

"Breathing Room is a fascinating blend of the spiritual, practical, and personal stories... provides a clear guide to accomplish the inner work you need to do not only to declutter your physical world but also to accomplish this in mind and spirit."

—Matt Chan, creator and executive producer
of ABC's series *Haute*

breathing room

Open Your Heart
by decluttering your home

LAUREN ROSENFELD + DR. MELVA GREEN

Melva Green and

Breathing Room: Open Your Heart by Decluttering Your Home



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Cleaning up your cupboards isn't just about a tidier kitchen.ing won't just make space but improve the spirit.Bless your clutter. Yes, you heard right: Bless it.s lives might use some serious decluttering.s become an obstacle, if it' Everyone' Bless everything in your life that is superfluous, damaged, burdensome, and mind-boggling—s weighing you down, if it't just about sorting junk into piles and tossing factors in the trash.it' Written by a physician and a spiritual intuitive, with case research of people just like you, Breathing Room goes on an enlightening room-by-area tour where each room in your house corresponds to a “space” in your heart, and where declutter Find peace, fix your previous, and live a more fulfilled lifestyle with this uplifting information to the spiritual practice of decluttering. Therefore, if it' But decluttering isn'because it is all here to teach you an important lesson, perhaps the most important lesson there's: what really issues.s rendering it near impossible for you to find the stuff you really love— Decluttering can inform us of our burdens, help us to comprehend our attachments, and aid us in identifying what's truly valuable inside our lives.s time and energy to let it go and discover a little breathing room.



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Could it be kind to my center and spirit? Each chapter offered a blessing for that area as well, and I liked that blessing a whole lot. These psychological blockages and physical blockages end up clocking the light of our soul our accurate essence and our link with the world, to various other human beings, to nature and to the Divine. Not cluttered with how-tos More about emotions towards decluttering than how do it. Sadly the clutter we have is generally trying to pull us from the moment which explains why we are so unhappy whenever we live with mess. You can find Buddhist philosophical underpinning because of this essential work but regardless of what your religious traditions the spiritual principles are the same. Do that really powerful spiritual function; work of letting proceed and knowing the wonder of enough, knowing the wonder of contentment and pleasure and we can't learn that until we find the willingness this open spirit to let go of what needs to go. The first component was about getting apparent on the purpose of each room. Best book away there on decluttering! I love the approach of the publication! In this context, it's not surprising that Breathing Room makes large, outsized claims about the stakes and potential benefits of the decluttering process. Loved the part about clutter through the 3 Gates of Meaning! The book is spiritually thought-provoking, but also action-oriented. I have specific exercises that I could choose from predicated on my needs. Like no other We was hunting for help declutter after a sudden move that left me buried in boxes/piles and way too much stuff. I wanted the mechanics of organizing my space when I discovered Breathing Area. I couldn't help but to observe myself in Lauren's and Melva's descriptions and examples of why I was stuck in every this stuff. But both of these incredible women not only let you know why but ways to get out from the clutter. The most freeing feeling on the planet, is letting go of stuff! I submitted these phrases in each room and sat with them for a few days. I stopped attempting to tackle the clutter which just turned into moving piles around. By far the best information I gleaned was to begin with the things that truly evoked the emotions that I wanted to see in each space instead of focusing on what needed to go. I under no circumstances imagined my life without mess before because I grew up with it. I took the tips of another reader and went through my closet and my clothes. Yes, clutter speaks. When I was surrounded by boxes and piles, another thing thrown on the pile didn't trigger the feeling that it didn't belong there. Breathing Room gives a different and unusual definition of clutter can be -- anything that's getting back in just how of you living your daily life the way you want: Right here's the deal, and it's pretty darned simple: If the clutter is in your home, heart, brain, or spirit; if it's stopping you from finding the things you truly love, then it's time and energy to ignore it [245]. I also pay out a lot of focus on what I bring into my house. Stopping the mess at the door before it enters is indeed much easier to control. Thank you Lauren and Melba. If that description doesn't suit you, you'll most likely find a more simpatico approach elsewhere. The notion that "our lives are overburdened by physical reflections of our emotional exhaustion" [351] could be another useful insight in moderation (vs. The authors also appear to uncritically criticize all "time-saving" devices that actually "are not only consuming physical space and time, but they are also taking on mental and emotional energy" [353]. I'll continue steadily to use this book as a source for quite some time to come.!

This reserve has given me HOPE. After reading this publication, it was very clear that which was important and that which was just "stuff". The very first thing I do was to decide what I needed to experience in each room.!! It really takes the weight of the globe off your shoulders. It frees you up to most probably to love and brand-new possibilities. As empty-nester's, down-sizing with Breathing Room made an enormous difference in my own relationship with my husband. We have eliminated "stuff" and gotten so much closer. It is as if the "stuff" was a wall structure between us. Many thanks for a wonderful book that has helped me to discover an uncluttered life.!! It could reveal about our attachments, fears, and worries. This publication gave me the various tools and the courage to find a place for everything. That was incredibly freeing. if it's weighing you down, crowding you out, blocking your light, cramping your style; if it's become an obstacle you keep stumbling over; if it continuously cuts you with a broken, jagged edge; I still have a lot more to accomplish, but I am motivated to continue. The authors' "honest truth" is that "you only have room and

time for what you truly love, [357] hence the need “for you to make some space for what truly matters. This does not match my experience with my very own decluttering efforts. It’s vital that you understand that this definition of mess is distinctly different from what you or I would have in mind. By Breathing Room’s definition, a cluttered table or nest of items in a closet is not actually clutter if it’s not getting back in your way; conversely, a single object could be clutter if it’s “cramping your style” or “weighing you down.” In effect, defining your factors (or your feelings or thoughts for that matter) as clutter depends pretty much entirely on their influence on you. Our internal world is reflected in our external globe, and vice versa. Green and Rosenfeld assert that “decluttering is certainly a deep spiritual practice that can bring you closer to your true self, individuals you love, and your Divine Source” [238]. Within their look at, one’s mess is hiding “spiritual lessons and psychological ah-has” which is there waiting to help you liberate your house as well as your heart, “give flight to your spirit and rock your globe” [144]. The perfect solution is to all this is to use decluttering to create empty areas, which are “full of 100 % pure potential, a massive openness into which we can invite any energy we desire” [265]. extreme problems demand intense solutions..” I highly recommend this book! Clear the Energy” [165]. The technique itself is demanding — the initial step (Stop and Pay attention) asks no less of you than to “change your habits of becoming” [176] — and for me it goes off track by reading an excessive amount of into our mess, which for them represents “our history, fears, worries, and uncomfortable and unpleasant emotions” [182]. Certainly, the authors assert that our emotions “tend to create clutter” [188] that “blocks our hearts” [330]. Perhaps it is because the authors’ encounters were predicated on their function with acute cases (co-author Green was a consultant on the TV show Hoarders), I found myself thinking if the primary audience because of this book is severe hoarders, for which the large spiritual emphasis can be an antidote; It’s time you found a little breathing area” [248]. For example, Breathing Area’s assertion that “we create our mess unconsciously, through indecision, fear, and running away” is rather naive if you inquire me; our consumerist society which encourages us to accumulate things thoughtlessly includes a major role to perform in this too. We are downsizing (dramatically) and it would have been impossible to go from 4000 sq ft to 1000 sq ft without this book! I love their acronym SLICE (Prevent, Listen, Intend, Clear the Energy). It speaks volumes! For me, decluttering could be a deep spiritual practice, or it could be something far less ambitious than aiming to serve one’s “Highest Self” [234], for instance. I did find some nuggets in Breathing Area occasionally. The authors’ information to pay attention to your clutter. Right now after doing so much clearing, it really is easy for me to recognize when something has gone out of place and an easy task to quickly put it where it belongs. Consequently, I came across Breathing Room’s method of be foreign for my own purposes generally.! It can regale us with regrets about skipped opportunities or our disappointments in lifestyle. This is simply not easy items that our clutter has to say [504]reminds me of the internal voices I’ve encountered in my 1000 things projects. MUST HAVE in case you are Moving This is a complete must-have in case you are moving. as the basis for an entire method or process). The notion of decluttering as alleviation and release is another interesting concept, but again this may happen without it having to be considered a spiritual experience. Strongly suggested if you’re stuck with stuff I bought this book because I needed a breathing room (a location to accomplish yoga and meditate) in my own house. You threw me a rope when I believed I was drowning. Thank you for giving me SPACE! These ladies explore the why behind the clutter, the courage to cope with it, and the ways and means to defeat it. Focusing on that which was truly valuable to me made letting proceed of the other things very easy. You see I inherited the genes from my mom.! If YOU want freedom, READ THIS Publication! Taking deep breaths embracing sacred messiness A year ago, one of my clients told me about this book. I bought it and it sat on my shelf for a calendar year. And today, after reading the preface and intro, Personally i think a kindred spirit with these two soul sister authors. It's even more meaningful since writing my book "Beyond Messy Associations: Divine Invitations To Your Authentic Self. This is an amazing and life-giving message. There is an element of truth to this oftentimes, but I still

eventually think a blender is fairly helpful, thank you. I cannot wait to use this process along with a decluttering journal. I teared up with the final section "Embracing the Sacred Messiness of Life." That is the message I've become more obvious about as I live throughout my messy romantic relationships. My journal-writing over four years has given me clarity. I use the analogy of breathing in fresh air: Awareness, Intentionality, and Dangers. But right now my work-space with my journals and manuscripts requires serious decluttering! And I'm wanting to declutter attitudes I'm not even alert to now." Breathing Space is exactly what I want since I've struggled with mess all my life. It's a must-go through, even if you don't have a major hoarding issue. Or don't want to admit which you have a minor one. This book is a "bible" of decluttering methods that helps us find a way to take away our mental, emotional and physical clutter in order that we can live in that deeply rooted deeply linked way that we're designed to live in today's moment in happiness, like joy, peace and contentment. Clearing the clutter in our environment helps us have an area to live that's even more inviting, purposeful, and intentional. I read a great deal of books about decluttering. This one was excellent! Decluttering isn't an "end all be all" it's a way of living an ongoing thing. The premise of this book "Breathing Area" is that all the clutter we possess inside our homes is ultimately just a manifestation of the clutter we carry within our hearts. The second portion of the book dives into spiritual decluttering: heart, mental and psychological clutter, relationships, roles and responsibilities. I especially loved the concept of passing your clutter through the three gates of meaning: "Could it be true to my intentions? I go through it on Kindle, highlighted and published notes to stay on the right track. This Book Is About Decluttering Mental, Emotional And Physical Clutter! Intend. Five Stars Awesome book! Breathing Space looks like a fantastic resource for someone who is in dire straits relative to their relationship with their issues, or for somebody who desires their decluttering process to be a deep spiritual journey. Serendipitously, I go through it after bringing home boxes of treasures that once belonged to my dad. I needed a way to decide where to put everything, and how to decide what things to keep. Decluttering as spiritual process Breathing Room is yet another variation upon the theme of using the decluttering process to improve your lifestyle: in this instance, decluttering seeing that "a spiritual process which involves coming into communion using what is actually important" [Kindle location 96]. Although Breathing Room recognizes that the decluttering process is a "complicated" and "personal" journey and that "only you understand steps to make that journey secure and comfortable" [149-153], this happens in the context of its "spiritual method of decluttering" to create SLICE, an acronym for "Stop and Listen.. actually if that place was the garbage, or Goodwill. The emotional work through the entire book was helpful to relieve negative feelings. Do I use it? Thanks Helps you focus on why stuff should go where and prioritize your wish house flow! Five Stars very inspirational. Soon I'll possess a totally decluttered home with room to breathe. I have been searching for a book the same as this. And I really believe it showed up exactly when I required it. This books helps you figure out why stuff should go where it goes! This is a combo of organizational and philosophical. It can help you focus on what the heck you want your house to operate like. It goes over what is the function and the experience of each room in your own home. We can all put square things in square boxes, but if we don't understand the why it should go somewhere, we could become hoarders. It's an excellent book for focusing and the how and just why of what stuff will go where. A godsend!



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