



Living God-Consciousness – 30-Day+ Transformative Experience

“Debriefing” Your Clothes

Practical Steps

- Create some space in your closet by selecting out clothes or accessories that you don't wear or use right now, especially clothes that are ragged and old, or clothes that simply don't work for you anymore.
- We suggest you have four bins, four bags, or make four piles:
 1. Clothes that you are **not** wearing right now, but that you want to keep and maybe wear at a later time. You can find a way to store these clothes so they don't hang in your closet. These are clothes that you may want to let go of in the future, and maybe you aren't quite sure yet.
 2. Clothes that are old and ragged and that, out of love and care for yourself, you give away to a **thrift store or charity**.
 3. Clothes that are in good condition but that don't work for you anymore. They might be nice clothes but have become unflattering for you, and when you wear them you feel they are not quite right. You are ready to let them go, and let someone else have them. These are the clothes that you can put in a bin or a bag and bring **to Kalind Mart**. Make sure these clothes are clean and in good condition.
 4. Clothes that are **seasonal**. If you have the option, you might want to store seasonal clothes in a bin, so your closet is not crowded with clothes you are not using.
- Maybe you want to decide that your clothes have only 2 or 3 colors that you feel drawn to at this time. Feel if this is a direction that you want to go in for the clothes in your closet.
- The goal is that you have clothes in your closet for all different situations, different occasions and moods: clothes for work, for meditation, comfortable clothes for home, outdoor use, sexy clothes, clothes to go out in. You can have whatever you need, but you can apply all the principles of “no more, no less”, beauty, calm, trusting God's abundance, etc. to this category. Kalindi Mart will help you find all of that.
- It's OK to be uncomfortable with having just a few pieces of clothing left once you "debrief" your closet. You will be able to find what you need that is completely accurate for you, at Kalindi Mart. Tolerate those feelings and trust *anyway!*