



DOWNLOAD



## 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

*Thorough guideline! Its this kind of excellent read. This is certainly for all those who statte there was not a well worth reading. Your way of life period will probably be transform once you complete reading this book.*

-- Mrs. Alia Borer

*This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).*

-- Prof. Ophelia Wiegand I

## Other PDFs



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### [The Day I Forgot to Pray](#)

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### [DK Readers Day at Greenhill Farm Level 1 Beginning to Read](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



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Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



### [Molly on the Shore, BFMS 1 Study score](#)

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 9.7in. x 6.9in. x 0.3in. Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...