

Psychic Debris, Crowded Closets: The Relationship Between the Stuff in Your Head, and What's Under the Bed

Winter 2019

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*~ All you need to know, you know already; All you want to be, you already are.
Francis X McGuire*

Week 1 (January 7, 2019): *The relationship between the internal baggage of negative thinking, and external baggage of having more than you actually need.*

Read: Pages 12 - 30

Discussion:

- Naming your psychic debris
- The “stuff” that feels “too much”
- Identify need v. want v. desire

Writing Exercises: Share what you learn

Week 2 (January 14, 2019): *Your words and your things: The story behind your psychic debris, and crowded closets?*

Read: Pages 31 - 57

Discussion:

- Making the connection between your psychic debris and the story of your “stuff”
- Our “stuff” as it relates to our past and to our future
- Shifting priorities

Writing Exercises: Share what you learn

Homework: Write a short story about your “stuff”

Week 3 (February 21, 2019): *Your words and your things: Identify that which no longer serves.*

Read Pages: 58 - 74

Discussion:

- Story time!
- Identify – what we really need v. what we really have
- The story of why we hold on

Writing Exercises: Share what you learn

Week 4 (January 28, 2019): *Shifting the Energy: From psychic debris to an affirming mind*

Read Pages: 75
- 91

Discussion:

- The power of affirmations
- Our “stuff” under a microscope
- Chronic disorganization and our brain
- Habits and routines

Writing Exercises: Share what you learn

Week 5 (February 4, 2019) *From cluttered spaces to a clear path*

Read Pages: 92 -
126

Discussion:

- Changing our relationship to time
- How long does it take?
- Roll up your sleeves: the physical act of de - cluttering

Writing Exercises: Share what you learn

Week 6 (February 11, 2019) *Moving forward: Supporting your goals*

Read Pages: 127 -
148

Discussion:

- Clear just 10 [then do it again!]
- Maintaining your cleared path

Writing Exercises: Share what you learn