

Declutter your life

Therapeutic Angel
Spiritual Coaching
Online Energy &
Protection courses

Janet Maunder



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Spiritual Coaching Energy Declutter Your life : By Janet Maunder

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Create the right space for spirit



Creating the right space for spirit is important for both you and them, it needs to be a space that is tidy peaceful and relaxing. This space might be the living room, kitchen or even the bathroom if that's the only place in the home where you can relax and have some alone time. I would avoid the bedroom unless you are experienced and can push them away so you can sleep. When you have chosen your space, sit in it for a few mins look around the space, are the corners clear, can you open the windows and curtains, does the energy feel stagnant or stuck. Close your eyes and connect with your breath and feel the room, can you relax easily are you comfortable. If you answer yes to most of these questions this is a good space to use for your spiritual work.

De-clutter that wardrobe



The best way to de-clutter a wardrobe and draws is to take everything out of them, and sort them into piles, one pile for your favourite items, another for the clothes you have not worn over the past six months, and another for those you haven't worn in a year or more. It's a well know fact that if you haven't worn something in over six month, your not likely to wear it. Why not donate these and any other clothes you don't want to a charity.

DE-clutter That Paperwork



I am sure we have all stored paperwork somewhere to sort out at a later date and its sat there for a considerable length of time taking up space and collecting dust. Find time to sort it, even if its just 10mins a day to go through old bills, past coarse work etc. Why not put it to good use and make some bowls or masks in papermashe then varnish them, they makes great presents or a place to store your crystals.

Declutter your electronic devices



How often do you go through your messages and emails, delete the ones you don't need, and download the ones you want to keep to another device, or upload them to some out in cyber space. This way you are carrying less clutter on your electronic devices, and you are releasing any negative vibes from emails, text messages or documents, that might contain negative words which were once negative thoughts. You are in effect freeing yourself not only from heavy cyber vibrations but also from the heavy vibrations of other peoples clutter and issues.

De-clutter that kitchen



A cluttered kitchen energy is mostly likely to have you feeling negative either at yourself or at others, try to keep it tidy. A tidy house can help create a tidy mind and it gets rid of collected negative energy, from you and others that have gone through that space. You will not only be cleaning the surfaces you will be cleaning the energy as well.

Up lift your Pooch



Did you know that animals can carry negative energy on their fur, especially if you have a lot of visitors that love to cuddle and pat your pooch. Any negative energy from the pater will be left on your poor pooch's coat, when you next pat or cuddle your pooch you are now taking on that negative energy. Be kind to your pooch and give him or her regular wipe down with a damp cloth or a bath, this will help rid him of unwanted negative energy, he she will love you for it.

So Why De-clutter



That's simple, energy tends to be drawn to the corners of the room and gets stuck there, free corners means energy can flow around the room. Open windows and curtains allows free flow of fresh clean energy, and for unwanted energy to leave. A de-cluttered space avoids stagnant energy, it encourages a clear mind, calm feelings and a loving environment. You may start noticing that as you declutter spaces in your home and work, you also start de-clutter your life, people may join or leave your circle, which is fine its all part of your spiritual growth .

Spiritual Coaching Course Tutor



Janet Maunder

Hello I'm Jan a spiritual psychic medium clairvoyant and healer, over the past 20 years I have been involved in helping with healing as a registered nurse and a holistic healer. My psychic gifts have allowed me to help countless people I have come into contact with, either with helping them to find their real pathway, with the aid of my intuition tarot and my spirit team. Or by giving them the nudge, and encouragement to select which fork in the road they should venture down, knowing they could always change the direction with the aid of spirit anytime they wanted or needed too.