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Your Spacious Self: Clear the Clutter and Discover Who You Are

By Stephanie Bennett Vogt

Hierophant Publishing. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 6.9in. x 0.7in. Its a jungle. . . in here! Most of us do too much, or have more possessions than we need. Or both. Our lives are caught in a swirl of attachments, overwhelm, and endless mechanical doing. As humans it is our nature to experience clarity and spaciousness all the time. The problem is we lose focus, get off balance, and forget how. With inspiring lessons, humorous stories, and nourishing practices in slowing down, simplifying, and self-care, longtime space clearing expert, Stephanie Bennett Vogt, shows you how to clear your home, quiet the mind, and restore your spirit, in ways that feel good and last a lifetime. Your Spacious Self shows us that its not our stuff, but holding on to it that creates a force field of stuckness that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is any thing, or thought, that prevents us from experiencing our true nature and best life. Clearing is not a tedious exercise in throwing away, but a gentle journey of letting go - one small step, drawer, or...



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Reviews

Definitely among the best book I have got possibly study. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- **Shayne O'Conner**