



TAPPINGQ&A

Pod #257: EFT To Clear Clutter

<https://tappingqanda.com/2017/02/pod-257-eft-clear-clutter/>

I recognize the fact that there is a huge amount of clutter that I need to deal with...It feels so overwhelming...It feels like it's never going to get done...Who knows what I'm going to find in those piles...I might be worried about what I'm going to discover...I also recognize the fact it feels like it is too much work...It is never actually going to get done...I am going to find myself stuck in the middle of this mess forever...I recognize the fact that if I take this a little at a time...If I clean this up bit by bit...Those small steps will make a huge difference...Every little bit of cleaning I do will move me closer to having this completed...Every bit of cleaning I do creates more space...It creates more movement...It makes my space more comfortable...Even if I only do some of this...It will make a difference in the long run...I give myself permission to allow that to happen...To see this as a gentle process...As I remove each little bit knowing I will feel better...I don't have to do this all at once...If I do this a little at a time I will be done sooner than I could imagine.