

Take a Tour of Your Home

Imagine you are a visitor coming to your home for the first time. Enter your home from the street. Carry a tablet or notebook for making notes. Walking up the street, as you approach your home what do you see? As you come to the front door what do you see? Knock on the door and as you wait to enter pay special attention to what you see. Look around.

Now as you enter your home, remember you are a visitor. You have never been here before. What are your first impressions as you enter? What do you immediately see? What do you smell? What do you hear? What does this home *feel* like to you?

Now go through your home, room by room. Take inventory of what you notice in each room. What needs your attention? What is in need of repair? What just needs some TLC? What is out-dated or no longer used and needs to be recycled or given away? What objects lower your vibration? Remember to include the areas that aren't visible. All objects affect you energetically, whether or not you can see them.

After you make your lists, you can prioritize. Choose the smallest, easiest tasks first. They will energize you and make the longer or more difficult tasks easier. You may also choose to begin with one area or one room, focusing on the entry way, or bedroom or office. Pay attention to where you feel inspired.

Good luck and enjoy the process!