

# Clearing the Clutter to Make a Sacred Space for Your Business

by Carolyn Koehnlne



Carolyn Koehnlne is a Licensed Mental Health Counselor and Certified Journal to the Self® Instructor. She has had a private therapy practice in Bellingham, Washington for nearly twenty years. Throughout that time she has also assisted people with clearing the clutter from their lives through classes and private sessions. This summer Carolyn will be offering Clearing the Clutter: A Sacred Act as a four-week online class through the Therapeutic Writing Institute. Look for Carolyn's book, *Confronting Your Clutter: Clearing the Excess Baggage from your Home, Head, Heart and Schedule*, on her website: <http://www.ConfrontingClutter.com>. You'll also find links to her articles, guest-blogs, clutter songs and a guided visualization.

It's a New Year. Wouldn't it be great to clear the clutter from your work space to bring some fresh energy into your business?

"Sounds great!" you say. But secretly you may be thinking, "Oh no! Not another dumb thing I'm supposed to make myself do."

Looking at the artifacts of past projects, unresolved decisions, and endless miscellaneous supplies can boggle your mind and drain your energy. If the clutter on your desk is connected to financial stress or perceived failures then you have all the more reason to want to avoid it. Even if it's fun clutter - great ideas scrawled on scraps of paper - it can still be overwhelming.

I've been helping people confront clutter for twenty years. There are countless reasons to avoid it. But I've learned again and again that releasing the excess baggage is a powerful transformational act that frees up energy and opens doors.

Let me be clear. It is not particularly transformational when you bully or shame yourself into it. That tends to backfire. For maximum positive effects it helps to practice being a kind, supportive friend to yourself, and to approach clearing the clutter as a sacred act.

You know that therapeutic writing facilitation is deep and important work. It is work you feel called to do. Your space should inspire and support that work. It should make your soul sing. Anything in that space, or in your head, heart or

schedule that gets in the way of you sharing that gift, is clutter. It needs to be weeded out. So light a candle, put on music, say a prayer, read aloud a letter of self-forgiveness, or do some kind of entrance meditation that helps you enter the process of decluttering in a sacred way.

The good news is you know some great writing tools and your journal can be an excellent decluttering companion. You may want to use the prompts, *It is time to let go of . . .* and *It is time to make space for . . .* You may want to dialogue with the space to see what it wants and what it doesn't want. More light? A different color on the walls? A new way of containing brilliant ideas? No junk in the corner? Or maybe your work space really just wants to be a laptop visiting various coffee shops.

You can also try doing a journal entry as if it's a year from now and you're looking back on all the ways that de-cluttering helped. Take the time to describe how clearing out the old project files and setting up new ones helped you manifest those new projects.

Ultimately, clearing the clutter to create the space that will truly facilitate your work is an enormous gift to yourself. You can do it in large chunks or small. It's a work in progress. You don't need to do it perfectly. Just start and end with sacred intention. And when you get stuck, write. You, and the good work you do, are worth it.