



5 Tips to Clearing Your Sewing Space

- 1) **DECLUTTER** - YES! Decluttering is important. You do not have to strip down and reorganize everything. Clean up your workspace, your sewing table, your cutting table. Put fabrics that you are not using away. Just cleaning up the space you work in really clears the energy in the room.
- 2) **CLEAN** – Do a quick wipe down clean. Sweep your floor (or vacuum if you have carpet) wipe down your sewing table and your cutting table. Wipe off the bottom of your iron. Just these simple quick tasks clear any energy clinging to these physical objects.
- 3) **SMUDGE** – Use some white sage or palo santo to clear the energy in your room. Ask the smudge to clear away any negative energy and protect all within the space. If you do not like the smokey version a smudging, they do sell smudging sprays.
- 4) **GROUNDING** – Do a quick 5-minute grounding meditation in your space before you start working on anything. This helps center your energy and can also help with focus and clear mind chatter.
- 5) **MUSIC** – Put on some background music that makes you relaxed, happy and focused. Some gals (me included) like to have TV on in the background, but if you are intentionally energetic quilting I would not recommend that as it can be distracting and affect your emotions.