

Episode 0013

Creating a Vacuum

Show Transcript



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Presented by Dr. Gala Gorman
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00:04

Dr. Gala Gorman: It's important to recognize that when we apply awareness, we are going to see things that have been right under our nose all the time.

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict ... alive, alert, awake and aware of life's possibilities.

00:47

Dr. Gala Gorman: This is Episode 13. In the last episode, we talked about contentment and why it might just be a trap that you want to avoid being snared by. So, if you are embracing divine discontent and feel like you're getting a clear message that it's time to make a change, you may be feeling some fear. One of the big reasons we resist change is fear of the unknown. By proactively cutting ties to something we've been attached to, we are creating space for something new to come in. What if the new isn't an improvement? It's a valid fear that should be addressed. I'm Dr. Gala Gorman and this is the Awareness Addicts show.

01:27

It helps to know we're not alone. Everyone has experienced resistance even when their current reality is begging for improvement. As Awareness Addicts, we can learn from the stories of others that have lived through similar situations. This article will provide some insight to help apply what we are learning in this episode.

The article came from a website called Sparefoot.com and it was titled, "How to Get Your Spouse to Get Organized."

Hopefully, you see the problem with this ... even just the article's title. Because trying to get someone else to do something because it's what you want them to do is a bit problematic.

Peter Walsh of Spare Foot Blog is a professional organizer. He says, "Unfortunately, for many couples, the problem is that a mess can quickly become the basis for a fight." In a 2015 survey, he found that 48 percent of couples who live together say they argue over clutter, with seven percent arguing about it every day.

02:47 Obviously, this is a problem that has to be addressed. Apparently, he's got a number of books that he has written. He says that he doesn't believe in being organized just for the sake of being organized. He says that a lot of people find that surprising. I guess people ask him if his home is "totally" organized and he says, "It's not. It's not a mess, but it's a lived-in space that my partner and I are really happy with. I believe that organization is about making sure that the things you own help you live the life you want from the vision you've established."

03:31 Every couple needs to first decide what they want from their home. The question he asks you to pose to yourself is, "What do you want to feel when you step into a space in your house?" You might just look around or even tour model homes and get a feel for what it is about this space that either does or doesn't feel homey and comfortable to you.

04:01 He says, "Most couples that I work with can readily agree that they want their home to be calm, inviting, welcoming, relaxing, and a haven for them. Once a couple agrees on this, the question then becomes: Does the stuff that's in a particular space move you closer towards that vision or further away from it?"

In my own relationship with my husband, I generally like a tidy, well-kept home. But, my husband regularly leaves doors and drawers open. He doesn't typically leave them all the way open, although he can do that as well. But, he leaves them ajar, which is so annoying for me. I find myself constantly going and closing a door or a drawer. I'm not exactly sure why he feels like it's not important to close it all the way. My judgment is that he probably thinks it's a waste of time. It's closed enough and it takes less energy to close it ... and less energy to open it. But, that would be supposition on my part.

05:16

Another little thing that is a pet peeve of his is ... when you come home from a trip, he wants his suitcase unpacked literally within an hour. If it lands on the floor in the bedroom, it must be unpacked and put away immediately. I'll admit that I don't always get that done but because I know it's something that really bothers him, I try to be mindful. If I can manage it, I'll get it done ... if not immediately, at least fairly quickly. This is an example of situations where one person accommodates another person in their idiosyncrasies about how space gets managed.

06:12

Another example ... I really like countertops to look clean and uncluttered. We've got a big island in our kitchen. If I'm going to sit down and try to eat at that island, I don't want paperwork and things that just got dropped off when you walk in the door (like old mail) sitting around on the counter. That's another thing that my husband will typically do. He will come in and leave things there and they just accumulate. They build up over time. If he needs to sit and eat, he just moves piles around.

These are the kind of things that, especially when we are sharing a space with somebody, we have to learn to negotiate and respect each other's wishes.

07:09

There are things that I might like done a certain way. The decorative pillows on the sofa need to be just so. The throw

blankets that we use in the living room need to be folded and neatly draped over the back of the chair. My husband knows that this is something that is important to me. He will make an effort and take a few minutes to do that because it's something that's important to me. This whole idea of clutter and a space feeling really comfortable, relaxing, and homey is definitely an individual experience. I just wanted to put this out there so that you understand, as we're going through this, that typically, most of us don't live alone. We live with somebody ... even if that somebody is a pet. There are compromises that we have to make and negotiation that takes place.

08:20

Let's take a moment to develop awareness. This is something you can practice anywhere ... anytime. Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we're going to breathe intentionally. We'll start by breathing deeply into our belly. Breathe deeply ... expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let's do that again. Breathe in deeply ... all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we'll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides ... or you may feel it expanding your back. Just notice how that feels. You're stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

10:37 Should you proactively cut ties to something you've become attached to? If so, it's going to create space for something new to come in. This is sometimes referred to as a vacuum that the universe is on a mission to fill for you. This naturally produces fear, but we can meet it head on and redirect it ... if we don't allow it to control us.

11:00 I am going to refer to a concept in this episode called "divine decongestion." If you look to the definition of congested, it means not breathing easily. If I walk in to a really cluttered space, I don't feel like I can breathe deeply. There's an anxiety that it produces in me.

For example, if my desk gets a little too out of control, I have to stop and put things in order. Or, I really can't even be productive. This is something that you can experiment with yourself and notice how you feel when a space is really cluttered versus nice and orderly or well put-together.

12:05 Sources of clutter don't have to be just stuff. We can clutter our minds with thoughts or distract ourselves with clutter in the form of media, magazines, Facebook, and news on television. Keep in mind when you are thinking about

clutter, we are talking about a pretty broad brush here. The fascinating thing that you'll find when you become aware of your surroundings is that you will begin to notice things that have been there all along but you've become conditioned to them. You have kind of turned a blind eye to them.

12:57

If you've got a pile ... two or three things that need to be dealt with and put away, you'll find that when you start looking around for places that need to be addressed you'll think, "Oh my gosh! That pile has been there for six months or even years." It's important to recognize that when we apply awareness, we're going to see things that have been right under our nose all along.

13:34

So, what's this concept I referred to as a vacuum? It's a universal law, kind of like gravity. You just have to trust it. But, basically we tend to fill our lives to brimming over. We don't have a lot of room for more to come in. This is an example of something that, as you begin to work with this process of developing awareness, you will see how it works in your own life. It's going to show up a little differently for everybody, depending on the accompanying thought and behavior patterns that are going along with the way you do things.

14:30

What we tend to find is that there will be some stagnation in our lives ... something that we would like to see moved in some way or improved. This stagnation can be addressed by creating some space. Often the two don't really have to correlate. But, because of how these universal laws work, just creating the space is going to bring in something new ... new ideas or a new approach that will allow you then to blast through this "stuck-ness" in your life.

15:20

A vacuum is an empty space that is going to be filled. It's not a household appliance (it is that too but in this particular case, that's not what we are referring to). We are referring to an energetic void that creates an attracting energy of its

own. We want to learn how to use this vacuum law intentionally. We want to make sure that we are clear where we're stuck and how we would like to see things move forward or break through. And, we want to be looking for divine guidance. We talked in the last episode about divine discontent and accessing divine guidance.

16:20

As you start to identify places where this discontent resides, you know that there's movement that you want to take place. You can do some imagining ... what would your life look like as this crystalized energy breaks free and new and improved experiences have come into your life? There are number of authors that have talked about this process of creating a vacuum. One of the ones that I've really enjoyed reading is Catherine Ponder. If you want to learn more about these universal laws and how this could potentially work in your life, you can certainly turn to her books and some of those resources.

[You can find my favorite book by Catherine Ponder on Amazon.com by clicking HERE.](#)

And, stick with us here at Awareness Addicts. These are the kinds of things we're exploring every week and expanding our awareness and our understanding of ... how the universe works and putting it to good use in our lives.

17:39

What's your takeaway for today? One little "aha" and your time will be well spent.

Many years ago, I was contemplating leaving the field of professional accounting. In case you didn't know, I am a CPA and built a successful financial services firm with a partner ... but I felt stifled. I had been doing it for 20 years and started at a very early age. I knew something really important was missing from my life experience but I wasn't sure what it was. The message I received repeatedly was "leap and the net will appear."

It has been two decades since I left the firm. I can honestly say that my experience has not been without its bumps and bruises. And, I've wondered on numerous occasions where that net is. But, overall, I wouldn't go back. It was the right move, even if it required that I exchange security and the familiar for ... exactly the opposite.

So, I know this topic intimately. You can take small steps or a big leap. Only you know what's right for you. Either way, your faith is going to be tested! I definitely encourage you to give it really careful thought and consideration. Straddle two worlds if you can for as long as you can. If you can do that successfully as you are making change, it's going to make your transition much more comfortable.

19:18

Question: I have expectations for what my partner should give me. When it doesn't happen, I am disappointed and blame them for not giving me what I want. I realize this is an enormous waste of time and energy ... trying to get something from my partner they don't have. What should I do if they really don't have what I want?

19:40

Dr. Gala Gorman: First, thanks for submitting your question. Expectations are another one of life's traps ... especially when we have expectations of what another owes us. This is a lesson that you may have to learn in phases. As we mature, we go from expecting all of our needs to be met by our parents to becoming independent. For some, this process is interrupted ... for whatever reason ... and rather than becoming independent we turn our dependence to another person or people.

Most of us will admit that we didn't get everything we wanted or even needed from our parents ... and they were tasked with the responsibility for it until we were old enough to fend for ourselves. Why would we expect that some other human who isn't responsible for us or our happiness would do a better or more thorough job? It makes no sense yet you are not alone in buying into this lose/lose proposition. So, the first step in restructuring your expectations is to take personal responsibility for your life ... and your happiness. Your mantra might be "If it's to be, it's up to me." Work with this and stick with me to develop awareness. You're in the right place!

20:55

Announcer: Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting AwarenessAddicts.com/AA. In just a few minutes a day, you'll stop negativity in its tracks ... and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at AwarenessAddicts.com/Episodes. Don't waste another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

21:52

Dr. Gala Gorman: Now that we're proactively releasing attachments that are not serving us, we're naturally concerned about attracting

into our lives things that we would describe as improvements. There is an element of chaos that accompanies change. But even chaos has structure to it. It is orderly in its own way. Our work is to put things that we have control over in order to establish a pattern. It might sound a bit “airy fairy.” Trust me. It will make a difference and soothe the chaotic feeling that accompanies change. In the next episode, I’ll provide some easy and practical ways to create order in the midst of chaos. You don’t want to miss it.

22:32

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit AwarenessAddicts.com/Episodes. Thank you for tuning in.

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