



# Spring Clean Your Life Simply

## 1. Unclutter your life.

You'll feel a real rush of inspiration when you clear out stuff that's no longer useful in your life:

- If you haven't worn it in the past year or two, recycle it for others to use.
- Clear out books, papers, magazines, files etc.
- Donate stuff you don't use anymore to charity

## 2. Clear your calendar of unwanted and unnecessary activities and obligations.



So practice saying no to excessive demands and don't feel guilty about injecting a dose of leisure time into your daily routine.

## 3. Be sure to keep your free time free.

Be on the lookout for invitations to functions that may keep you on top of society's pyramid, but which inhibit your access to joyful inspiration. If cocktail parties, social get-togethers, fund-raising events, or even drinking-and-gossiping gatherings with friends aren't really how you want to spend your free time, then don't. Begin declining invitations that don't activate feelings of inspiration.

## 4. Take time for meditation and Qigong.



Give yourself at least 15 minutes a day for Qigong practice - to move and meditate.

I also encourage you to begin regular practice.

The rewards are so powerful - you'll **feel healthier, less stressed**, and inspired by what you'll be able to do with and for your body in a very short time.

## 5. Return to the simplicity of nature.

There's nothing more awe inspiring than nature itself. The fantasy to return to a less tumultuous life almost always involves living in the splendor of the mountains, the forests; on an island; near the ocean; or beside a lake. These are universal urges, since nature is created by the same Source as we are, and we're made up of the same chemicals as all of nature.



Your urge to **simplify and feel inspired** is fueled by the desire to be your natural self—that is, your nature self. So give yourself permission to get away to trek or camp in the woods; swim in a river, lake, or ocean; sit by an open fire; ride horseback through trails; or ski down a mountain slope. This doesn't have to mean long, planned vacations that are months away—no matter where you live, you're only a few hours or even moments away from a park, campground, or trail that will allow you to enjoy a feeling of being connected to the entire Universe.

#### 6. Put distance between you and your critics.

Choose to align yourself with people who are like-minded in their **search for simplified inspiration**. Give those who find fault or who are confrontational a silent blessing and remove yourself from their energy as quickly as possible. Your life is simplified enormously when you don't have to defend yourself to anyone, and when you receive support rather than criticism.



You don't have to endure the criticism with anything other than a polite thank-you and a promise to consider what's been said—anything else is a state of conflict that erases the possibility of your feeling inspired. You never need to defend yourself or your desires to anyone, as those inner feelings are Spirit speaking to you. **Those thoughts are sacred, so don't ever let anyone trample on them.**

#### 7. Take some time for your health.



Consider that the number one health problem seems to be obesity. How can you feel inspired and live in simplicity if you're gorging on excessive amounts of food and eliminating the exercise that the body craves? Recall that your body is a sacred temple where you reside for this lifetime, so make some time every single day for exercising it. Even if you can only manage a walk around the block, just do it.

Similarly, keep the words **portion control** uppermost in your consciousness—your stomach is the size of your fist, not a wheelbarrow! Respect your sacred temple and simplify your life by being an exerciser and a sensible eater. I promise that you'll feel inspired if you act on this today!



## 8. Play, play, play!

You'll simplify your life and feel inspired if you learn to play rather than work your way through life. I love to be around kids because they inspire me with their laughter and frivolity.

Get back in touch with your real, playful self, and take every opportunity to play! Notice how it makes everything so sweet, and so simple.

## 9. Slow down.

*One of Gandhi's most illuminating observations reminds us that **"there is more to life than increasing its speed."** This is great advice for simplifying your life—in fact, slow everything way down for a few moments right here and now. Slowly read these words. Slow your breathing down so that you're aware of each inhalation and exhalation...*



*Take more time to hear others. Notice your inclination to interrupt and get the conversation over with, and then choose to listen instead.*

*By slowing down, you'll simplify and rejoin the perfect pace at which creation works. Imagine trying to hurry nature up by tugging at an emerging tomato plant—you're as natural as that plant, so let yourself be at peace with the perfection of nature's plan.*

## 10. Do everything you can to avoid debt.



Remember that you're attempting to **simplify your life** here, so you don't need to purchase more of what will complicate and clutter your life. If you can't afford it, let it go until you can.

You're far better off to have less and enjoy the days of your life than to take on debt and invite stress and anxiety where peace and tranquility could have reigned.

## 11. Forget about the cash value.

*Do what your heart tells you will bring you joy, rather than determining whether it will be cost-effective.*

*Make an attempt to free yourself from placing a price tag on everything you have and do—after all, in the world of Spirit, there are no price tags.*



## 12. Remember your spirit.

When life tends to get overly complex, too fast, too cluttered, too deadline oriented, or too type A for you, stop and remember your own spirit. You're headed for inspiration, a simple, peaceful place where you're in harmony with the perfect timing of all creation. Go there in your mind, and stop frequently to remember what you really want.

Take one step at a time – take small steps and enjoy the success and motivation each small step can bring into your life. Look after yourself...

