



A Soul of Business Success Article: Room To Grow

Creating Space for What You Want by Michele Lisenbury Christensen

It's likely you've heard of Feng Shui, the ancient Chinese art and science of managing the energy flow in an environment so as to maximize health, happiness, and prosperity for those who live and work in the space. I'll paraphrase some of my limited knowledge of Feng Shui: when there's junk in your corners, it blocks the energy. When you put furniture in the path that people (or energy) would otherwise take, you're gumming up the works. And when things aren't clean and well-organized, you're basically saying to the universe, "I can't take care of what I have, so don't give me any more!"

Forgive my over-simplification. I intend to give just enough scoop on Feng Shui to draw an analogy to my topic today. When you've got junk beliefs in the corner of your brain, long-held but unexamined, you block your good from coming to you. When you put resistance and busy-ness in the path by which your new (clients, love, opportunities, etc.) would otherwise reach you, you keep what you have and reject what you say you want. And when you neglect to continually finish old business and manage your energy leaks, or "bugs", you squander the energy you need to take the actions that will get you where you deserve to go. Making "Room to Grow" is like performing Feng Shui on your mind.

The Room to Grow worksheet that accompanies this article is available at www.theevolutiongroup.com, and it will help you shift beliefs and make room in your day for what you want. By reading this article, you'll learn what "bugs" are, how to find them, and how to squash them.

What is a bug? A bug is something on which you're spending energy unnecessarily. Bugs are incomplete projects that make you wince when you walk past. They could be broken or unattractive items in your home or office that you "haven't gotten around to" changing. Other bugs could be habits of yours or someone else's. Bugs can be past events or relationships whose memory still haunts you. Most people, pre-de-bugging, have over 200 bugs. For today, I'm just going to ask you to identify 50. Think you can't? Wait till you get started!

What's wrong with having bugs? Nothing's wrong with having them. They're completely normal. It's just that if you want more than you currently have, the energy to create more money, fun, love, happiness... whatever... will have to come from SOMEWHERE! I'm guessing there are lots of things you give energy to that you'd not choose to take energy away from. So I'm asking you to create Room to Grow by thwappin' bugs. You sure as heck won't miss them, and you'll have a burst of energy that's sustainable and real. Motivated yet?

How do I find bugs? They're everywhere, so all you have to do is start looking and recording. Simply knowing what most of your major bugs ARE will help you reclaim enough energy to start zapping some of them. Then, even more energy will come back to you! Where will you write your list of bugs? Get a clipboard or notepad and move around your home, work place, and vehicle. Notice what drains you. Notice what's out of place. Notice what might've suited you in the past but does not represent who you are or where you

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want to go. Remember: you're creating the future landing spot for your dreams. What kind of environment will they thrive in? Let's make your environment just the right place for them.

Create Room to Grow: Find and Zap Your "Bugs"

Check for bugs by walking through:

Kitchen * dining * closets/storage * entryway/porch * bath * bedroom * living room * garage * yard * car * office/workplace

Ask yourself:

- When I get up, do I like what I see?
- What projects are unfinished?
- Who would I feel uncomfortable running into?
- What would I be embarrassed for people to see?
- What do I want to change or eliminate?
- What would make this space more me? More fun? More functional?

When you've got your list of 50+ bugs (don't stop on my account! Keep listing!), ask yourself: "Which bug would be easiest or most fun to zap first?" Then zap it!

Next, ask, "Which bug, if zapped, would deliver me the most energy in the next month?" When you find that bug, it may feel rather daunting. Assign a Fun Quotient (FQ) of 1-10 to the action of zapping this bug, 1 being a drag and 10 being a blast. What could you do or how could you reframe the bug to increase the FQ of zapping it? Do this, then zap the big bug.

I'm guessing that by this point, you'll have some profound momentum going. You'll be a huge fan of zapping. One client of mine started zapping at 6pm and didn't go to bed that night, so excited was she at all the energy she was reclaiming by thwapping here and there at all the loose ends in her world.

Power Boost: You can supercharge your zapping by dedicating it to an important intention. "By this zapping, I am creating space in my life for (insert here: what you want in your life) and reclaiming the energy I need to (do whatever it is you intend to do). I consecrate this space and I dedicate my energies to (your intended new project or to a higher power or teacher)." Write or type out this dedication and place it where you'll see it both before and after the zap-fest. Give the newly vacated space time to fill itself with your intended new content, and continually affirm that your desires are on their way. Truly, you are creating Room to Grow.

I bless you and wish you joy and peace on this path. Please let me know about your triumphs and your questions. I can be reached at michele@successandspirit.com or 206.729.8497.

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Further Reading For Room to Grow:

"Creating Money" by Sanaya Roman and Duane Packer

This book is written by DaBen, as channeled by Sanaya, and contains many powerful exercises for manifesting more abundance and clearing energetic obstacles to manifestation.

"The Tao of Abundance" by Laurence Boldt

A follow up to Boldt's brilliant "The Tao of Making a Living", this (smaller, thank heaven!) volume contains many excellent exercises for clearing your blocks to abundance and becoming clear on what you do want and how you'll make way for its creation.

"The Medicine Woman's Guide to Being in Business for Yourself: How to Live by Your Spiritual Vision in a Money-Based World" by Carol Bridges

Long a personal favorite of mine, this book is an across-the-board reference for the Soul of Business Success.

Visit www.successandspirit.com or call 206.729.8497 for more resources.



The Soul of Business Success: Room to Grow Worksheet

Shift Your Limiting Beliefs

The beliefs listed below are some of the "greatest hits" I've run across in people's repertoire of beliefs that hold them back from having what they say they want. Your beliefs are your own creations, but they can be challenging to shift in one giant leap. So please use this form to gently coax yourself from your current belief to a new belief that would serve you just a wee bit better. You can ease this shift by articulating what the old belief has cost you and by asking your soul to speak its wisdom in response to the limiting belief. This is not an exercise; it is a daily practice. I continually upgrade my beliefs, and thereby upgrade what I manifest in life. This is a perpetual cycle, because you ALWAYS manifest your beliefs, nothing more and nothing less. Whenever you want more, it's time to upgrade your beliefs!

POPULAR LIMITING BELIEF (or your variation on the greatest hits)	How this belief has HELD YOU BACK	YOUR SOUL'S ANSWER to your limiting belief	A belief that would serve you JUST A LITTLE BIT BETTER
I don't have enough room/time/space			
I don't deserve it			
I can't handle it			
It would make me _____ (bad, less spiritual, greedy, narcissitic)			
I should be doing something else			
It'll never happen			
I don't know what I want			
Allowing myself to want this will only lead to disappointment			
I should've accomplished this by now			

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Condition Yourself With Gratitude

Nothing aligns us with what we want like the experience of gratitude. Gratitude enriches our present and refines our energy so that we resonate with the best things we are willing to have. By shifting your beliefs daily, you're cultivating your willingness to have. You can cultivate your delight by practicing gratitude. Each day, cultivate the experience of gratitude by finding 3 of each kind of blessing: blessings enjoyed in the present moment, blessings you trust are forthcoming (for which you give thanks in advance), and current challenges you affirm as blessings in disguise.

<i>Blessings Enjoyed</i>	<i>Blessings Forthcoming</i>	<i>Blessings in Disguise</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.

Make Room for What You Want

Room to Grow is a very simple tool, yet it's so often neglected as we "wish" for things to come to us. Want more business? Make time during your week to serve those new customers, and space in your file drawers for their information. Want an exciting new relationship? Make time on weekends to do fun and fulfilling things with that person, and go do them now! Want more money? Be intentional, conscious, and well-organized as you manage the money you have now. Finally, articulate your purpose for wanting this new accomplishment or manifestation. The universe's energy follows a clear purpose. Focus on WHY you are creating the space and how you and others will benefit, and the space you create will soon be filled with your heart's desires.

<i>I intend to make space for (DESIRE):</i>	<i>By (ACTION):</i>	<i>Because (PURPOSE):</i>

You can manifest anything you desire. The universe is designed to support you in creating life as you wish it to be, not for your benefit alone but so that we might all prosper in the highest and best ways. Continue to release that which no longer serves you and create room for your next, best adventures. Enjoy! NAMASTE.