

(The little book of secrets)

by
Andrea Rich)

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Goddess in the Cottage

The little book of putting things in order. A book of gems and flowers.

Chapter 1

Let's face it. We all want to be in control. By now we know that we are not, but it is possible to be in charge of certain things. Especially in our surroundings. This book is designed to give you a holographic approach; incorporating mental, emotional spiritual and physical tenants to work on you as you read. There is no step by step process, but a raising of consciousness to go beyond what you think is possible. If you do nothing more than allow this material to work on you, you will be creating an inner climate of health and wealth and the outer will come. Before you know it you may want more. You'll have a little secret between you and your maker. A sense of freedom.

If i was your life coach, I'd give you the following points to live by:

First of all realize that your thoughts create your world. How many times have you heard that by now? Sometimes they are so swift you cannot even catch them to steer them in another direction. Take charge of your thoughts. Secondly your emotions are not gospel. Don't let them run you. Don't let your emotions get the best of you, but let your feelings guide you. That first inner voice. Intuition. Thirdly, have a meditation practice. Take time to meditate. You've got to have some sort of way of emptying out. Fourthly take care of yourself physically and that includes your environment. Finally, the less you leak vital life force energy with thoughts that don't work for you and emotions that are destructive you will become overflowing and that's a loving worthwhile space to be living in. You want to practice being empty through meditation and being full and overflowing with love.

Creating the space

Create the time to make your living space work for you if you have to stay up all night to Do it. Break your routine, make it happen. Shake it up. Get free. Having a place that works for you is vital. It's part of creating a life you enjoy living. So let's get started.

Circulating circulating circulating.

How does this all relate to getting your space in order?

Circulate Circulate Circulate

Make a list

Where are you being drained? What's unfinished? Clean it up. Remember you created it in the first place. Don't be waiting for someone else to save you. Make this list and like a warrior keep going over it until you have touched each area and are affecting it with change. Putting things in motion is what you want.

I can honestly say that I would not under any circumstance move into someone else's space that was not clear and cleaned up. If you have done that or would do it, just know what you are getting into. In other words don't blame them. Clean up your own act. What if two people get together who have their own lives in order? How great would that be?

Your happiness and state of mind does not depend on another.

Clearing

Giving.

Get rid of things. You'll be amazed by how much stuff is not in use in your life. Get it circulating or if appropriate bid it farewell. Enjoy it. Sell it. Give it away. Make another's life richer. Then just watch. You'll have more room to receive. All those unanswered requests. Make room. The universe only knows how to fill space. You're proof. Right? You're filled up with things to do, maxxed out. You've filled every nook and cranny in your life. Now clear it out. Get serious about it, but have fun! Don't wait another second and quit complaining about it unless you like it that way and it works for you. Then you and your friends can listen to each other complain. If not, decide you're going for something else. And don't tolerate yourself or anyone else complaining. Unless what you're talking about has an intention; drop it. Fill your space differently. Here is the key to the whole book. Fill your space with what you want! Your inner and outer. That's it. Be fearless for once in your life.

Let it all go. There is no right way to do this. Show up, pay attention, speak truthfully, and let go of the results. Watch your life unfold. You are a flower. Your job is to keep opening and spreading your perfume. That's it.

Take care of business

It's time to get conscious about everything. You should know your overhead like the back of your hand, and it needs reevaluating often.

Banking

What kind of banking fees are you paying? There is free checking out there. What about ing direct for savings? No one is paying higher interest. Do you have investments? Do you know that mutual funds have hidden management fees? Does someone else handle that for you? You may want to get involved. Who knows better than you how to handle your affairs. You get the drift. Get in charge of what you can. If you don't own a home and you rent get renters insurance. It's cheap. You can schedule jewelry as well. Then you don't have to think about it. Lap tops are even covered away from the home. Do you have a cell phone and a landline? Do you need both? What about a cable line? They are the cheapest for the phone. Probably better suited if you live int he city in case of a power outage. Cable, dsl, etc. See where you can simplify.

Do you and your partner share everything? Create a bank account or a jar that is all yours. Watch it turn into something. Some people are buried so deep they've got to dig out wherever possible, and creating something that is your own is a start.

Papers

Do you have a filing system? One that your eyes can handle? If you are too paper heavy, create compact disc files which are easy to store.

Clothes

What about colors? Do you wear only black? Come on spice it up. It's always time to go through clothes. Most cities have consignment stores. And then there's salvation army.

Pillows and mattresses need to be replaced every few years. It's better for your health.

Make-up

Is it old? Chuck it. Is it time for a make-over?

More mobile

Do you like to be mobile? Update your laptop and cell phone. Get a more economical and efficient car.

Circulating

I've been told we stand at the gate of enlightenment. It's a half breath away. All possibilities are. Breath new life into yourself and your surroundings.

Possibilities

Give away something that you love and see someone light up. Buy yourself an outrageous gift. In your home, take on one area at a time and quit cluttering it up with meaningless objects. It's a domino affect so keep going. Advertize a sale in your home and invite people over. Let them take things off your hands.

New systems

Do you have hundreds of vhs tapes? You can transfer them to dvd. There is an electronic unit available to the consumer that hooks up to your vcr and transfers vhs tapes to dvd. Very easy to store.

Do you really need all those books? With the internet and google maybe not. If you do, bring them together in an attractive arrangement. One area. Consolidate. When i physically work with people i like to leave room for more. It will be filled rapidly i assure you.

What about journals, photos, school yearbooks? Either keep them, burn them, or get creative with them. Ram Das burned a life of journals. Pictures of exes..hmmm. You decide but it's best to keep it light. Make a calender of photos for your family. Those are great.

Make it beautiful

Use an item in a new way. Keep things circulating.

Find a new or antique screen and pull your jewelry out and on display. Hang jewelry on a screen. Hang earrings on beautiful fabric.

Paint!!!! Colors!!

Send a tornado into your living space and transform it. If others will be affected. Warn them. We're not in Kansas anymore!

After you've been redeveloping your space, you might have an area that you are on the fence about. Okay. No big deal. Next time around get into it, move it.

Do yourself a favor when you move. Don't schlep the old with you unless you've gone through it and want to keep it. What a waste of energy and space.

Isn't it time to reevaluate how you use your energy and where you are unconsciously leaking it?

Reclaim yourself

Look in all corners of your life and clean them up. Unburden.

Now you've cleaned your space. How are your relationships? Are you in alignment with your partner? Let the new come in. Be willing to keep in motion. Can you and your partner undergo changes together? Is it revitalizing to both of you?

Oh yeah...you will be doing this over and over. Just as the sun rises and sets. It's ongoing. So enjoy it.

How many voices are inside your head? There is only one worth listening to, that gently nudges you into action. It never condemns. Which brings up a gem. In this process no condemning allowed. Of yourself or others. Love yourself into this new space of being. You are vast and immense. The universe awaits your call and will fill your space as requested.

So.....Let thoughts and emotions move through you. Entertain spiritual practices. Move your body. Let money circulate. Give it. Receive it. Joyfully pay for things. Why not it's your life. Let yourself out of prison. Get out and circulate. Generate ideas. Clear things out of your home. You want your space circulating with renewed vitality and energy? Get a new you going on. Why die burnt out and sick when you can rebirth yourself. Ask questions. See things with new eyes. Move that old energy out. Enjoy enjoy enjoy.

Most importantly know that you are not alone. Be a cocreator with the universe. Ask for support.

Get out of the notion that you have something to prove and let your life unfold. Dig deep and get the passions flowing.

Be thankful and celebrate yourself every day.

It will be your little secret.