

The Path is Made by Walking... *and Letting Go*


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Most of us are buried in stuff that isn't essential to our lives. Physical clutter is the most obvious, but we're also burdened by mental, emotional, energetic, and relationship clutter.

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Letting go of clutter is essential to create a new path forward in life, one that is grounded in more authenticity, peace, service, and freedom. Most of us are buried in stuff that isn't essential to our lives. Physical clutter is the most obvious, but we're also burdened by mental, emotional, energetic, and relationship clutter. Everything we hold onto—jealous thoughts, emotions like sadness and regret, energies of wanting and striving, relationship conflicts, or the closet full of clothes we never wear—ultimately leaves us drained, overwhelmed, and disconnected from our true spiritual nature. Here are four ways to walk a new path and release what no longer serves.

KNOW YOUR SOUL

We all have two aspects within us. The soul is the aspect of us that is eternal, inherently wise, and loving. It knows peace, joy, and gratitude. It is free and unattached, yet deeply connected to everyone and everything. We are all human *beings*, here to

realize who we are and put our soul in the driver's seat of our lives.

But we have another aspect that fights for the wheel, called the ego. The ego is the image we construct of ourselves; the beliefs, needs, roles, and possessions we identify with in the world. The ego is concerned with self-preservation. It competes for everything to ensure our success and survival. It knows conflict and scarcity. It sees us as separate from all other beings and the earth itself. The ego is the false self that drives our lives more than we know.

Knowing which aspect of ourselves is at the wheel matters, because *which mind* we come from determines if our lives are clutter-full or clutter-free. When the ego is in the driver's seat, the song on the radio is "Not Enough." It goes like this: *I am not enough, you are not enough, and there is not enough.* The ego puts forth thoughts rooted in lack and separation, which create emotions such as fear and shame. These emotions carry energies like



needing and resisting. With the ego at the wheel, our relationships are characterized by judging and disharmony. And our homes become warehouses for more stuff than we know what to do with, and yet we keep acquiring more.

When the soul is in the driver's seat, the song on the radio is "Enough is Enough." It goes like this: *I am enough, you are enough, and there is enough.* The soul puts forth thoughts of safety and connection that foster emotions such as joy and appreciation. These emotions carry energies like acceptance and abundance. With the soul at the wheel, our relationships are characterized by collaboration and sharing love. And our homes contain only the things we really love and truly need.

PAY ATTENTION TO VIBRATION

Although ego-based energies such as urgency, agitation, overwhelm, wanting, needing, and striving may be very familiar to us, they are not in alignment with the natural, higher vibration energies of our soul— peace, joy, love, acceptance, compassion, gratitude, and abundance. Ego-based energies are clutter, in and of themselves. When we over-identify with them, other forms of clutter get created.

Vibration matters because our energy is like a radio signal we broadcast to the world. It syncs us up with energy of a similar vibration. "Vibe-ing" in ego energy syncs us up with ego-affirming things. Vibe-ing in soul energy syncs us up with soul-affirming things. For example, if you're inhabiting angry energy, you walk through the world agitated, looking for a fight. And you find one (or two, or ten) because you are transmitting and receiving that resonance. In contrast, if you're inhabiting the energy of gratitude, you walk through the world with a smile, appreciative, and excited about whatever comes your way. And good things come your way in response.

It works the other way too. Our vibration lowers

and raises in response to ego and soul energies we encounter. To see this in action, notice how your energy drops when you hear people arguing, or enter a messy bedroom, or get too involved in the evening news. Notice how your energy lifts when someone gives you a hug, or you collaborate successfully with your co-worker, or your dog goes crazy with joy when you take out the leash.

To release energetic clutter, become a witness of energy. There is no need to judge the different vibrations you observe. Simply pay attention to how they make you **feel**. The way you feel lets you know whether an energy in yourself, someone else, or your environment is a match to who you really are. For example, if a thought inspires you, it's in alignment with your natural vibration. If you feel uplifted when spending time with a particular friend, they feed your soul. If an object in your home makes your heart sing, it is worthy of a place in your life. With some practice and mindfulness, you'll be able to discern the energies that love you back – and those that don't.

GROUND YOURSELF

Being in our best energy starts with being grounded; firmly planted, like an old oak with deep roots. When we're ungrounded, we experience anxiety, insecurity, or overwhelm. We're literally uprooted from the presence, solidity, and knowing of our soul self.

The easiest way to get grounded is to go outside. Even though we're all souls living in human bodies here on Mother Earth, most of us are not in consistent connection with her. We live mostly indoors. We wear shoes with rubber soles. We hunker down with our iPads at night, instead of being with the moon and stars. Meanwhile nature is standing by, a free of charge, ever-present source of grounding.

When we spend time with nature, be it a forest or a single tree planted along the sidewalk of a major city, our energy naturally aligns with the earth's energy.

Think of it like a baby. When a baby is in distress, the caregiver instinctively holds the infant against their chest. This soothes the baby, because their heartbeats sync up. Just like a baby, we can sync up to the heartbeat, or frequency, of Mother Earth.

Experiment with this and you'll see. If you feel discombobulated, go outside. If you feel fatigued, go outside. If you feel the energy of others intruding in your space, go outside. Sit or lay down on the ground if you can, and take your shoes off if you dare. Without you having to do anything, your body will begin to sync up with the earth's vibration. Unhelpful energy will release. Like the baby, you'll feel more relaxed, calm, and secure.

If you can't get outside, look out the window, immerse yourself in a nature video, or visualize yourself in nature— lying on the warm sand of a beach, floating in a lake, standing inside a mountain, or being a tree with deep roots. Allowing nature in helps us let go of clutter and restores our natural soul energy.

BEFRIEND THE QUIET

Noise is an ever-present type of clutter. Noise comes from within, in the form of thoughts and emotions that aren't true to our nature. It comes from outside, such as the sounds of leaf blowers and blaring televisions. It comes as information overload: 24-hour news, endless podcasts, and ego-affirming social media. And it comes in the form of habits that dull our aliveness and presence, such as eating junk food or staying constantly busy.

The ego relies on noise to keep us distracted from our soul selves. It convinces us the noise is the stuff that really matters. Most people mindlessly consume all the noise. It looks like this: You're Facebook friends with everyone and keep up with several news feeds throughout the day; you're currently watching three different series on Netflix; you have a pile of books on the bedside table you're certain you'll get to someday;

you talk on your speakerphone in public; you rely a little too much on wine and chocolate. And – you have a serious case of FOMO (Fear Of Missing Out).

To declutter the noise in your life and stay tuned to your soul energy, try some simple strategies to connect with the quiet. Drive to the store without automatically turning on the radio. Go for a walk sans headphones. Put down the umpteenth article about how to succeed at life like a celebrity. Eat and drink things that calm your system. Try one hour of silence some mornings (carry a notepad to answer questions from the kids!). In the quiet, our natural energy and rhythm is restored. We gain access to our own information and intuitive messages that move us along on our path.

HAPPY TRAILS!

Clutter is anything that isn't in alignment with our true nature of peace, expansiveness, connection, harmony, and love. As we embrace the truth that the ego mind is part of our human experience, but not all of who we are, clutter lets go of us. And we find ourselves creating a new path home to ourselves. €

Adapted and excerpted from Release: Create a Clutter Free and Soul Driven Life



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