

Cleaning out the Home Space

Deeper Questions for hard-to-let-go-of items

Why am I keeping this?

- Answer should come easily; *my mother gave it to me/a gift from a friend/it was on sale and I thought I would use it*

When did I last use this?

- Question works for functional items. Less is more; three serving trays are not needed if you only use one

What does this represent to me? Or who does it remind me of?

- Item could represent family lineage/Item could remind you of your mother even if she never owned it/Item could represent your years of volunteer service, etc.

What is the past or future cord that I have tied to this item?

- Dig deep to see if the past cord is one of obligation to hold onto the item or from cherished loving memories (the energy either drains you or supports you).
- Dig deep and be honest if the item is something you have the *intention* of doing/using in the future. Are you doing it? Is that who you really are?

What is the belief system that I hold about myself and this item?

- Go inward to find out what you believe or have been taught to believe about having this item. Be honest with yourself and realize it is okay to let go of the item and the belief system.

It is my mother's belief to have two sets of dinner plates, just in case. It is my father's belief that if you spent money on it, you better use it until it falls apart. I fantasize that I am a person who uses canvas recycle bags, but I don't like them and never use them.

Who am I, really, at the core of it all?

Does this item reflect that, or represent the real me?

- These questions focus on the new you, the one that has grown spiritually, mentally and emotionally in the last few years. You resonate to a new energy vibration and it is essential that you honestly evaluate whether this item 'sings your soul song,' or not.

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