

# Reclaiming Your Space Class Notes

Presented at Sacred Money & Prosperity Pie Shoppe | January 7th, 2018

## INTRODUCTION:

Hi everyone, I'm Paula Nuspl. I've been a decorator for over 20 years, but one thing that has always bugged me about the design world is the lofty overtones, the pressure to follow 'fashion forward' trends and that only the well off had money and access to.

That is not my personal philosophy nor my decorating one. I believe you deserve to have comfortable, nurturing and supportive spaces that fill you with joy.

Your home is your most sacred space. A sanctuary. A respite from the rest of the world. When someone welcomes me in to their home seeking my advice on how to create the feeling their hearts desire, I feel deep gratitude that they trust me with their vision.

My specialty is working with women who are ready to fully embrace who they are right now and who they want to manifest and become.

Your environments impact you on a deep emotional level that you may or may not be fully aware of. Your space is a reflection of what you "feel" on the inside about yourself and what you think you deserve.

So today, we are going to talk about \*how\* to create the living and work spaces that will support you in becoming the best version of you so you can do the important work you need to do in the world.

Are you ready to jump in?

## DIGGING IN - GETTING PERSONAL

How many of you have had a major transition in your life that led you to want to come today? (see if anyone would like to share)

## QUESTION:

On a scale of 1-10 how much fear, overwhelm or anxiety do you feel right now?

Full disclosure, the reason I decided to offer this class is because I myself am going through a major life transition. I am in the process of a 'friendly divorce' but still a divorce all the same.

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I know what I am experiencing and feeling and I thought maybe there were other women like me who were feeling a bit all over the place and would like to know how to create some 'stability' in their lives during this time.

Whenever I feel like I need some 'control' in my life when things feel like they are going sideways, I turn to the things I 'can' control. Like my home.

You know that feeling of accomplishment and sense of peace you get (if ever so brief if you have kids/spouse/pets...you get the idea) when you kitchen is cleaned up? Or the laundry is all folded? Your bed is made complete with pretty pillows?

Well, we are going to talk about that but we are going to go much deeper.

First let's address what's really going on here to get a framework for where we are at.

When ever we go through a major 'thing', it is like a death and a rebirth into something new. It is full of pain and sorrow but also full of growth and new beginnings.

So consider the stages of grief: denial, anger, bargaining, depression and acceptance.

Denial: this isn't really happening to me

Anger: Why does this have to happen to me?

Bargaining: maybe if I \_\_\_\_\_ this will stop happening to me.

Depression: This is happening to me and my life is meaningless.

Acceptance: This happened to me. I am ready to take what I've learned and move forward anew.

So you might be somewhere on that continuum or all over it at different times.

grieving isn't a linear thing

one day you feel "I got this. I'm free to be and do all the things I never thought I could before" and then the next moment "Omg. How am I going to live like this?"

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It's totally normal.

If you are anything like me, you might be feeling:

Empty:

your relationship is gone AND

having to give up furniture, 'sentimental' items (clothing, jewelry, antiques, bridal gifts, vacation or travel souvenirs) or family heirlooms you were given or promised.

So now you feel like you have empty spaces in your soul AND your home.

Lost:

routines are a jumble

you feel in a haze or not sure what you 'should' be doing

new tasks you aren't used to taking care of or doing you now have to figure out how to do.

But here is the thing. YOU get to choose WHAT YOU WANT and HOW you want it. You get to craft a way that fits who you are in THIS moment. What may not be right or work for someone else or how it 'is supposed to be done' is of no importance. This is ALL ABOUT YOU NOW.

So how do you do that in your home?

you go at your own pace.

start layering in chores and routines for cleaning and purging that feel right in the moment.

don't go crazy and change everything at once you'll regret it.

honor your kids and your own grief process, if you go too fast it can have a backlash effect on everyone.

Feel it all so you can come to terms with it.

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you can't hurry the emotional process

(the lag between what your intellect tells you and what your emotions feel. What you "I know 'x' and I should feel 'x' but I feel 'y'".)

CLEANING, PURGING, LETTING GO:

Let go things you can, pack up things you can't for now  
have a close friend come and help you with this

Smudge and smudge some more.  
remove the negative and stagnant energy from your home.

the jumble of confusion and strong emotions can add to chaos

re-set and renewal of positive energy

grounded the space

Less stuff  
means less to maintain and clean

literally less energetic weight and actual load of 'things'

live with only what you truly love and brings you joy

Deep clean and organize what is left

cleanse your space and your spirit

again, have a good friend help you (wine, take out and laughter make this fun and a welcome distraction from the task at hand)

hire a cleaning service for a deep, all over, fresh start clean.

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## MAKING WAY FOR NEW THINGS:

don't just fill the space with 'whatever'

wait for the right furniture pieces to manifest (people do that too often and their home feels like it happened to them instead of them making it exactly what they want.

only bring in what is useful and meaningful

rearrange the furniture for new energy

move things from different rooms

use furnishing you have in different ways than before

create a new floor plan for better energy flow

use Feng Shui to create positive energy and flow in your spaces

Add more light

darkness leads to depression and hiding.

put accent lamps in every room with energy saving bulbs.

never walk into a dark room. light your way.

## WHERE SHOULD I BEGIN?

If ever there was a time for self care, NOW is the MOST important time. Feelings of being unlovable, guilt, remorse, anxiety about the future...mixed in with feeling like the world is out there just waiting for you and all the freedom and experiences that come with it...it can all feel depressing and manic ALL AT THE SAME TIME. Starting in these areas will give you a sense of nurturing, grounding, and a foundation with which to rebuild the amazing life, home and self you know you can have.

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First.....

The master bedroom:

new linens: sheets/pillows/duvet - bring in the divine feminine (Jan/Feb 'White Sales)

add 'luxuries' to your bedside

water glass and carafe/lotions/zen alarm clock/sunrise alarm clock

bed caddy for classes, books, kindle, journal

if room allows, create a reading nook

chair/throw/pillow/footstool/small table/lamp

expand your closet

take over theirs

spring/summer in one; fall/winter in the other

repaint the walls

manifesting altar for healing/love/self-care

candles, woman energy, affirmation cards

Next.....

The master bathroom:

deep clean your tub

create a spa feel

Aromatherapy: candles/soaks/bath bombs/lotions/oils/soaps in your favorite scents. Smells deeply affect your emotions.

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new towels: big, soft, cozy (and a new bathmat too)

robe and slippers

put your favorite facial products and makeup on a pretty tray

Then.....

The rest of the house:

create cozy venues for yourself

places to read, relax, journal, daydream, nap

repaint

inexpensive way to update

color changes emotions/feeling of room

walls are the most square footage you have

get rid of their chair or 'their spot'

put fresh flowers on the dining table and get new placemats and napkins

fill your house with music

Have a house warming party

you've honored what was

now it's time to open up let new life, energy, love and growth in your space

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## QUESTIONS:

Now, revisit your answer from the beginning of class. On your feelings. Has your number changed? Do you feel less fear, anxiety and overwhelm?

What is your take away from today? Do you feel like you have a direction and some ideas to begin?

## YOUR NOTES: