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PREVIEW ONLY

Glossary

Glossary

Terms used in this chapter:

Behaviors - one's manners of behaving or acting

Beliefs - thoughts and ideas created from previous experiences and influences

Emotions - strong, generalized feelings; any of the various complex reactions, such as love, hate, fear, anger, etc.

Practical - adapted or suited for actual use; inclined toward or fitted for action or useful activities

Reading the Message - recognizing what our physical space tells us about ourselves

Someday - at some future day or time

Thought – the main thing you are thinking about

Participant Strategy

Participants are taught the following:

- To see the limiting behaviors in life
- How beliefs can become addictions
- How “being practical” influences our abundance
- How our "someday" attitude influences our lives
- How to recognize behaviors and emotions in our closets
- How this behavior interferes with what one is meant to have now.
- How thoughts and emotions interact

Reading the Message in Your Closet



How one keeps physical surroundings may reveal much about life.

Upon first observance you might notice the things jammed together in this closet. This person does not know how to let go and keeps everything at hand, whether it belongs or not. “Might use it some day” seems to be an underlying theme. This environment may suggest survival and getting by.

It is easier to hang onto outdated things than face the emotional truth. Life magazines neatly boxed might have to do with “Clinging to Life”. The closet may indicate “Hanging on for dear Life”.

Notice the camping equipment hidden about. This may suggest camping out in one’s bedroom and life. There is no room for being present. This may indicate one does not have personal boundaries and cannot say “No”.

Stuff that is collapsed and spilling over and projects left unfinished may be directly related to situations in life that you cannot handle. You may find your life is contentious and out of control.

Many items are not related to each other and may indicate this person is confused and disconnected from life. Items hidden away bury painful emotions and conflicts. It would be hard to make choices that forward personal joy. This closet suggests that this person cannot leave a space empty. Every corner is filled in. There is no peace or beauty.