

**Clearing Clutter with EFT**  
**How to Have Less Clutter and More Abundance**  
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Is clutter filling your home, office, mind, body or social life? When you have clutter of any kind, you suffer from “energetic” clutter, which makes you less clear, and interferes with attracting abundance into your life. In this article I will talk about where clutter comes from, how to release it, and lead you through several specific **EFT exercises** to help you release these patterns.

**What Kind of Clutter is In Your Way?**

First things first -- identify the culprit that is interfering with your vibration. Is your clutter made up of books and paperwork? Outdated old clothes, or new ones you've never worn? Anxious or worrisome thoughts? Maybe you've cluttered your life with acquaintances and people who really don't belong in your life anymore. Maybe your mind is cluttered with fears and obsessions that you can't let go of... Maybe your body is cluttered with all sorts of extra pounds, pains, or other interferences.

**Where Does Your Clutter Come From?**

Many emotional “places” can cause you to develop a habit of collecting clutter. Identify what might have led to this habit or pattern in your life so you can aim **EFT** at the underlying emotional conflicts or events and effectively release the “need” to hold on to your “stuff.” I like to ask my clients the following questions:

- What purpose does holding on to your “clutter” serve in your life?
- How would you feel if you didn't have it any more?
- What's the “upside” of holding onto all your stuff?
- What would be frightening if you let go of some of it?
- What positive emotion does your clutter represent for you (love, security, comfort, warmth, wealth)
- What is the “downside” of letting go of some or all of it?
- What other family members also had a problem with clutter?

## **How Does Clutter Block Your Abundance?**

In terms of the popularized *Law of Attraction* theory, remember that the “Universe” hears our vibration -- our feelings, our overall mood, our desires. From these feelings, or vibrations, the Universe interprets what we want in our life and offers back to us more of what we are focusing on. So if your life or mind is cluttered with noise, static, stuff and chaos, your desires are not being broadcast clearly to the Universe! So it would definitely be helpful for your abundance issues if you could de-clutter your life.

Think in terms of “energetic room.” If you have 6 topics to cover in a telephone conference without an agenda or schedule, the discussion is not likely to be well organized or fruitful. If you could clear the clutter from your mind, you would be able to follow guidelines and get what you needed from the call. Regarding clutter in your life, if you let go of much of it, not only would you free up space in your mind, your home or office, you would free up energy that has been entangled with emotional needs and conflicts. Feeling clear emotionally will communicate a very different message to the “Universe” about what you want your future to look like.

### **Finding Specific Events**

While it can be very challenging to trace the habit of holding onto clutter back to a specific event, *if you trace the “need to hold on to” clutter to an emotion, then you can most likely detect some specific events for tapping.* If you might feel abandoned or lonely without all your stuff surrounding you, where does that come from? When else in your life did you feel abandoned? Then you may be able to identify a specific event:

**Karate chop point:** *Even though I felt abandoned when he left our family, and I’ve been trying to hold on ever since, I accept who I am and how I feel...Even though I’m afraid I’ll feel abandoned again if I let go of some of my stuff, I accept who I am and how I feel...Even though I’m afraid I’ll feel abandoned without all my belongings, I deeply and completely love and accept myself.*

**Eyebrow:** *I remember how I felt when he left...*

**Side of Eye:** *I still feel abandoned when I think of back then.*

**Under Eye:** *I don’t want to let go of my stuff.*

**Nose:** *Don't make me let go of my stuff.*

**Chin:** *I'll feel so lonely without it.*

**Collarbone:** *I'm holding on so I don't feel abandoned again.*

**Under Arm:** *I never got over that time in my life.*

**Head:** *I can't let go of my clutter and what it means to me.*

Keep tapping as many rounds as necessary to lessen the “charge” you have about being abandoned, and add your own words to match your life’s circumstances, until you feel ready to tackle another aspect of your cluttered life.

And what about how “useful” cluttered thoughts are for you? Are they serving you in some way to clutter your mind? I had a client say that she didn’t want to calm down her mind from all the “emotional clutter” as it would force her to look at the real emotional conflicts she knew she had been avoiding in her life.

**Karate chop point:** *Even though I clutter my mind because I'm afraid to think about the pain and lack I am feeling in my life, I accept who I am and how I feel...Even though I'm afraid to go there, so I clutter my mind with all these unfocused thoughts, I accept who I am and how I feel...Even though I'm afraid to let go of my clutter, I know what feelings might surface for me, I accept who I am and how I feel.*

**Eyebrow:** *I need my clutter to keep me busy...*

**Side of Eye:** *I don't want to let go of my clutter.*

**Under Eye:** *I don't want to feel my feelings.*

**Nose:** *My clutter serves me very well.*

**Chin:** *I need the “noise” and “static” in my life.*

**Collarbone:** *I'm afraid of what I might feel if I let it go.*

**Under Arm:** *It's not safe to let it go.*

**Head:** *I can't let go of my clutter or I'll be overwhelmed with emotions.*

Keep tapping as many rounds as necessary to lessen the charge on this fear, and add your own wording that feels accurate until you feel ready to tackle another aspect of your cluttered life.

Another client said that her parents always held onto useless junk because ***they might need it one day***. They did not have a lot of material possessions and there was an underlying fear that there would not be enough of anything...so better hold onto these little pieces of broken furniture and papers etc ***just in case...*** While she could objectively view much of the contents of her home and basement as “junk” she felt anxious at the thought of getting rid of any of it...just in case she might need it one day – an energetic inheritance from her parents.

**Karate chop point:** *Even though I'm afraid to throw anything out in case I might need it, I accept who I am and how I feel...Even though I might regret throwing something out, I accept who I am and how I feel...Even though I don't want to throw anything out, what if I need it some day...I deeply and completely love and accept myself anyway.*

**Eyebrow:** *I feel so anxious at the thought of throwing anything out...*

**Side of Eye:** *I don't want to throw it out, what if it's valuable?*

**Under Eye:** *I don't want to throw anything away, I might need it one day!*

**Nose:** *I feel uptight and anxious just thinking about throwing something out.*

**Chin:** *It's not safe throwing anything out.*

**Collarbone:** *I'm afraid of what might happen if I don't have it anymore.*

**Under Arm:** *What if I need it one day?*

**Head:** *What if it's valuable and I didn't know it?*

Maybe you have financial scarcity issues surrounding clutter. Do you have an inability to throw anything out that you paid “good money” for? This leads to people having closets full of outdated clothes that don't even fit.

They may be utterly useless, but you can't throw them out because you paid for them!

**Karate chop point:** *Even though I can't throw anything out because it's like throwing away money...*

Here are a few more recommendations for tapping for the underlying emotions around clutter. I recommend using "props" when you deal with clutter. For instance, when you look at your cluttered office or home, what feelings surface? Anxiety? Overwhelm? Fear? ***So while you are staring into the piles of paper or clothing or junk, start tapping until you can look there and no longer feel so paralyzed by it.***

**Karate chop point:** *Even though I feel so anxious just looking at all those piles, I deeply and completely love and accept myself anyway...Even though I feel overwhelmed and ashamed when I see my clutter, I accept who I am and how I feel...Even though I feel this overwhelmed feeling in my chest when I look at my cluttered room, I deeply and completely love and accept myself anyway...*

What about the trigger of having something taken away from you? I know many people who can't "part" with anything, since they remember an incident of a precious item from childhood being thrown out without their knowledge or permission. Tap on the specific event, and watch if anything happens on your intense "need" to hold onto so much extra stuff in your life.

**Karate chop point:** *Even though they threw out my favorite stuffed animal and I'll never forget it, I accept who I am and how I feel...Even though I still feel upset that they threw him away without telling me, I deeply and completely love and accept myself anyway...Even though I'm still angry about what they did back then, I deeply and completely love and accept myself anyway.*

And what about your body? Are you cluttered with extra pounds for some reason? Why are you holding on to the extra weight? What would it feel like to "throw out" all that extra body weight? Or your pains? Or a diagnosis that's "cluttering" your vibration?

**Karate chop point:** *Even though I don't feel safe letting go of these extra pounds, I deeply love and accept myself anyway...Even though I'm afraid of what's underneath the clutter in my body, I accept who I am and how I*

*feel...Even though I will feel so exposed without all this body clutter, I accept who I am and how I feel.*

Enjoy the freedom you will feel as you let go of the clutter in your home, office, body and mind! Keep tapping on every angle and emotion related to holding on to your clutter, and watch how peaceful and clear you become.

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Carol has many helpful products both for self help and for practitioners. She holds EFT training classes all over the US and Europe.