

Dear “Spacious” Participants,

*"The purpose of life is to unlearn what has been learned,
and to remember what has been forgotten."*—Sufi Saying

I am so looking forward to spending two full and rich days with you as we explore our holding patterns and cultivate greater ease and spaciousness in our homes and lives.

Just a little reminder: Your clearing journey began back when you first registered for this course. Please notice shifts, synchronicities, dreams, and ah-has that you might be (or have been) experiencing, and write them down. Notice how you **feel** – without taking any of these feelings personally! Consistency, awareness, and detachment is the name of the game here.

The format is going to be organic and guided largely by experiences you have. We will focus less on content and more on the **process of clearing** as it relates to realizing your best life.

Awareness changes everything: Please read at least the four chapters of my book *Your Spacious Self: Clear Your Clutter and Discover Who You Are*. It will anchor the material in a whole new way and deepen your experience of clearing.

Comfort is key: Clearing work (and talking about it) takes a lot of energy. Do and bring anything you need to be comfortable and hydrated during class time. Comfort supports safety; safety equals letting go.

Clearing support in the days following the program: Plan to rest, eat lots of protein, and take a salt and soda bath or shower (mix equal parts of coarse sea salt and *Arm and Hammer* baking soda).

Please bring with you:

- Beliefs, negative thoughts, worries, issues, challenges that are “up” for you right now and get in the way of experiencing greater ease and spaciousness in your life. Jot these patterns down on a separate piece of paper after you’ve given them some thought.
- A small object that represents your clutter that you'd be willing to part with; something that is a bit of a stretch to let go of. [*Note:* "small" means **no larger** than what you can comfortably carry in one or two hands.]
- A notebook and a pen.
- A big bottle of good drinking water [clearing is very dehydrating]

See you soon!

Warmly,

Stephanie Bennett Vogt
www.spaceclear.com