

THE MIRACULOUS POWER OF CLUTTER CLEARING

FREE 5-DAY CHALLENGE

Day 4 - The Power of Purging: Letting Go with Love



“YOU CAN’T REACH FOR ANYTHING NEW IF YOUR
HANDS ARE STILL FULL OF YESTERDAY’S JUNK.”
— LOUISE SMITH



with Karishma Sue Holmes & Davina Mackail



RELEASING THE EMOTIONAL & ANCESTRAL ROOTS OF CLUTTER

By now, you may have noticed... this journey goes far deeper than “just getting rid of stuff.”

Clutter is not a personality flaw.

It's often a trauma response.

And it deserves to be met with compassion, awareness and love.

It's not only the individual objects, but the whole habit and pattern of clutter.

Today, we honour what lies beneath the mess — and gently unravel the fear, guilt, shame, grief, overwhelm and conditioning that may have caused it to build up in the first place.

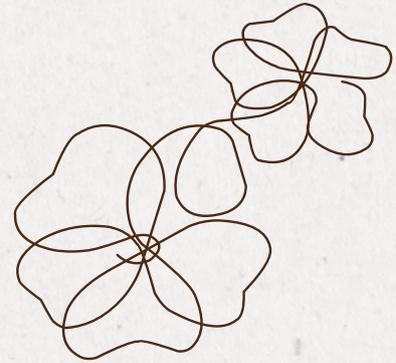


CLUTTER AS A TRAUMA RESPONSE

In our own healing journeys — and in countless homes we've worked with — we've seen how clutter becomes a form of protection.

It can arise from:

- Unprocessed grief
- A legacy of poverty or war
- A scarcity mindset inherited from family or culture
- Unhealed trauma and emotional overwhelm
- Fear of loss or abandonment
- Loneliness, disillusionment and heart-break
- Low-self-esteem and insecurity



The hoarding of things is often an attempt to soothe pain. If any of these points touch you, then you may benefit from creating a healing ritual to support your clutter clearing.

You can do this as an act of love and respect for yourself.

To prioritise clearing clutter and welcome more clarity, abundance and freedom into your life.



ANCESTRAL CLUTTER: THE INHERITED BURDEN

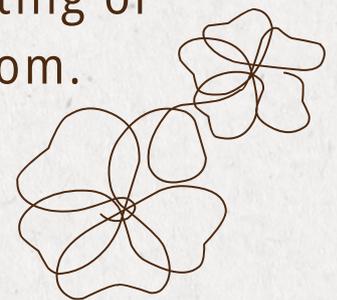
Sometimes, the clutter doesn't even begin with you.

You may be holding onto things that were:

- Inherited (passed down through generations)
- Gifted (with obligation or emotional strings)
- Kept as memorials (to a person, culture, or time now gone)

What we hold on to often reflects who or what we haven't fully grieved or healed.

Letting go doesn't mean that you are rejecting or dishonouring whoever you received this from.



You can:

- Recognise, acknowledge and thank them
- Receive the love that item represents
- Let the physical item go
- Give thanks for this beneficial release



THE PSYCHOLOGY BEHIND IT

“Clutter is a trauma response.” - Many chronic hoarders and clutter-collectors are not lazy or disorganised. They are wounded — by loss, scarcity, or survival conditioning. Their nervous systems are wired to hold on as a form of protection.

Trauma keeps the body in fight/flight/freeze, and clutter is like a freeze/fawn response — surrounding ourselves with “stuff” feels safer than the past trauma that is still with us in some way.

Clutter is a “protective strategy of the dorsal vagal shutdown or survival brain.”

You may recognise some of these survival beliefs, that tend to come from fear, stress patterns and ancestral imprinting.

- “I paid for it, so I have to keep it.”
- “I might need it one day.”
- “It’s too good to throw away.”
- “It was a gift — it would be rude or disrespectful to let it go.”
- “My parents lived through war & rationing — we were taught to keep everything.”
- “Waste not, want not.”
- “I’m too busy, I’ll do it later”



SELF CARE

Our homes connect to our primal need for shelter and safety. There is also a correlation between our relationship with our bodies and our relationship with our homes.

Know that what you are feeling may be linked to a trauma from your past, youth, childhood, as a baby or in the womb. This trauma may have been passed down to you from generations of your ancestor's times of poverty, war, exploitation, abuse or famine.

Having a lot of clutter, can make us feel embarrassed and ashamed to answer the door, allow people to visit us, and to be fully seen.

By realising that clutter is related to trauma, we recognise the need to hold space for ourselves through the process of clearing, with awareness, love and compassion:

- Seeing your clutter
- Feeling whatever stories, emotions and patterns this may relate to
- Making the decision to let it go
- Actually releasing it
- Acknowledging post clutter-clearing feelings

THE POWER OF PURGING: LETTING GO WITH LOVE

Here's a Three-Step ritual to help you to release any clutter that brings up strong emotions. Decide whether you prefer to do this alone, or supported by a friend.

STEP ONE: CREATE A SACRED SPACE:

- **Create a home altar** for this process: clean and clear a shelf, window-sill or table. You may like to add a cloth, crystal, ornament, photo, flowers or anything else that feels sacred and looks beautiful to you. Keep it simple and clutter-free!
- **You may like to write some affirmations** here to support your process eg
 1. "It's safe to let go."
 2. "Every item I release makes space for joy & abundance."
 3. "I am lightening my load, inside and out."
 4. "I trust I will always have the abundance to buy anything I need."





- **Light a candle** (in a safe candle holder) with some incense that you like.
- **Open up sacred space**, with a prayer, calling in your angels, ancestors or spirit guides - so that you feel safe and supported.
- **Say your intention**. Say the words aloud, and speak from your heart eg: "I am letting go of anything that isn't truly loved and useful from my home. I am creating space for more love, vitality, abundance and freedom in my life".



PURGE TO EMERGE!

STEP TWO: HOLD SPACE FOR YOUR PURGE

Play some music - Perhaps something gentle and meditative with the 528 miracle frequency (or something uplifting and motivating, or silence if you prefer).

Open a window to let some fresh air move the energy. **Stay hydrated.**

- **Pause & Witness** - Hold each item in your hands. Take a breath, and acknowledge:

 What is it's story and who does this connect to?

 What emotions and feelings does this brings up - Sadness? Guilt? Shame? Anger?

 Where do I feel this in my body? You may like to place your hands there.

- **Exhale deeply - consciously taking deep breaths and releasing any emotions as they arise.** It doesn't need to make sense. They might not be your emotions, but your ancestors'. Know that by acknowledging and expressing it, you are healing it.



- **Make sounds & shake:** If needed, you can also make sounds that express whatever you are feeling. Start with loud sighs, and see what comes. If tears come, allow them. If anger arises, you may like to bash some cushions. You can also stand up and allow your whole body to shake, until it subsides.
- **Speak your truth** (out loud if possible) - Share how you are feeling - to the person or situation that this connects to. If it still feels heavy, you may like to repeat the **Ho'oponopono prayer** a few times, until you feel lighter: "I'm sorry, Please Forgive me, I love you, Thank you".
- **Inhale deeply - consciously filling yourself up with light, love, peace and new potential** - use your intention and your imagination.

FREEDOM AND PEACE

STEP THREE: CLOSURE & LIBERATION

- **Gratitude** - If this resonates, Say: "Thank you for being part of my journey. I honour the memory, the lessons and love that you represent."
- **With reverence**, place the item(s) it into whichever box or bag it goes in (to be sold, recycled, binned or go to charity).
- **Cover and remove it as soon as possible**, so the release is complete.
- **Nourish and support yourself** - Tune into what you need right now, that will most support your wellbeing, eg:
 - 🌹 Have a cup of tea and a snack
 - 🌹 Wrap yourself in a cosy blanket and have a nap
 - 🌹 Dance to some uplifting music
 - 🌹 Sing a song or chant a mantra that you love
 - 🌹 Go for a walk in nature and get some fresh air
 - 🌹 Exercise - go for a swim, run, to the gym
 - 🌹 Have a hug - cuddle your pet, friend or partner
 - 🌹 Journal about your experience.
- **You may like to energetically cleanse and refresh your space**, with space clearing smoke or sprays eg sage, frankincense, rose or copal.
- **Close the sacred space before you leave** - say a prayer of gratitude to your guides, and blow out the candle.

Take care of yourself post clutter-clearing. You may experience:

Afterglow and elation as you instantly appreciate the benefits and notice magical transformation in your life.

Another wave of emotion - That's natural — and it's a sign of deep healing.

Tiredness - its a physical and emotional process, so take it easy, pace yourself and allow time to recover.

Pangs of regret or 'Sod's Law' - Sometimes we may have moments of wishing we had not given something away as we experience an occasion where it could have come in use after all.





- Remind yourself that the benefits of letting go far outweigh any clinging onto stuff
- Trust that you will always be able to replace it if necessary.

Stay Focused on what you are calling into your life!
You may like to

- Create a Vision Board
- Plant some seeds
- Buy something special to replace the clutter that represents the energy you most intend to manifest.

Remember: Every single item you release lightens your load and sends a signal to the universe that you are ready for something new!

 AFFIRMATION FOR TODAY

"I honour the past.
I trust the future.
I let go with love."



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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