

# Divine Money

a digital program to  
Elevate Your Money Mindset

[www.intuitivecoachingwithamy.com](http://www.intuitivecoachingwithamy.com)

## Releasing the Clutter in Your Life

As you have already uncovered, you intuitively know that holding on to anything that does not serve you blocks your flow to abundance. In this lesson, I want you to release any physical “stuff” in your life that is a form of energetic clutter.

Clearing out physical clutter is one the best ways to open the channel to cash flow. Louise Hay says, “People who have cluttered refrigerators and closets have cluttered minds.” What I know for sure is that your life reflects your thinking. If your space does not match your desires, then there is probably some inconsistency in your thinking that is keeping you from what you want.

When you clear out clutter (or physical stuff that is not serving you well), you create order in your thinking. When your thinking is “in order” you will attract greater levels of abundance.

Here is my rule when it comes to clutter: **If it doesn't bring you joy, just bag it up and sell, trash or donate it.**

### Ideas of what to let go of:

- Anything you have not touched in 6 months.
- Anything old or spoiled in the refrigerator.
- Anything that does not bring you joy.
- Old, worn out clothes. Particularly clothes with holes in them. (If it is something that means a lot to you, then by all means, keep it.)
- Old or broken items.
- Anything that does not have direct purpose.
- Financial paperwork you do not need. (Organize everything else.)
- Excess. (Anything you are holding on to from a mindset of scarcity.)

- Contact information for someone you do not want to have contact with.
- Anything you don't use or need that is in your wallet.
- Anything that has a negative emotional charge.

**Here's a story to illuminate this process:**

One of my favorite spiritual teachers said that she once went six months without a sofa. She was ready for more abundance and every time she looked at her old sofa it made her feel broke. She felt she had to keep it because she was not in a place to purchase a new sofa. She challenged herself to let it go and to believe that in doing so she would attract something better.

Then she got clear about what type of sofa she wanted. It was a high-value piece that had to be custom ordered. She didn't know how she would pay for it. Every week, she would go to the furniture store to just look at the sofa. Be with it. Visualize it in her living room.

Within a few months, she had manifested the money for the sofa. It was the most she had ever paid for a piece of furniture, but she knew the only way she could make it a reality was by letting go of her old sofa.

**Assignment:** Take time over the next few days and weeks to let go of the physical clutter in your life. Is your financial life filled with physical clutter? **START HERE:** Clean up your financial life first. Open your bills. File important papers away. Cash in gift cards with money on them. Return items you've been meaning to take back. Clean out your wallet. Do whatever you know in your heart is right to de-clutter your financial life.

**Write down four areas of your life that needs to be de-cluttered and include a date as to when you will have it done. Include a reward for your efforts.** (Really reward yourself for doing this work.)

1.

Date:

Reward:

2.

Date:

Reward:

3.

Date:

Reward:

4.

Date:

Reward: