



Clearing Clutter to Make Room for More Joy & Self-Love



De-Cluttering from the Inside-Out!

Introducing Radical Self-love & The New Feminine Archetype's guiding principles in our daily habits of cleaning and clearing.



Year of the Fire Monkey:

This year's Fire Monkey lends its energy to finding ways to get things done with a new found determination. It is a year in which you can add a lot of sparkle and magic if you

let go of the old playbook and let the playful attitude of the Fire Monkey help you swing into new ventures in new ways. Spring's energy to declutter can bring new energy and new found results for the entire year and is in perfect timing. Let's set into motion with zeal in our commitment to swing from one branch to another with ease and playfulness as we clean and clear our homes for this magical year of the Fire Monkey. There will be additional twists and turns along with the way as the playbook in the Monkey year is always about changing it up. Introduction of Radical Self-Love is the newest addition to this program.

Life always, always provides do overs and second chances, this is YOUR Do over opportunity to live in greater freedom as you lighten and brighten your life and home.

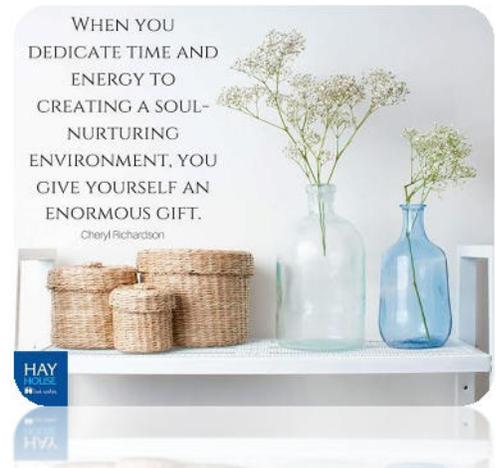
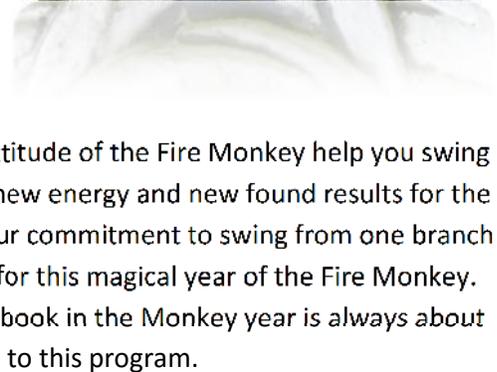
More about this 3-Month Program:

Clutter has far reaching effects on our body and mind and the emotional and spiritual aspects of our life.

There is a turning point on everyone's our spiritual journey from accumulating to editing.

The turn is really an opportunity to renew our passion to live in greater joy. But, we must get 'unstuck' from our own clutter.

Clearing clutter is transforming as it releases and transmutes negative, heavy, emotional, mental, physical and spiritual energy.





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This program aim and emphasis is “how” to clear the clutter that will energetically clean up stuck energy. And for this do over experience how to stay aligned to our JOY.

Every step along with way you will feel lighter, brighter, and happier, as you begin to live on purpose. Each month we will look one of the three de-cluttering steps.

In this 3-month Program You Will:

This Program is designed to help you to develop greater awareness, access inner wisdom as you create a sacred, beautiful and

comfortable home. You will learn how to:

- Boost your energy and re-connect with your authentic power and self-love.
- Learn to incorporate energetic clearing habits daily.
- Reclaim your space and raise your vibration to unearth new possibilities.
- Create “bright faith” (spiritual passion) as you connect with your higher guidance with the **house fairies**.
Yep! HOUSE FAIRIES THAT HELP YOU!
- Stake and Claim you birth right to be joyful and happy as you re-connect with your home.
- Keep your heart open to receiving greater self-love.
- Let go of the old patterns such as guilt & shame as you break down the wall of isolation.
- Release the daily stress of approaching, cleaning, clearing and clutter.
- Learn to establish habits that stop procrastination.

Each person will determine their level of participation.

Reminder: Small tweaks yield big results and consistency allows the law of momentum to work miracles in our lives.

Monthly Agenda



Month one: The first teaching call is overview of Today’s Feng Shui approach to clutter, what is it and how does it affect our lives. You will learn way to identify where you accumulate your clutter and how has it served you up to this point as you rewrite your own cleaning and clearing story. Week by week support to start and finish small projects daily and weekly as you support your projects with new habits of radical self-care that energetically clean up and clear our lives, inside out.



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Before: Spice Rack



After: Spice Rack



Month two: Building on step one in the second month you will start and complete one or several mid-level projects that continue to build your confidence for step three, a larger project called an Act of Power. A deepening of your commitment to add additional daily and weekly self-love and radical care habits continues to gain momentum or taking on a bigger project of your choosing for month 3. You will write your own act of power and outline a time line and action steps in mastering the art of Decluttering

Katherine will share several techniques including mindset strategies on how to de-clutter from the inside out. This may include de-cluttering closets, drawers, entry areas, garages, cars and even your own purse. At this point in the program emphasis is on providing the support, guidance and encouragement to release emotional and mental baggage that you have been carrying and to fully embrace new daily habits of radical self-love.



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Before: Serena's Closet



After: Serena's Closet



Month three: A big theme for this month is Personal Energy Management.

Now, with new confidence the previous months' focus is to step into a larger project of your choosing and continue the mission to complete it. Katherine will help and support you as you choose a special area or areas within your home to engage in a big de-clutter project.

Before



After



You will enjoy a monthly teaching call with a monthly focus of de-cluttering techniques with its corresponding Life Design (inner Feng Shui) and a live Circle call with Q and A time. Both are recorded for your convenience so that you can listen to them when you want.



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The calls are designed to teach you Feng Shui and Life Design- de-cluttering energetic tools techniques to help you develop a mindset for creating greater freedom.

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Here is what you get with this program

Private one-on-one mentoring calls with Katherine (3 month program)

Each month you and I will meet on the telephone for PRIVATE 45 minute personal mentoring sessions. 2 sessions are recommended but you can have more if available.

3 Teaching Calls with combined Sacred Circle which includes sharing how to de-clutter home, mind, body, spirit to cultivate connection to your higher wisdom and access to your deepest inner wisdom. Sacred circle will be added along with the teaching call adding 45 mins to the teaching call. It is designed as time to share and discuss your experience of applying the concepts /tools from the teaching call and to speak your truth. This portion of our call will not be recorded.

3 Templates of the Month

Each Teaching Circle call will be followed by a life design template of a chart, checklist, meditation or tool that you can add to your Feng Shui and Life Design toolkit that you can quickly implement.

Add-on to this program: 2 Radical Self-Love Calls.

These 15-20 minutes of introducing spiritual practices in self-love, and include meditations, visualizations, breathing exercises and many other practices will assist you in establishing that very important foundation for allowing a deeper experience of loving yourself more deeply. Some of these will be pre-recorded and some will be live. We will have Radical Self-Love calls the first 3 weeks of each month during the program dates.





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Your enrollment in this 3-Month Program Bonuses

(Valued at over \$1,000)

Bonus 1: Weekly blessings/prayers. (Priceless)

Bonus 2: Recorded downloadable Mp3 of monthly teaching call. (Valued at \$250.00)

Bonus 3: Meditations/exercise transcripts and/or recordings from the program (Valued at \$250.00)

Bonus 4: Private E-mail access to Katherine for questions and support.

Bonus 5: *Katherine will select a special gift* that is tailored to you that will support and encourage you-one at near the end of our program.

Yes, I am ready to create more space in my home and life for greater self- love.

For more information on this program and if it is a fit for you, connect with Katherine by calling:

208-850-0849 or 208-672-1649

Email: K@harmoniouslivingnow.com



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Katherine Allen

About your facilitator and coach: Katherine Allen is a Holistic Interior Design and Lifestyle coach. She is the founder of [www. HarmoniousLivingNow.com](http://www.HarmoniousLivingNow.com) in which she helps her clients integrates the power of place, with the power of mindset, Life Style Coaching, to create harmonious and thriving environments. She writes, speaks and coaches from Boise, Idaho where she lives with her husband, Jim and their daughter Serena. She is also the mother of adult children, Abel and Larissa and proud Grandmother of 3 beautiful children.

Here is what others say about working with Katherine.

Under Katherine's gentle yet powerful guidance, I learned how to make seemingly small changes in my home that led to amazing transformations in my life. She integrates the physical with the spiritual seamlessly. The process was full of joy and discovery and it felt completely natural to me, even though it was my first experience with life design or Feng Shui. – Peggy Jordan

I am so thankful to have you in my life. With gratefulness I want to acknowledge your personal greatness. I appreciate all that you are and all that you are becoming. I counseled with fine therapists for thirty years but with your mentoring and help I have gone light years ahead!

Katherine has incredible insights and awareness that are rare and very helpful. She is a very grounded and has well developed skills in a multitude of areas. Each experience with her is rich and rewarding in the areas you ask for her guidance and wisdom. Her programs have been a very positive addition to her offerings. I am a happier, wiser and more aware person thanks to her. –Jane K.

I am transforming my life at the age of sixty eight. It is the most wonderful gift! I am ecstatic! I HAVE A MUCH DEEPER UNDERSTANDING OF ME AND WHY I AM THE WAY I AM. Good things continuously happen to me now. It is as though the entire universe opens for me, shelters me, and leads me on to where I want to be. Sincerely, – Kathleen M