

SPRING CLEANING

It's springtime and maybe it's not just your home that need a deep clean. The promise of spring offers hope, rebirth and growth. I invite you to consider whether you have the necessary spiritual space. Do you need to weed through the unused or unwanted and tidy up those things that have accumulated over time? Just like cleaning your home to make sure everything is thoroughly cleaned and made shiny again, your sacred spaces need that attention too. You can apply those same principals to your spiritual life - take inventory, declutter and begin fresh.

Inventory

It is important to take stock of what you have that makes your soul sing. It's time to be grateful for those things and to consider purging the items that are weighing down your spiritual space. Creating space is necessary for any good and healthy relationship, and that includes your relationship with the Divine. Ideas to help you get started:

- Make a gratitude list
- Take Inventory of spiritual activities that feel like an obligation
- Review that list of spiritual activities that are weighing you down. Are there some that can be eliminated?
- Review the gratitude list. Do you want to make more time for those activities?

Declutter

Have a look at your sacred space. If your space gives you a deep sense of joy and tranquility - you're all done. If not, consider the following ideas:

Sort through your books, spiritual texts and journals.

Donate or give away items that are gathering dust because you never use them.

Perhaps you have duplicate items that would be useful to someone else. Replenish used or nearly depleted candles, incense, etc.

Begin Fresh

Now that you have taken an inventory and decluttered, it's time to get organized to start afresh. Here are some ideas to consider:

Choose a few books that are calling to you and put those on the top of your reading list.

Take steps to eliminate spiritual activities that are draining you.

Add something new that you have been meaning to try: a meditation class, bible study, prayer group, etc.

Make a calendar entry for prayer, meditation, or something on your gratitude list

