



Your Spacious Self: Clear the Clutter and Discover Who You Are

Stephanie Bennett Vogt

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IT'S A JUNGLE . . . IN HERE!

Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears.

Our clutter often becomes another member of the family that we feed, house, and lug around. In "Your Spacious Self," author and professional space clearing expert Stephanie Bennett Vogt shows us that it's not our stuff but the holding on to it that creates a force field of stuck-ness that clouds our perceptions and paralyzes our lives.

Clutter is not just the junk spilling out of the closet. It is anything or thought that prevents us from experiencing who we truly are. With daily tips, meditations, and a decluttering checklist, "Your Spacious Self" will show you how to:

CLEAR THE CLUTTER in your home and in your life
REVEL IN YOUR OWN SPACIOUSNESS, a place of stillness and joy
LET GO OF THE PEOPLE, PLACES, AND THINGS that no longer serve the joyous being that you are

Radical in its message and elegant in its simplicity, Your Spacious Self offers a new model that combines the ancient wisdom of space clearing with the modern practicality of clutter clearing. It teaches us that clearing is not just something we do but is also a powerful way to be--one small step, drawer, or moment at a time.

Your Spacious Self: Clear the Clutter and Discover Who You Are Details

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Stacie Vaughan says

I like self-help books and I have to say that I enjoyed this book. It was easy and fast to read and the concepts were explained in plain English. I like when things are kept simple so I can understand it better and not sit there and go "huh?". I actually had many "a-ha" moments when reading this book and thought it all really did make a lot of sense. I have a better understanding of myself and why I tend to hold onto things that I no longer even need or want. I see now how clutter can really hold you back and I like how this book explains how to change it.

I did a few of the exercises in the book and definitely felt a change after doing some of them. When I clean out a closet or drawer and finally throw stuff out, I really felt lighter and a positive energy shift. It's such a nice feeling to have and I felt motivated to keep working at my place, one room at a time. I'm still working on it, but I know it's not something that can be done overnight.

This book is for everyone whether you are a pack rat or neat as pin. The author explains both physical and emotional clutter and how to rid yourself of both. I recommend you read it and see for yourself the positive changes you can make in your own home and yourself.

Annburnett says

Clear your mind and your space with this inspiring book!

Deb says

The type of tome to revisit from time to time as a refresher. Offers practical strategies for balance and clearing both internal and external clutter. Loved the recommendations of self-care near the end, to include stimulating your senses, forming a clutter clearance support group, taking yourself out on a date alone once a month, small and steady approach to clutter clearance, and doing something that makes your heart sing daily.

Cynthia says

I picked this up thinking it would be a book just about organizing, clearing clutter, etc. I thought, "Ok, I could always use some help with that!" But it wound up being so much more.

I love reading up on the principles of Feng Shui and, while this book doesn't mention those words even once, it really is about how getting the energy flowing in your home opens up your life for opportunity via attraction. The author is warm and endearing, and often humorous, and she walks you through one step at a time, so it is never overwhelming, even when you are digging deeper into your psyche than you had anticipated. Whether you think you need help with this or not, read this book with an open mind, be self

aware, and your life will improve in some way. I can honestly say that this book has changed the way I look at absolutely everything, and it resonated with me with in so many ways, as it was a culmination of interests and studies of mine that previously seemed random and unrelated. It has opened my eyes and my mind and I just can't stop raving about it to friends. I'll keep it around as a reference for life.

Austin S. says

A longer review later, but this is decluttering book that actual got me over the hump and I've been able to both implement *sustainable* practices and get more decluttering done in the last three weeks than I have in the last three years. This isn't "binge cleaning" reminiscent of diets (which all know by now do not work), but a soulful took at clearing space physically, emotionally, psychologically, and spiritually. I've even expanded the decluttering to social/professional realms and am anticipating mind-blowing effects. Many of the principles are not unique (e.g., only keep things you love or need and have a home); others are so simple (e.g., putting one thing away for a week) yet completely transformative. Making space is presented as a lifelong marathon and you are given useable tools to make space for your self and your soul for the long haul, not just for this weekend. I promise reading this will change your life. However, it may lead to letting go of things, people, and/or situations that you didn't even know didn't serve you.

Mary says

I'm doing a daily read/journal thing on the subject of clearing the clutter in your mind -- so wanted to read this along with the daily stuff. It's good, but I wish I hadn't gotten the CD because I listen mostly in the car and can't write down the journal prompts at the end of each section.

Kat says

Clear Your Mind and the Rest Will Follow

This book gives good advice for the person whose clutter is a manifestation of their internal struggle. Basically, Vogt gives advice on how to clear the mind and spirit to allow a clearing of the clutter to follow.

Lindsay says

I got it as audiobook and now that I finished it, I realize I actually need it as a book. This book is about clearing the clutter but it goes beyond stuff in the house. It's also clearing your connections, your mind, clearing everything! The reason why I want it as a book is simply because I can reread some things. Every chapter has writing prompts too and in book form it might be easier to get back to these questions to journal them out.

Julian Pecenco says

This book was not at all what I wanted or needed at this point. I was expecting a book on decluttering based on the title and description, and was actually very much looking forward to reading it. Instead, it was highly metaphysical, and each tiny chapter was essentially identical to the previous tiny chapter with a few words changed. It's probably great if you're looking for a book on meditation as it relates to decluttering, this might fit that bill.

I fully recognize the mental/emotional aspects of decluttering and how critical it is to address those of one is to make any lasting progress. Indeed, a book that doesn't mention the emotional side of decluttering is pretty much useless to me. Alas, this book had the opposite problem. It rarely actually mentioned the "stuff," making it very difficult to relate her concepts to the actually purging process. (And yes, I know it's "not about the stuff," as the author writes, but this was so disconnected from it that it lost all meaning for me.) It seems as though the book is a summary of her workshops; perhaps something is lost when not actively participating person.

Much of her method involves journaling. I actually use journaling as a large part of my decluttering journey, but this book still did not resonate with me. Again, it felt as though the same tiny chapter kept getting repeated over and over, and I forced myself to plow on adkept waiting to get to the meat of the text. Halfway through, I realized that clearly was the point of the book, and decided to shelve it.

If you are someone who is moved by metaphysical concepts, this method might work for you. I clearly need something at least a bit more hands on.

Tim Larison says

Clearing clutter is a very popular topic these days. The National Association of Professional Organizers (NAPO) says on their website "The professional organizing industry has grown steadily in recent years as Americans and others all over the world attempt to gain better control of their lives." In the midst of the wealth of advice on how to get organized comes a new book by Stephanie Bennett Vogt that gets to the root of the problem – "Your Spacious Self: clear the clutter and discover who you are".

Vogt's book is full of practical suggestions. I liked one chapter where she gives a game plan for sorting through all the extra stuff that you may have accumulated over the years. Vogt recommends sorting your goods in four main categories: "Stay", "Go", "Throw", "Don't Know". She breaks down each category into sub categories. In the "Stay" category there's a place for "Stays Put" things – "this is stuff that may need a little weeding and fluffing up, but it remains in the current home," she writes. Another subcategory of "Stays" is the "Tolerations Pile" – "possessions that you want to keep that need fixing, finishing, or upgrading" belong here. Read Spacious Self for a complete description of the categories and sub-categories. I followed Vogt's advice and it helped me sort through some unneeded electronics that had been collecting dust in our home.

Your Spacious Self is far more than your typical "organize your house" book, though. Vogt addresses the spiritual aspect of clutter. "We do not need fixing," she writes. "The core of our being is not broken. We humans are simply out of touch with our true selves and out of balance. And by extension, our homes and world are out of balance because we are. Not the other way around." She emphasizes the three "R's" in

getting rid of our physical and emotional clutter: “Clearing raises awareness. Clearing releases attachments. Clearing reveals a spacious part in us that has been there all along.” As I was reading “Spacious Self” I found myself thinking, “wait a minute! This isn’t just a book on organizing my stuff. There are lots of valuable life lessons here.” Emotional clutter is just as inhibiting as physical clutter, if not more so, and in chapter after chapter Vogt gives suggestions on how to clear this insidious type of clutter, too. Emotional baggage that prevents us from living a life of freedom and joy.

Each chapter has detailed step by step procedures to follow in a “Clearing Practice” section, followed by “Clearing Journal” exercises – questions to ponder on what was presented earlier in the chapter. Take the time to do the journal exercises and you will get even more out of Vogt’s book.

I’m still working on the emotional clutter that came to my attention in reading Your Spacious Self. “There is no replacing the wisdom that comes from living life in present time, embracing the shadow when it shows up, and entering each moment with innocent curiosity,” Vogt writes. Her book is a wonderful guide for releasing attachments to the physical and emotional baggage we all carry around. It is the best book on clearing clutter that I have read.

I received a complementary copy of this book for review purposes. The opinions are completely my own based on my experience.

Rift Vegan says

I got this book because I am taking SBV's year-long class (A Year to Clear). I was thinking it would be a supplement to the "daily drip" lessons I'm doing. Unfortunately, I jammed thru the book so fast and skipped the lessons... well, I feel like I need to re-read, at a slower pace!

I must say, tho: I do like her approach and I'm trying to add a daily practice of clearing to my life. I am so happy for the opportunity of her year-long class!

Nicole Mulder says

I anticipate coming back to this book over and over for refreshers on action items and food for thought. It's not just about how to clear clutter in your home or office, but also about why you have clutter in the first place. The book contains good exercises to help move you through the process.

Tip: It can easily be added to your light summer reading. I'd recommend starting the beginning of summer and tackling one section per week for 6 weeks.

Jane says

I abandoned this book. It's a shame because I liked it at first, but then it seemed to change course. I didn't like that it delved into metaphysical justifications for actions and had journaling and quizzes to complete. While I'm sure there are many for whom this would appeal, this science person didn't find it engaging. I much prefer "It's All Too Much" by Peter Walsh.

Tami says

You've lost your keys, again. By the time you manage to find them, you're late for work. Then some jerk cuts you off in traffic. From here, the day just seems to get worse. Does this sound familiar?

When it comes to clutter, most of would prefer having a clean, organized house. We'd like nothing more than to find everything that we want, when we want it. The problem is that with the chaos of our daily life, tidying just isn't a priority.

Your Spacious Self makes the process a lot less painful. It's amazing what picking up a few papers or cleaning a cupboard each day can do. It's actually quite freeing, not to mention much easier to find those missing keys.

Laura Lee says

Some good ideas.
