



# Living From Your Heart - Week 8 Bonus Project: “Gratituding” Your Home!

There are 3 phases to this project - and I suggest you go one room at a time - or even one drawer at a time! There's no rush.

## **Phase 1: Time for a clear-out**

Look at each item in your space in turn and tap into its energy - how does it FEEL to you? Which memories does it evoke? Does it lift your spirits? Does it sink them? Can you connect with it from a heart-space - from a place of gratitude? Yes? Great! No? Then it's time to let it go... It's dragging you down. Be compassionately ruthless. Feel the relief as you let go and clear out stuff that has been weighing you down.

## **Phase 2: Time for a clean-up**

One space at a time, clean it from top to bottom. Really get into every nook and cranny. Leave no corner untouched. Leave no corner unloved...

Do this from a place of honouring and showing love and gratitude for your home, rather than grumbling obligation. Feel the old stagnant energies dissipating and clearing away as you breathe warmth, love and appreciation into your home.

## **Phase 3: Fill it with light**

This might feel a bit 'woo woo', but try it on for size and let me know how you get on! One room at a time, imagine a small ball of soft, warm, golden light at the centre of the room. Get a sense that you are somehow breathing that light. As you breathe, notice how easily the light grows, to expand and gently fill the room, clearing away old darkness, releasing old pain and hurts, clearing, cleansing, rebalancing and realigning every atom in your space, effortlessly, as you breathe in and out.

Do this for each room, even if you haven't had time for phases 1 and 2 yet. Notice how the light connects each room and then expands beyond your home to fill your garden, your town, your county, and beyond...

Now pop over to the forum (discussion thread link below) and let me know what happened!