

# THE MIRACULOUS POWER OF CLUTTER CLEARING

## FREE 5-DAY CHALLENGE

Day 1 - What is Clutter & The Psychology of Clutter



"CLUTTER ISN'T JUST STUFF ON YOUR FLOOR—IT'S ANYTHING THAT GETS BETWEEN YOU AND THE LIFE YOU WANT TO BE LIVING." — PETER WALSH



with Karishma Sue Holmes & Davina Mackail



# WHAT IS CLUTTER?

Our homes reflect us. A tidy home more often than not means a tidy mind – a cluttered home can mean a cluttered mind.



It sounds simple, but a tidy and clutter-free home is not easy to attain because clutter is emotional – producing clutter is symptomatic of old, stuck emotions. Only when we understand the hold that clutter has on us, are we able to let it go.

Be gentle with yourself during this process as letting go of clutter can be like peeling layers off an onion.



Begin with the easy outside layers and then revisit areas over time, and eventually you will be able to let go of more and more.

One of the reasons we hold onto things is that we do not feel safe at some primal level. Whilst clearing clutter, it is helpful to constantly remind yourself that it is safe to let go.

There is no need to rush or strive. Go at your own pace. Listen inwardly. The body and the space always know where to begin.

# ☀️ WHAT IS CLUTTER, REALLY?

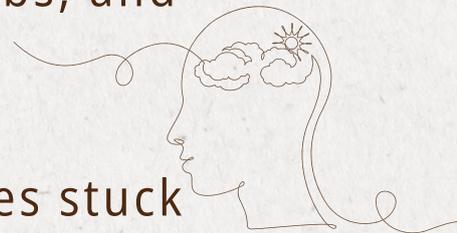
Clutter is anything that:

- You don't use, love or need
- Is out of place or disorganised
- Weighs you down mentally or emotionally
- Causes resistance, shame, frustration or fatigue



It may look like:

- Overflowing wardrobes, crammed storage or chaotic drawers
- Emails you avoid, bills you haven't opened
- Unfinished projects or broken items
- Gifts you don't want, but keep out of guilt
- Even digital clutter—notifications, tabs, and online noise



But on an energetic level, clutter becomes stuck energy. Often, clutter is linked to emotions we haven't yet fully acknowledged — grief, guilt, fear, nostalgia, obligation or unprocessed trauma. Clearing clutter is an act of healing. Of remembering what truly matters. Of choosing presence.



# CLUTTER BLIND SPOTS AND WHAT THEY MEAN

We all have them – those areas that bring up our emotional baggage at the mere thought of dealing with them. Some of the most common clutter hotspots are:



**Basement** – You are holding on to your past, too much attachment, fear of failure issues

**Attic** – You are preventing your future from fully manifesting, fear of success issues

**Clothing & Wardrobes** – Your clothes are your identity and image. Wear clothes that are the right size that make you look and feel great about you. Everything else is clutter.

**Photos** – You are scared that the good times are over. Holding onto photos suggests to your unconscious that you cannot re-create those and even happier memories in the future. Clear out photos of unhappy, past relationships. By keeping them you are telling your unconscious mind that you expect things to end badly.



# CLUTTER BLIND SPOTS AND WHAT THEY MEAN

**Bookshelves** – You are holding onto old, out-dated knowledge and fixed, rigid viewpoints. Keep heavier books on the lower shelves to prevent yourself from feeling overwhelmed. Create space on your bookshelves – donate to a library where you can re-visit them should you wish to.

**Make-up & Toiletries** – Make-up is your personal mask to the world. What does your face say about you? Is it fresh and current or old and out-dated? Any make-up older than a year is full of bacteria and not fit for purpose. All those extras that seemed like a good idea at the time are clutter.

**Unwanted Gifts** – You have a fear of being unloved, or would feel guilty if you dare to let something you don't like go.

**Garage** – You are blocking potential career opportunities (your garage offers a safe haven to the vehicle that drives you through life, but it's not a sanctuary if it's full of clutter).





# THE PSYCHOLOGY OF CLUTTER

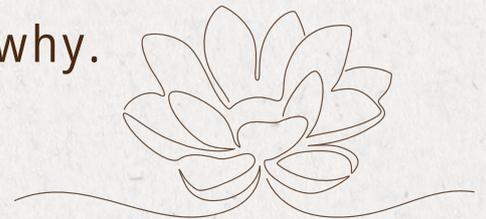
Clutter is often a reflection of our internal world. Here's how it plays out psychologically:

## **1. Emotional Holding**

We hold onto objects the same way we hold onto pain, guilt or memories. Clutter becomes a physical manifestation of what we haven't let go of emotionally.

## **2. Decision Fatigue**

Every time you look at clutter, your brain registers a decision that hasn't been made. Over time, this builds into low-grade stress and overwhelm. You might feel drained without knowing why.



## **3. Avoidance & Resistance**

Clutter hotspots are often areas we avoid—mirroring deeper avoidance in our lives. Tackling these spaces gently and intentionally can unlock profound shifts.

## **4. Self-Worth & Shame**

Cluttered spaces can trigger self-judgment, embarrassment and feelings of failure. These patterns run deep. Be kind with yourself. You're not lazy or messy—there's usually a story behind the clutter.



# THE DEEPER IMPACT

Clutter in the home affects the energy of your space. It can:

- Block creativity, joy and flow
- Contribute to anxiety and mental fog
- Strain relationships (especially when clutter is shared or resented)
- Prevent abundance and new opportunities from entering your life



# AFFIRMATIONS TO SUPPORT THE PROCESS

"I release the old and welcome the new."

"It is safe to let go."

"My space reflects who I am becoming."

"I trust in the flow of life."

"I choose peace, clarity and joy."





## CLOSING REFLECTION

This is not just about tidying.  
It is about freedom.  
Vitality.  
Empowerment.



As clutter clears, clarity arises. As space opens,  
energy flows. Life begins to move forward again.  
Every object released becomes a blessing.

Every moment spent honouring the space becomes a  
ritual.

May this challenge bring not only a tidier home —  
but a lighter, more radiant life.



# SACRED SPACE

**FENG SHUI, SPACE CLEARING & GEOMANCY  
ACCREDITED TRAINING  
12-25 Oct 2025, Welshpool, Wales**



## DAVINA MACKAIL

Hay House author, shamanic elder & feng shui maestra & teacher inspiring positive transformation with 'Wisdom that Works'.



## KARISHMA SUE HOLMES

Facilitator of transformation, shamanic healer & teacher, medicine woman; TV-featured feng shui/space clearing expert & best-selling author.

If you feel called to develop and apply your feng shui, space clearing & geomancy skills for your own life and facilitate this transformation for others, then join Sue and Davina on this richly rewarding journey.

- **Please note that spaces are strictly limited to 16**
- **Reserve yours now to avoid disappointment**
- **Bonus 1-to-1 reading with Sue or Davina to the first 6 bookings!**



**WhatsApp us  
with any questions**

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