

Make Space for What Wants to Begin

A FALL HARVEST CLUTTER CLEARING EXPERIENCE

Harvest what nourishes.
Release what is complete.
Make room for what comes next.



BEFORE WE MEET

- ☐ Print this companion or have it ready digitally and bring a journal and a pen.
- ☐ Choose a quiet, comfortable place where you can be undisturbed.
- ☐ Have a candle beside you and water or tea nearby.
- ☐ Optional: take one private before photo of the cluttered area that feels most present. You will not need to share it.

Reflection | Awareness | Insight | Action

"Clutter is information, not failure."

Meet the clutter

Let the first image come. You do not need to choose the biggest mess or the most urgent project. Notice the area, object or collection that carries the strongest energy for you today.

1 The image, area or object that called for my attention

2 When I bring it to mind, what happens inside me?

Notice sensations, emotions, energy and impulses without trying to change them.

A few words that may help:

heaviness / stuckness / overwhelm / indecision / guilt / scarcity / unfinishedness / obligation / protection / something else

3 If this clutter could speak, what might it say?

4 What pattern do I recognize?

"Clutter is information, not failure."

Nothing needs to be forced or solved today. Recognition is already movement.

Harvest the insight

Your surroundings and your inner life are in conversation. Follow the thread with curiosity: where does the pattern held in this physical space echo elsewhere in your life?

Where else in my life do I meet this same pattern?

WHAT STILL NOURISHES ME?

What is alive, supportive or worth carrying forward?

WHAT HAS COMPLETED ITS SEASON?

What may be ready to be thanked, released or changed?

What would I like to become possible - in this space and in my life?

MY ONE INSIGHT



The recognition I most want to remember - or share and have witnessed:

ONE GENTLE NEXT STEP

My small, specific action: _____

When: _____ **Time I will give it:** _____

What will be enough for this first step: _____

I am willing to make space for what wants to live through me.