



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

*Stephanie Bennett Vogt*

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## **Your Spacious Self: Clear the Clutter and Discover Who You Are** Stephanie Bennett Vogt

It's a jungle...*in here!* Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears.

Our clutter, writes Vogt, a longtime space clearing expert, "becomes like another member of the family that we feed, house, and lug around." She shows us that it's not our stuff, but the holding on to it that creates a force field of "stuck-ness" 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 who we truly are. Clearing is not a tedious exercise of throwing away, but a gentle journey of letting go - one small step, drawer, or moment at a time.

With all-new nourishing lessons in slowing down, simplifying, and self-care, *Your Spacious Self* shows you how to clear your home, quiet the mind, and restore your spirit, in ways that feel good and last a lifetime. Included are daily tips and meditations, a weekly worksheet, guidelines for starting and maintaining a clearing support group - perfect for book groups and support groups.

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