



# PSYCHIC DEBRIS, CROWDED CLOSETS:

*The Relationship between the Stuff in Your Head and*

*What's Under Your Bed*

3<sup>RD</sup> EDITION

Expanded to include Affirmations for Clearing the Path, and a new chapter, "Making Time for Time"

REGINA F. LARK, PH.D., CPO®

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Go to [www.aclearpath.net](http://www.aclearpath.net)

To my chronically disorganized clients:

For all that you teach me,  
I thank you from my heart.

Remember:  
You are not your stuff;  
your stuff is not you.

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## ACKNOWLEDGEMENTS

### *FOR THE THIRD EDITION*

My company, *A Clear Path*, has expanded since the last printing of *Psychic Debris*. In these past three years, I've added two new divisions to my growing Queendom. *Silk Touch Moves and Relocations* provides professional de-clutter, pack, unpack, and organizing services. And launched this year is *Regina Lark Consulting*. As you'll read later in this new edition, I have spent considerable time focusing on matters relating to time management, productivity, and avoiding procrastination (pun intended). My new consulting business is designed to provide training and consulting for executives, managers, and their teams.

Two terms are used interchangeably throughout 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 with whom I have had the privilege to work.

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.

I am grateful for the mentoring of Ken Rohl and Larry Haas. Ken has been a great influence on my ability to focus, and to grow a healthy and successful business. Larry's guidance on presentation techniques, and conversations about all things related to productivity, provides me with the tools to step out as a trainer with confidence. Barbara Gottlieb designed and maintains my website, created all of my marketing and printed materials, and designed this book cover. Barb, your support and ideas keep me competitive and looking really good. And Ronni Sanlo, Ed.D – my BFF, Palie, kindred spirit - I could not be in the hands of a better editor and publisher. There are no words.

It takes a village...

Regina F. Lark,  
Los Angeles, California  
Summer 2017

## INTRODUCTION TO THE 3<sup>RD</sup> EDITION

*In the three years since the second edition of *Psychic Debris*, my clients have allowed me to explore with them their challenges with *time*, as in, “I don’t have enough time to ....” (fill in the blank), refer to their conundrum with time as *time management*. But one cannot *manage* time. Time is fixed. We are beholden to 24 hours in a day. It is what it is.*

I have observed that many people – from private clients, to audiences who attend my many “De-Clutter 101” workshops – have a lousy relationship with time because they can neither *see* time, nor *feel* time.

As such, I have embarked on a study of time, as time relates to the process of getting things done, checking off a “to-do” list, prioritizing, procrastinating, and achieving goals. Examining the work of Ari Tuckman, Judith Kolberg, Dwight Eisenhower, and Steven Covey, I have discovered that one’s relationship to *time* is significant especially in the process to clear their psychic debris and crowded closets. My exploration into matters of *time* relates so well to the material already covered in this book, that the topic deserves a chapter or two of its own.

Since the first publication of *Psychic Debris* (2011), I enrolled in an 18-month master's level program to become a student, and then expert, on Chronic Disorganization (CD). According to Judith Kolberg, co-founder of the Institute for Challenging Disorganization (ICD, formerly National Study

Group for Chronic Disorganization), chronic disorganization has three components: 1) the persistence of severe disorganization over a long period of time; 2) a daily undermining of one's quality of life by disorganization; 3) a history of failed self-help efforts.

My work in this area of chronic (and challenging!) disorganization means that I get to explain to my clients and audiences that a big reason for their clutter has more to do with the hardwiring of their brain than anything else. I have walked into countless homes where I hear these and similar sentiments by people describing the clutter and ensuing chaos that clutter may bring:

- I clean and clear but it always comes back;
- I don't know how it got this way;
- I must be really lazy;
- It's been this way all my life;
- I have a dozen organizing books but nothing seems to work;
- My mother and sister are just like me.

My training in CD has made me aware of my clients' lives *after* I leave each home. To ensure that we work toward maintaining their cleared spaces, we have to talk about shifting those very habits that ensure the clutter and chaos will return.

What I now know is this: to keep clutter at bay, two things must happen. First, change (or shift) the habits and behaviors that allow the clutter to thrive. Second, develop a new and better relationship to space and stuff.

The 3rd edition of *Psychic Debris* retains the initial messages: change your thinking and your relationship to clutter, and maintain your de-cluttered spaces with new tools and ideas. Included in the second edition is a chapter that explores more fully the challenges of chronic disorganization. The 2nd edition also introduced you to Ms. Max Wong, a former *clutterer* who discovered a unique way to clear the path which led to a community spirit encouraging others to become involved. Her story became the inspiration for our new Facebook community which we call *Clear Just 10, Then do it Again!* The Facebook URL is:  
([https://www.facebook.com/groups/clearjust10/?ref=br\\_tf](https://www.facebook.com/groups/clearjust10/?ref=br_tf))

By the time you finish this book, I hope you are so excited to start your de-clutter projects that you join *Clear Just 10*. You may share your space-clearing stories, upload photos of your stuff heading to a donation center, and encourage and support members of the *Clear Just 10* community as they deal with their own clutter issues.