



SPRING CLEANING!

I hope this finds you in a positive mindset and sense of a new beginning as the world wakes up from winter to welcome the spring.

Spring is the time to give yourself and your life an overhaul. Simply by clearing out the old you will make space for the new to come into your life. Below I've outlined some tips to help you with this process, so start now and get ready to embrace some fabulous new and exciting things and experiences.

1) Physically

Throw out any clothes that you haven't worn or anything that you haven't used in the last six months. Be ruthless, if you don't love it – dump it.

That could be old books, photos, clothes, or general stuff that's gathering dust. Also, keep in mind that clutter in your attic doesn't mean that it's not in your energy field; it means that it's in your higher consciousness. So clear your attic out too.

Exfoliate your body to remove dead skin cells.

An inexpensive trick is to mix baby oil and dead sea salt together, then rub this into your skin with circular movements, starting at your feet up towards the heart. Follow with a hot shower and a luxurious body lotion – heaven! (Note, not only is sea salt a great exfoliator, it's also great for grounding your energies. If you don't have sea salt, table salt or Epsom salt are both excellent substitutes.)

2) Mentally

Set an affirmation for what you would like more of in your life.

For more wealth, "I now attract abundance into all areas of my life". Or for more self esteem "When I believe in myself, so do others". What ever it is that resonates with you, write it out now. Then have it as your mantra every day for 27 days. Have it somewhere that you will see it regularly so that you are automatically reminded of it. Soon it will become a reality as you "positively brainwash" yourself.

3) Emotionally

Clear out your emotions. Any situation, person or event that you are ready to let go of – write about it, let all the feelings come up and out and then, when you've said all you need to say - burn it. By writing we are acknowledging our own emotions and by burning, we are letting go.

We lay the seeds of our lives in spring. It is a good time to write down what it is that you want in your life. Is it a more challenging job? A pay rise? An improved social life or love life? Allow yourself to dream big.

4) Spiritually

What do you believe in? Spirituality is not always religious. It is important for us humans to believe in something, whether that is God, Buddha, Allah or just “something out there”.

I had the privilege lately of hearing from a student of mine that since he was attuned to Reiki he “believed again”. From that one change came so much happiness; he now believed he had a purpose and that he could serve a purpose. Believing in something special allows the magic back into our hearts.

I hope these tips have been helpful to you. As you’re following this guide enjoy the process and always remember why you’re doing it – to make room for exciting new life experiences, joy and abundance into your life!

To your potential!

Ellie

Ellie has a free monthly newsletter that you can subscribe to, packed with simple, yet powerful techniques that can help you to make positive changes, release negative beliefs and have more confidence in your life. To subscribe and see past issues, log onto her website at www.ellenshilling.com