

PSYCHIC DEBRIS,  
CROWDED CLOSETS:

*The Relationship between  
the Stuff in Your Head and  
What's Under Your Bed*

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To the people who feel stuck, embarrassed,  
or shamed by their clutter.

Remember:

Its just *stuff*....

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## ACKNOWLEDGEMENTS

Two terms are used interchangeably through this book: *psychic debris* and *head trash*. The first time I heard the term *psychic debris* was at the Agape International Spiritual Center in Culver City, CA. Reverend Michael Beckwith described how the negativity of psychic debris keeps us from finding our path. Ann Connor, business coach extraordinaire, introduced me to the concept of *head trash*. Starting out as a business owner and entrepreneur was scary but Ann helped me put my new journey into perspective.

In my work as a professional organizer I witness first-hand the crushing weight of negative thinking on the lives of some of the kindest, smartest, and most cluttered people I have had the privilege of working with.

My mother has given me the opportunity to work with her on her own de-cluttering projects and I thank her for that. She's a talented, intelligent, and all-around awesome woman and I appreciate her many gifts. My dad, a clinical psychologist, has offered me valuable insight about some of the challenges my clients may be facing in the process of uncovering, discarding, and discovering the stuff beneath the surface.

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Regina F. Lark,  
Los Angeles, CA  
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## INTRODUCTION

I'm a professional organizer. I help people clear the clutter that surrounds them so that they feel better not only about their spaces but also about their lives. When I started this business, I truly thought I was just going to do garages, closets, drawers, and underneath sinks. As I moved deeper into this work, I began to see the relationship between how people talked about their lives and how they described what was or was not happening with them. I would look around their spaces as I listened to how they were describing what they thought about their things. I heard how people talked about feeling stuck in their lives as I opened their closet doors. Things would literally fall down on me! It was an interesting way to strategically see how people thought about who they are, how they're walking through their day, and indeed, their own relationship with self. I realized that clutter – and de-cluttering – is all about relationships!

You have many personal goals and some professional ones. As you start moving through the work of de-cluttering your spaces, you may find yourself tapping into your body, mind and spirit. There is a strong interconnectedness between how people *walk* through their lives, how they *think* about their lives, and what their connection is to the things that surround them. When we're not feeling right with ourselves, when we're feeling as if we're stepping into chaos, every step has a huge impact on how we're going to walk through our day.

*Psychic Debris, Crowded Closets* is about how the stuff in our head and what's under our bed crowd us and we feel

hamstrung by them. So however you define clutter and however you define ways that you're not able to move forward, this book is for you.

Let's begin this journey together.

## SENSE OF SELF: MEDIA AND HEAD TRASH

Your brain can be a powerful tool or a staggering enemy. It can uplift and elevate how you think about things just as easily as it can disparage and deny the goodness that's around you. We tend to wear negative thinking as protective armor, shielding us from doing the important work of transforming how we think about who we are and how we manage.

One of the most important and most profound statements I've learned is this:

*The only thing over which I have control in my life, in the universe, on the planet, in both my personal and professional relationships, is how I think about those relationships.*

My mind is so powerful! It allows me to elevate or put down Regina or the people around me at any given moment.

I was looking in the mirror one day after showering. You know how you get out of the shower and stand in front of a mirror and pick yourself apart? I can do that with the best of 'em! I was staring at the new age spot on my face, the one near the new line on my left ear lobe. I was so critical! Everything about me looked old. I wondered, *Why can't I just look at myself and say, 'Wow, nice shoulders, Regina,'* and move on? Why does the negative hit me quicker than anything else? And then I began to listen, to really hear, every single word that came out of my mouth when I would

describe my life. I needed – and had the power – to change how I thought about myself. When I look at the Regina in the mirror, I need to look at the good things, the positive things, about myself.

I really believe we're conditioned from the moment we leave the womb to think that there's something wrong with us, especially with media ads on television, on billboards, and in the magazines we read. So we end up surrounding ourselves with the things that are supposed to make us feel better. We are actually subjected to over three thousand messages a day telling us that there's something wrong with us and that there's a product that can make it all better.

I do a lot of networking and often come across people selling anti-aging products, as if we could stop this process. Constant negative messages surround us both socially and culturally. Our subconscious mind believes every single thing we tell it about ourselves. As a result, this negative thinking, the way in which we continually criticize ourselves, is absorbed by our brain and then owned by our subconscious. There is a huge connection between the internal baggage of negative thinking and the external baggage of having more than you need. I will explain further and break this down for you.

These negative ideas are what I call *psychic debris* or *head trash*. They're terms I use to describe the stuff in my head that tells me that I can't do something, that *X* is not going to happen, that I'm too much of this, not enough of that, too old, too fat, that I don't have enough education, blah, blah, blah! We're constantly filling our heads with trash, with really negative images about how we perceiving ourselves.

I'm here to tell you from personal experience: you begin to believe this stuff!

I started my organizing business in 2008. I'd never started a business before. After all, I have an academic background and worked on college campuses. *Somebody* at some college or university always signed my paycheck. But one day, after a fairly contentious period of time, I was laid off from my position as a director at UCLA Extension. I understand now that it really wasn't the right job for me and I had been trying to get out of it for several months before I was actually laid-off. Oh how the Universe works!

The day I was laid off, I felt so thankful, so free, even though I had no idea what I would do. It was the first time in my life that I didn't have the next thing to go to. What was I going to do? I have long been a positive-thinking person so there was no doubt in my mind that whatever I was going to come upon, whatever I was going to land on, I was going to be a success. There was no other option. But I had to create a depth of intentional positive thinking that I could draw upon with every breath, every moment, every single day.

I had to define to myself what success is. I started working with a business coach. Some negative stuff had been creeping into my language, such as "I don't know how to do that. How do you market that? I don't understand how to write a business plan." My business coach started telling me how the head trash was going to bring me down. Even though I have a very positive outlook on the one hand, I had these annoying doubts about what I could and could not do on the other hand. So I changed my language about



