

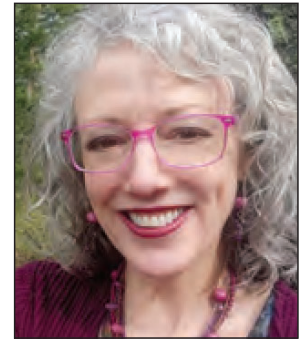
Stuck in Stuff

I've lived in the same house for 20 years and feel overrun with stuff. It's emotionally difficult to part with things that hold memories for me. I've devoted hours to decluttering and can barely see a difference afterward. That's very demoralizing and makes the task feel overwhelming. Sometimes I wonder if I'm a hoarder. Is there some advice you can share?

Consciousness constantly creates. This painful relationship with your possessions may be the perfect stimulus for significant transformation. No matter how long you've felt this way, the power exists in you to redirect your attention and create a whole new experience. Your home reflects areas within your mental and emotional space ready for clearing and healing. Taking steps to release physical items can reveal other areas where letting go will benefit your growth and happiness. What emotional wounds and corresponding beliefs do you feel? If you have ever allowed a friend or family member to attempt to help you, you may have noticed protective behaviors surface, like control, anger and resentment. It can feel threatening, like your very safety is at risk.

Years ago, I co-created a company called Organizing Angels. My business partner and I assisted people living with every level of clutter and hoarding. What a heavy toll attachment can take on one's soul. We helped people face and transcend their blocks, teaching them that lasting change comes through skilled support, small habit adjustments and spiritual practice. It was a gift to witness such peace and freedom unfold in their lives. I recommend you hire a professional organizer who is a match for you. The National Association of Productivity and Organizing certifies residential organizing specialists. Author and spiritual teacher Denise Linn certifies "clutter coaches" and says, "Clutter clearing is so much more than cleaning or organizing. It is the alchemy of life. It can help you heal, and it can empower you in many wonderful ways."

Take heart and breathe. You are free already. Embrace your process and be kind to yourself. Let your home lead you home. ☸



STEF SWINK, RScP, has been a practitioner since 1999. As protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.