

"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 *Hoarders*

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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So, if it's just about a tidier kitchen. But decluttering isn't just about sorting junk into piles and tossing things in the trash. Bless your clutter. Yes, you heard right: Bless it. Bless everything in your life that is superfluous, broken, burdensome, and overwhelming—since it is all here to teach you an important lesson, perhaps the most important lesson there's: what really matters. Everyone's lives could use some serious decluttering. Find peace, repair your previous, and live a far more fulfilled life with this uplifting information to the spiritual practice of decluttering. Written by a medical doctor and a spiritual intuitive, with case research of people like everyone else, Breathing Room goes on an enlightening room-by-area tour where each area in your house corresponds to a "Decluttering can inform us of our burdens, help us to understand our attachments, and aid us in identifying what's truly valuable in our lives. in your center, and where declutters time for you to let it go and find a little breathing room. Cleaning out your cupboards isn't weighing you down, if it's making it near impossible so that you can find the things you really like—s become an obstacle, if it's won't just make enough space but enhance the spirit.



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This Book IS APPROXIMATELY Decluttering Mental, Emotional And Physical Clutter! The premise of the book "Breathing Area" is that all the clutter we possess in our homes is ultimately simply a manifestation of the clutter we carry in your hearts. Thanks Helps you focus on why stuff is going where and prioritize your desire house flow! I've particular exercises that I can choose from based on my needs. By Breathing Space's definition, a cluttered desk or nest of issues in a closet is not really clutter if it's not getting in your way; MUST HAVE if You are Moving This is a complete must-have in case you are moving. Do that really powerful spiritual work; work of letting proceed and knowing the wonder of enough, knowing the beauty of contentment and joy and we can't learn that until we discover the willingness this open spirit to let go of what needs to go. Decluttering isn't an "end all be all" it's a life-style an ongoing thing.! I really like the approach of the book! Our internal world is reflected in our external world, and vice versa. Clearing the mess in our environment helps us have an area to live that is even more inviting, purposeful, and intentional. Not cluttered with how-tos More about emotions towards decluttering than just how do it. This publication is certainly a "bible" of decluttering methods that helps us find a way to take away our mental, emotional and physical clutter so that we can reside in that deeply rooted deeply connected way that we're meant to live in today's moment in happiness, like, pleasure, peace and contentment. Perhaps the reason being the authors' encounters were predicated on their function with acute cases (co-author Green was a consultant on the TV show Hoarders), I came across myself thinking if the principal audience because of this book is critical hoarders, for which the heavy spiritual emphasis can be an antidote; And I'm eager to declutter attitudes I'm not even alert to now. I wanted the mechanics of arranging my space when I discovered Breathing Space. I couldn't help but to observe myself in Lauren's and Melva's descriptions and examples of why I was stuck in all this stuff. But both of these incredible women not merely tell you why but how to get from the clutter. The very first thing I did was to choose what I wanted to experience in each area. I posted these phrases in each area and sat with them for a couple days. I stopped attempting to tackle the clutter which simply turned into moving piles around. And today, after reading the preface and intro, Personally i think a kindred spirit with one of these two soul sister authors. Focusing on that which was truly valuable if you ask me made letting go of the other stuff super easy. Stopping the clutter at the door before it enters is indeed much easier to manage. Now after doing this much clearing, it really is easy for me to identify when something is out of place and easy to quickly place it where it belongs. That was amazingly freeing. I took the information of another reader and went through my closet and my clothes. I still have a lot more to do, but I am influenced to keep going. It can regale us with regrets about missed opportunities or our disappointments in lifestyle. When I was surrounded by boxes and piles, another thing thrown on the pile didn't trigger the sense that it didn't belong there.! We are able to all put square things in square boxes, but if we don't know the why it should go somewhere, we could become hoarders. You can find Buddhist philosophical underpinning for this essential work but no matter what your spiritual traditions the spiritual concepts are the same. We are downsizing (dramatically) and it could have been difficult to go from 4000 sq ft to 1000 sq ft without this reserve!!!! After reading this publication, it was very clear that which was important and that which was just "stuff". I particularly loved the concept of passing your clutter through the three gates of meaning: "Is it true to my intentions? Best book out there on decluttering!! It truly takes the pounds of the globe off your shoulders. Serendipitously, I read it after bringing house boxes of treasures that once belonged to my dad. As empty-nester's, down-sizing with Breathing Room made a huge difference in my relationship with my hubby. Do I take advantage of it? It is usually

as if the "stuff" was a wall structure between us. The psychological work throughout the book was helpful to relieve negative feelings. It goes over what's the function and the experience of each room in your own home.! Thank you Lauren and Melba. I can't wait to use this process along with a decluttering journal. Inhaling and exhaling Room offers a different and uncommon definition of clutter is definitely -- anything that's getting back in just how of you living your life the way you want: Right here's the offer, and it's pretty darned simple: Whether the clutter is in your home, heart, brain, or spirit; Is it kind to my heart and spirit? if it's become an obstacle you retain stumbling over; if it continually cuts you with a broken, jagged edge; if it's stopping you from finding the things you truly love, then it's time for you to ignore it [245].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. It's period you found a little breathing space" [248].It's important to understand that this definition of mess is distinctly different from what you or I might have in mind. Unfortunately the clutter we have is usually trying to pull us from the moment which explains why we are so unhappy when we live with mess. conversely, a single object could be clutter if it's "cramping your style" or "weighing you down." In effect, defining your issues (or your feelings or thoughts for example) as clutter depends pretty much entirely on their effect on you.In this context, it's unsurprising that Breathing Room makes large, outsized claims about the stakes and potential benefits of the decluttering course of action. For me, decluttering can be a deep spiritual practice, or it could be something much less ambitious than aiming to serve one's "Highest Self" [234], for example. Taking deep breaths embracing sacred messiness A year ago, one of my clients told me about this book. I'll continue steadily to use this publication as a reference for many years to come. extreme problems demand intense solutions.Although Breathing Space recognizes that the decluttering process is a "complex" and "personal" journey and that "only you understand how 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. Intend. Clear the Energy" [165]. The technique itself is demanding — the initial step (Stop and Listen) asks believe it or not of you than to "change your behaviors of getting" [176] — and for me it goes off track by reading too much into our mess, which for them represents "our history, fears, concerns, and uncomfortable and unpleasant feelings" [182]. It's a great book for focusing and the how and why of what stuff will go where. The answer to all that is to make use of decluttering to generate empty spaces, which are "complete of 100 % pure potential, a massive openness into which we can invite any energy we desire" [265].This does not match my experience with my very own decluttering efforts. For example, Breathing Room's assertion that "we create our clutter unconsciously, through indecision, fear, and running apart" is quite naive if you talk to me; our consumerist culture which encourages us to accumulate things thoughtlessly includes a major role to play in this too. 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 up mental and psychological energy" [353]. There is an element of truth to this in many cases, but I still eventually believe a blender is quite handy, thank you. That is an incredible and life-providing message. Green and Rosenfeld assert that "decluttering is normally a deep spiritual practice that may bring you nearer to your true personal, the people you love, as well as your Divine Source" [238]. I did discover some nuggets in Breathing Area here and there. The second part of the reserve dives into spiritual decluttering: heart, mental and emotional clutter, relationships, functions and responsibilities. Yes, clutter speaks. It speaks volumes! It can reveal about our accessories, fears, and concerns. I also pay out a lot of focus on what I bring into my house. This is simply not easy items that our

clutter must say [504]reminds me of the inner voices I've encountered in my own 1000 things projects. The notion that "our lives are overburdened by physical reflections of our emotional exhaustion" [351] could possibly be another useful insight in moderation (vs. The 1st component was about getting obvious on the intention of each room. The notion of decluttering as comfort and discharge is another interesting concept, but again this may happen without it needing to be a spiritual experience. Breathing Room looks like an excellent resource for someone who is in dire straits relative to their relationship making use of their stuff, or for someone who wants their decluttering process to become a deep spiritual trip. If that description doesn't fit you, you'll most likely find a more simpatico approach elsewhere. Many thanks for giving myself SPACE! These women explore the why behind the clutter, the courage to cope with it, and the ways and means to defeat it. I hardly ever imagined my entire life without mess before because I was raised with it. You find I inherited the genes from my mother. This book has given me Wish. And I believe it showed up exactly when I required it. In their watch, one's mess can be hiding "spiritual lessons and emotional ah-has" which are there waiting to assist you liberate your house and your heart, "give air travel to your spirit and rock your globe" [144]. I purchased it and it sat on my shelf for a season. By far the very best tips I gleaned was to first start with things that really evoked the feelings that I wanted to experience in each space rather than focusing on what had a need to go. It's even more meaningful since composing my reserve "Beyond Messy Associations: Divine Invitations To Your Authentic Self." Breathing Room is strictly what I want since I've struggled with clutter all my life. I love their acronym SLICE (End, Listen, Intend, Clear the Energy). Decluttering as spiritual process Breathing Room is just one more variation on the theme of using the decluttering process to improve your life: in this instance, decluttering while "a spiritual process which involves coming into communion with what is truly important" [Kindle location 96]." This is the message I've are more clear about as I live throughout my messy relationships. I teared up with the final section "Embracing the Sacred Messiness of Existence. My journal-composing over four years has given me clarity. I use the analogy of sucking in fresh air: Awareness, Intentionality, and Dangers. But at this time my work-space with my journals and manuscripts requirements serious decluttering! Like no other I was hunting for help to declutter following a sudden move that left me buried in boxes/piles and way too much stuff. As a result, I came across Breathing Room's approach to be foreign for my own purposes generally. It's a must-go through, even though you don't have a significant hoarding problem. Or don't need to admit you have a minor one. The reserve is spiritually thought-provoking, but also action-oriented. Loved the portion about clutter through the Three Gates of Meaning! I read tons of books about decluttering. This one was excellent! because the basis for a whole method or process).. The authors' suggestions to pay attention to your clutter. The most freeing feeling in the world, is letting proceed of stuff! We have removed "stuff" and gotten so much closer. if it's weighing you down, crowding you out, blocking your light, cramping your style;" I highly recommend this book! Five Stars Awesome book! Highly recommended if you're stuck with stuff I bought this publication because I needed a breathing room (a place to do yoga and meditate) in my house. It frees you up to most probably to love and brand-new opportunities. I needed a method to decide where to place everything, and how to decide what things to keep. This publication gave me the various tools and the courage to locate a place for everything.. Each chapter provided a blessing for that space aswell, and I loved that blessing a whole lot. also if that place was the garbage, or Goodwill. If YOU want freedom, READ THIS Reserve! I examine it on Kindle, highlighted and published notes to stay on track. Shortly I'll possess a totally decluttered home with room to breathe. Five Stars very inspirational. These emotional blockages

and physical blockages end up clogging the light of our soul our accurate essence and our link with the world, to additional humans, to nature also to the Divine. I have been looking for a book the same as this. Thank you for an excellent book which has helped me to discover an uncluttered lifestyle. This books can help 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 on earth you want your house to function like.! You threw me a rope when I believed I was drowning. Certainly, the authors assert our emotions “tend to create mess” [188] that “blocks our hearts” [330]. A godsend!



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