

Lighten The Load Group Guide

The simple act of clearing clutter can transform your life
by releasing negative emotions, generating energy,
and allowing you to create space in your life
for the things you want to achieve.

--Karen Kingston, author of *Clear Your Clutter with Feng Shui*

September to November 2009
Lake Forest Park, WA
to Benefit Lake Forest Park Elementary Schools

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"clutter is postponed choices"

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Piper Lauri Salogga, [Natural Balance](#)

Group Meeting 5 ... living intentionally in your home

**Seminar 5... Simple Tools for Harmony Within Tues
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Honoring and Celebrating Yourself and Your Home

Christine Wallace, [Earth Cathedral](#)

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& what's next for your home**

Wrapping it Up

Getting Your Lovely Goodies to the Bazaar Storage

Resources ... books, websites, local resources

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Get Ready

To be ready for the Kick Off please make a list of your group with their phone number & email, Email your list to edy@sattlepowersearch.com.

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Panel Discussion Evening...Lighten the Load and Light Up the Future

This will contain links to the videos which recorded the panel discussion. Please stand by for links, video is being uploaded.

Group Meeting 1...organize & visualize

Greetings

Rules

Form Buddies Accountability Partners and arrange our way of working together (each pair decides if they will use email, phone, a combo, notebooks, whatever.)

Getting to Know You...go around in a circle and each person share who they are and where they presently are in the "clutter/declutter" phases in their environment.

Exercise ... My Home & Life... what's cluttered?...everyone take 5 minutes and make a list of all rooms or areas that are cluttered.

Now take 5 more minutes each and share that list with your partner.

Choose your Project...each person select a project from the list

Write a list of the components of your project. What is the to do list? Share it with your partner.

Existence System (calander? smartphone?) getting it in there.

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Seminar 1

Raising the Roof

Connect With Your Home & Change Your Life

Elizabeth Schermer, Fundamental Feng Shui

Raising the Roof: Clear your Clutter and Change your Life

Tuesday, October 6, 7 – 8:30 pm

Would you like to experience more ease and flow in your daily life? Live in a home that truly nourishes you? It's possible. In this fun and informative evening we will explore:

- How house work and home maintenance tasks can be energizing and inspiring
- Ways to "read" the energy in your possessions so you know which ones nourish you
- Different forms of clutter that may be affecting you
- How your closets and garage affect your health and prosperity
- Techniques to create sacred space that can nourish you throughout the year

Take advantage of the opportunity to reconnect with what you love, let go of what no longer serves you, and develop a whole new relationship with your home.

Clearing your clutter really can change your life!

Group Meeting:

1. Greetings
2. What's happened for each of us this week (quick check in)
3. How was the seminar? Questions? Insights?
4. Here is the "checklist" to work on (this item will be available to download Wednesday, Oct. 7, 9 a.m.)
5. Here is the "homework" to guide you through the week in your process (this item also will be available to download Wednesday, Oct. 7, 9 a.m.)
6. Exercise: list of things that I accomplished or good things that happened last week:
7. Exercise: what I want for next week:
8. Goodbyes (Buddies plan to check in with each other or get together to work if they prefer.)

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Seminar 2

Clear it Out

Creating and Maintaining Order

Sara Eizen, [Nest](#)

Title: Clear it Out – Creating and Maintaining Order

Description:

Does the clutter in your home drive you crazy?

Do you fantasize what clutter free life would be like?

Learn simple tips and tricks which can help you figure out where to start, how to systematically clear out the excess and create systems to keep the clutter from coming back.

- Discover your personal relationship to clutter
- Systematically sorting through your stuff
- Your Clutter Contract – a plan you can keep
- Clutter Clearing Tools

Stop procrastinating and take charge of your space. Let's move forward to a clutter free life.

Group Meeting: Creating and Maintaining Order

1. Greetings
2. What's happened for each of us this week (quick check in)
3. How was the seminar? Questions? Insights?
4. Here is the "checklist" to work on (this item will be available to download Wednesday, Oct. 14, 9 a.m.)
- 5 Here is the "homework" to guide you through the week in your process (this item also will be available to download Wednesday, Oct. 14, 9 a.m.)
6. Exercise: list of things that I accomplished or good things that happened last week:
7. Exercise: what I want for next week:
8. Goodbyes (Buddies plan to check in with each other or get together to work if they prefer.)

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Seminar 3

Interior Redesign

Transform your Home, Transform your Life

Gwen Williams, [Space Transform](#)

Title: Interior Redesign: You. Your Home. Your Stuff. Transformed!

Description: Interior Redesign transforms your home environment by re-thinking and re-arranging your existing belongings. This seminar will help you approach your space and stuff with fresh eyes, and give you a step by step process for optimizing it for your home, taste, and lifestyle.

- Interior "Redesign"
- Steps to Transforming your Home
- Design and Feng Shui Considerations

Bio: Gwen Williams, Space Transform

SpaceTransform offers services to make your home (or business) more comfortable, functional, and lovely -- no more feeling frustrated, downtrodden, or just plain bored with the way things are now.

Designer Gwen Williams approaches your space with creativity and experience, and with a unique blend of Interior Design, Interior Redesign, and Feng Shui. She offer ideas, solutions, and hands-on transforming of spaces to help create a home you'll love.

Learn more at <http://www.spacetransform.com>.

Group Meeting, Interior Redesign

1. Greetings
2. What's happened for each of us this week (quick check in)
3. How was the seminar? Questions? Insights?
4. Here is the "checklist" to work on (this item will be available to download Wednesday, Oct. 21, 9 a.m.)
- 5 Here is the "homework" to guide you through the week in your process (this item also will be available to download Wednesday, Oct. 21, 9 a.m.)
6. Exercise: list of things that I accomplished or good things that happened last week:
7. Exercise: what I want for next week:
8. Goodbyes (Buddies plan to check in with each other or get together to work if they prefer.)

Gwen Williams :: SpaceTransform :: interior redesign & feng shui
Creating Homes

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Seminar 4

Peace and Vitality

Living Intentionally in Your Home

Piper Lauri Salogga, [Natural Balance](#)

Title: Peace and Vitality... Living intentionally in your home

Description:

Is feng shui just some woo woo thing, or does it really work? In times like these, connecting to yourself and your inner spirit can make a powerful difference! Learn how to reflect your Strength, Peace of Mind, Joy, and Passion in your home.

4 simple steps:

- Learn the bagua basics
- Bring nature into your space
- Choose and place artwork and objects to reflect your goals
- Energize your desires

It's fun! It's enlivening. It's the icing on the cake. Come learn how to reflect your spirit and your desires for life in your home.

Group Meeting, Living Intentionally in Your Home:

1. Greetings
2. What's happened for each of us this week (quick check in)
3. How was the seminar? Questions? Insights?
4. Here is the "checklist" to work on (this item will be available to download Wednesday, Oct. 28, 9 a.m.)
5. Here is the "homework" to guide you through the week in your process (this item also will be available to download Wednesday, Oct. 28, 9 a.m.)
6. Exercise: list of things that I accomplished or good things that happened last week:
7. Exercise: what I want for next week:
8. Goodbyes (Buddies plan to check in with each other or get together to work if they prefer.)

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Seminar 5

Celebration of Your Space

Honoring your Home with Ongoing Traditions

Christine Wallace, [Earth Cathedral](#)

Description:

Do the demands on your time leave you with only "moments" of peace & harmony? Would you like to see those "moments" turn into something you can do for yourself whenever you choose?

Learn simple, effective and efficient tools - from 30 seconds to 5 minutes - that bring a harmonious flow back into your life!

Increase your vitality and stamina

Sharpen your memory

Live more from a place of love and joy

Come celebrate your self and witness that celebration extend to all areas of your life.

Christine Wallace, Shamanic Healer and Teacher

Earth Cathedral

"Tell me, what is it you plan to do with your one wild and precious life?"

Mary Oliver

Group Meeting, Creating Harmony Within:

1. Greetings
2. What's happened for each of us this week (quick check in)
3. How was the seminar? Questions? Insights?
4. Here is the "checklist" to work on (this item will be available to download Wednesday, Nov. 4, 9 a.m.)
- 5 Here is the "homework" to guide you through the week in your process (this item also will be available to download Wednesday, Nov. 4, 9 a.m.)
6. Exercise: list of things that I accomplished or good things that happened last week:
7. Exercise: What is next for me after this seminar is done?
8. Goodbyes (Buddies plan to check in with each other or get together to work if they prefer.)

Wrapping it Up

What's Next for Your Home

Getting Your Lovely Goodies to the Jumble Sale

Resources...books, websites, quotes, and local resources