the items you've gathered might serve another. If you're releasing clothing, shoes, linens or towels, consider a donation box or a shelter. For toys and household items, many thrift stores are happy to take your donations and pass them on to others in need. If the item is broken or damaged, assess whether it can be recycled for a different purpose by a local artist. Many animal shelters can make use of even torn or stained towels or pillows to warm the kennels of their adoptees. Sort your items accordingly. Enjoy delivering your items to their new homes. Your willingness to release what no longer serves you is a gift to someone else. If an item can't be recycled or reused, honor the fact that its life cycle has ended and return it to the earth.

4. **Enjoy the space you've created for something new.** Return to the drawer, cabinet, closet or room you chose to clean. Notice the difference in how it feels. Feel the physical space this ritual has created in your environment. Acknowledge also the space you've created in your internal environment with your willingness to let go.

5. **Bless your space.** Clean and bless your space by burning sage or diffusing essential oils, playing high vibrational music, striking a crystal bowl or bells, or toning with your voice.