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ask diane

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How can I clear energy to make way for new things/ experiences/ patterns?

I always find that one of the best ways to invite new energies into your life is to clear out old patterns, clutters and "to-do" lists. If you've made a New Year's resolution, or just want wonderful new experiences in life, then look around and see what you can clean up, throw out or clear away.

If there is something bogging you down, or something that you've been meaning to do, just do it. If there is a pattern that you've been wanting to change--set your intent, and start taking one step a day towards that change.

I guarantee you that clearing out something that no longer serves you will free you to receive what's next in your life. Doing this can be more powerful than you can imagine.

I speak from personal experience. Many years ago, when I was in the early stages of transformation, I began to clean out the apartment where I lived in Manhattan. I went through every file, every box of mementos and all of my things. I probably threw out, or gave away, about half of what I had collected over the years.

I was inspired in part by a little book I had read: *Clear Your Clutter with Feng Shui*, in which the author, Karen Kingston, noted that if you clear your clutter, you will clear your energy. I wanted more than anything to clear my energy. So I cleared my clutter. It was intense work. And it wasn't emotionally easy. I parted with more than a few things that had sentimental value. I could literally feel the energy that was being held in all my possessions, as I worked to release it.

It took awhile to see the fruits of that effort--but after I cleared my clutter, I was much lighter and freer. And eventually, I was freed of the apartment itself.

Clearing my clutter was one of the best things I ever did. And ever since, I've kept things light. Even now, I clean in an almost ritual way before any trip. And I clean before big events--like the New Year.

When I work with others, I am always attuned to the things in their life that they need to clear out, whether it's an oppressive pattern, a closet full of junk or a house they can't sell. I'll

literally put light into a person's mess during a healing, so they can go home and clean it up. I do this because it generally helps every aspect of their life, and helps them move forward.

Whenever there's energy that's stuck on one level, it's also stuck on other levels. What we want is energy that is in a flow state, so start creating that flow wherever you can.