

evolve

by Jennifer M. Blair

MAKE SPACE

In thinking about space, my first thought was to write about cleaning out the clutter in your physical spaces; getting rid of the things and stuff that no longer work in order to make room for something else. Often when people want more, new, different or upgraded things, they believe they need to make space first, only to realize months or years later, they have simply accumulated more unwanted or useless material goods that are collecting dust and encumbering a room. The cycle continues, and another clean out is needed.

Space is most often perceived in the physical realm, but I believe there are other areas of life that clutter is held. So in order to become freer and lighter in life, all spaces need to be considered which include not only the physical, but also the mental, emotional, relational, financial and spiritual parts. Space, which encompasses all of these areas, is the bigger vision and purpose of your life; the particles are the details, the fears, bad habits, patterns or the things people tend to get caught up in.

So, in order to create a rich, genuine vision, you must be willing to clean up the particles of your life and create space before adding something back in. Learning to include the pauses of life, spacing out for a while, letting go of any attachments, finding happiness with less, and being okay with the unknown are all important to the clean up process. It is in this stillness and spaciousness that new ideas can arrive easily and serendipitously, and greater possibilities can be born.

LIFE AREAS TO FREE UP SPACE...

Consider what you can do to make room for not only what you deeply desire but also for something better than you could possibly imagine at this point in time.

Physical Space Simplify, de-clutter and create a personal sanctuary in your home and office. What "things" are you holding on to that you really no longer need, or someone else could use more than you? Does your space inspire you or drain you?

Mental Space What do you think about on a consistent basis? Are you productive, positive and proactive in your thinking, or do you have a tape running in your head over and over again, only to find that you are not really resolving anything, but merely creating a bigger problem instead of truthful solutions? Don't let your unruly thoughts run the show. Get rid of the junk in your mind so that you can be intellectually engaged and openly stimulated.

Emotional Space How are you feeling today? Become emotionally intelligent and understand how your emotions drive your thoughts and actions. Learn to accept all of your emotions, as they simply are indicators that a change might be needed. Observe them, let them flow through and then use them to create inspired action. "This Too Shall Pass" can be a great reminder.

Relational Space Do you have real connections with people who honor you and vice versa? Perhaps you need to re-calibrate, re-balance or give someone space so each person can remain true to themselves. Let go of past relationship issues, defense mechanisms, masks and bad patterns so that you can allow more intimacy in a current partnership or make space for a new relationship to blossom. What firm commitment and courageous communication can you make to the people who matter most? Take time to have communion with those you love and care for... including yourself.

Financial Space Do you use your money mindfully? Are you maximizing your hard-earned dollars and being thoughtful with your money? Do you have debt that creates shame and guilt, or have you become financially dependent on someone else and don't know how to break free? Money is energy, so take the steps to clean up anything that is not positively working for you in this area, such as cutting frivolous spending, saving more, creating a financial plan or seeking sound advice.

Spiritual Space Do you feel connected to God or your Higher Power? Are you making the space to get spiritually grounded, be in the moment, tap into your intuition, and hear the small voice inside that sheds light in every life situation? Take time to get quiet, pray, meditate, worship, cultivate an inner peace, and renew Spirit. Real "inspiration" originates from this spiritual connection.

By making space in your life to deal with the painful disappointments, the heartaches, the clutter or unnecessary stuff, you can re-energize for the necessary work, and embrace the authentically creative version of yourself. The Reverend Michael Beckwith said, "We are pushed by our pain until we are pulled by our vision." Contemplate, imagine, get spaced out, have your head in the clouds, dream with your eyes wide open and move towards your life vision that is full of surprises and amazing beyond your expectations.

A COACHING EXERCISE FOR MAKING SPACE FOR A NEW VISION:

Using the above areas, commit to yourself to "make space" and then create a visual board or collage that reflects what you want your life to really look like. Daydream, journal, discuss your ideas with a friend, flip through magazines, surf the internet and then construct your Vision Board utilizing words and pictures to reflect your new authentic vision.

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