

Carlyn R Wei Energy Transformations

DECLUTTERING FOR ABUNDANCE



Tools and guidance to free your home of
money blocks in only a few minutes per day
using Fengshui and intentional decluttering to
shift the energy of your home and your life

CARLYNRAE.COM

ABOUT ME



I am a Certified Eden Energy Medicine Practitioner, a Certified Biofield Tuning Practitioner, a Certified Elemental Space Clearing Practitioner and a Clutter Coach. I have had a practice Des Moines, Iowa since 2013, helping people release emotional and energetic blocks, limiting beliefs and physical and energetic clutter from their homes so they can live their best lives.

I'm excited to share what I know about the role of energy, emotions and clutter in your home to create abundance.

- Carlyn Rae Wei

HOW TO USE THIS GUIDE

This guide gives a brief outline of how to use energy and intentional decluttering to clear your blocks and create abundance in your life. You will also need a notebook to journal in response to prompts. You will get the most benefit from creating your vision and evaluating the pain points in your home before reviewing other topics.



The Relationship Between Energy, Clutter & Abundance

When you've done all the things to try to call in abundance and you're not getting anywhere, the energy in your home could be suppressing abundance in your life.

Abundance is an Energetic Frequency

Clutter blocks the flow of abundance into and throughout your home. Clutter and grime lower the energetic frequency of the home, suppressing good energy and the intentions that you're trying to create. It also creates issues for you personally, creating stress, shame, guilt, and lack of motivation.

Don't be discouraged if you have a lot of clutter. Understanding the relationship between energy, clutter and abundance, and making small changes in your home will start to create noticeable shifts in your life.



Create Your Vision, Find the Pain Points in Your Home

1. Get a notebook and write down your vision for your life and your home. Be as detailed as possible. Don't let negative self-talk sabotage you. This is your dream life and you get to dream! Creating your vision will give you a reference point as you work with your home.
2. Once you've gotten clear on your vision, go through your home. What are the pain points? Where are the piles of clutter? Where is your home not supporting your vision for your life? Write these down, too.

At this point you may be feeling overwhelmed or discouraged by the gap between your vision and the way your life currently is lived. It's normal to have those feelings. Allow yourself to feel them, but don't give up. The tools I'll be giving you to manage those emotions and work on your home will support you as you move forward.

Working with the Fengshui Bagua

Wealth/ Prosperity purple, blue, red wood element	Fame/ Reputation red fire element	Relationships pink earth element
Family green wood element	Health yellow earth element	Children/ Creativity white metal element
Knowledge/ Self-Cultivation blue, green, black earth element	Career black water element	Travel/ Helpful People white, gray, black metal element

You can use the FengShui Bagua to find areas of your home that are blocking abundance. Stand in the doorway of your home or a room. As you're looking into the doorway, the Career area should be closest to you and the Wealth, Fame, and Relationships areas will be at the back. To help bring more abundance into your life, focus on decluttering the Fame and Career, and Wealth areas, then add decor representing the elements or colors to those areas.

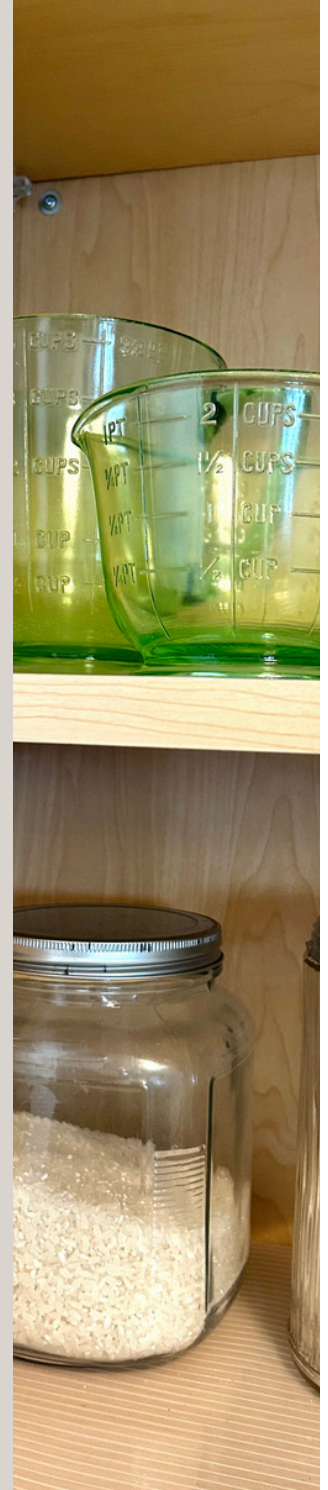
Tips to Make Decluttering Easier

- 1. Work In Short Bursts of Time**

Set a timer for 20-30 minutes instead of working for several hours. This helps prevent overwhelm and procrastination.
- 2. Sort in a Different Place**

Moving your clutter to sort it breaks up energetic inertia. Sorting in clear spaces makes it easier to focus and make decisions. It's also easier to decide what to put back than what to take away.
- 3. Organize into Broad Categories**

Sort clutter into piles of broad categories first. Then go back and make decisions for an individual category. This helps you keep moving forward and reduces overwhelm.



Tips to Make Decluttering Easier

- 4. Create a Maybe Pile**

Creating a Maybe Pile helps reduce the fear of regretting letting something go. If you're not sure, keep it in the Maybe Pile until you have more clarity.
- 5. Take Time to Process**

Decluttering brings up stories and emotions. Don't try to push through. Taking time to process will enable you to move forward sustainably.
- 6. Ask for Help**

Find a decluttering buddy or organizer. Decluttering can be physically and emotionally exhausting. You don't need to do it alone.



Reframing Limiting Beliefs

- 1.** **It's Going to Be Overwhelming**
If you follow the baby steps, decluttering tips and do the emotional work, overwhelm will be greatly reduced. It doesn't have to be hard.
- 2.** **All or Nothing Thinking**
You don't have to get it all done at once or make perfect decisions. Decluttering for 20-30 minutes, going slow and taking time to process will get you to your goal.
- 3.** **Fear of Wasting Money**
The money is already spent. Holding onto the item isn't getting it's value back. What other ways is it costing you? Time, worry, energy blocks, guilt, and shame are also costs.



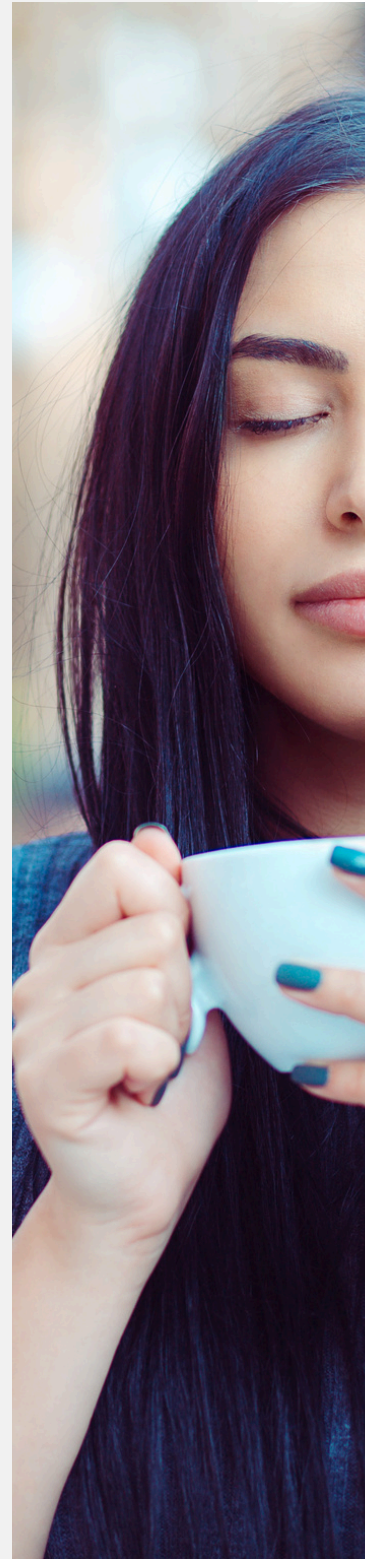
Reframing Limiting Beliefs

4. **I Might Need It Someday**
Think about what would actually happen if you let it go. Could you easily replace it? Borrow it? Would it actually be a big problem or a just minor inconvenience?

5. **Fear of Losing the Memories**
Keep just a few special things that remind you of that person or event. Having too many things becomes clutter and the items are no longer special.

6. **I'm Waiting to Lose Weight**
Don't let your clothes make you feel bad about yourself. Keep just a few pieces in a smaller size. Let the rest go and choose clothes that make you feel great now.

*What other limiting beliefs do you have?
Take time to write them in your notepad.
How can you reframe them?*



Working With Your Emotions



Some of the most challenging parts of decluttering are the emotions, memories and stories that come up. Here are a few ways to make these more manageable:

1. Allow yourself to feel your emotions. Waves of emotions will pass and won't overwhelm you if you let them flow and don't try to suppress them.
 2. Take a break, drink water and do some movement and deep breathing, focus on sights, smells, and sounds around you to get your body out of overwhelm.
 3. Set a timer and work for just 20-30 minutes. Your nervous system is less likely to go into overwhelm when you know a difficult task will be short.
 4. Think about the stories you're telling yourself about why you're struggling. Are they really true? How can you reframe them? Would you talk to a friend the way you're talking to yourself?
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Working with the Energy of Clutter

Everything contains energy, including our clutter. Clutter isn't just physical. It's also unprocessed emotions, limiting beliefs, dysfunctional habits and routines, and electronic clutter like emails, online files and photos.



When clutter sits for a long time, it develops energetic inertia. That can create subconscious resistance that makes it hard to declutter. Once we do get things moving, the energy gets stirred up can make us feel tired, headachy or emotional as we declutter.

There are some things you can do to mitigate this. Cleaning your home before decluttering will start to lift the energy. Smudging or using a singing bowl, drum, or even clapping will disperse some of the heavy energy in your clutter before you start sorting it. Take breaks and wash your hands and face or smudge yourself while you're working. When you finish, take a shower, have a drink of water and a snack.

Don't declutter more than 90 minutes in a day. Allow time for your body to process the energetic shift in your relationship to your things.

Maintaining a Clutter-Free Home

Once you've decluttered, there will still be ongoing maintenance. It won't be as much as the first time, but you will still need to work on your home at least a few times week.

Clean and tidy your home a little bit every day, even if you don't always feel like it. Tasks often seem bigger in our minds than they actually are. At the same time, don't beat yourself up if you're too tired. It's ok to start again in a day or two when you're feeling better.

Reduce the flow coming into your home. Are you using shopping to make yourself feel better? Is there a healthier way to do that?



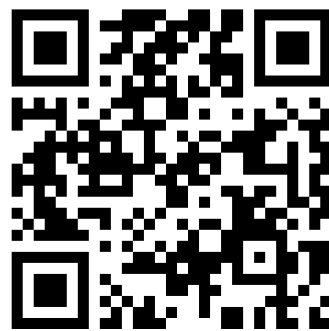
Next Steps

Ready for an in-depth transformation in your life and your home? Use the QR code below to purchase my 3-part video course, *Creating an Abundant Home* for \$65.

I guide you in depth on working with the energy in your home, and how to use the Fengshui Bagua. We'll work with decluttering tips and releasing your limiting beliefs. I provide tools to manage your emotions and take you through an emotional clearing session to clear shame, guilt and overwhelm. You will also learn basic energy clearing practices, and more advice on maintaining a clutter-free home.



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