

# MasterClass with Donna Hartley

## Insight 5: Clutter Be Gone

### Clutter:

It affects you emotionally, financially, mentally, spiritually. Get rid of your clutter so you can focus on heightening your intuition.

- Get rid of it
- Recycle it
- Donate it
- Get busy

### Sugar:

Get rid of the clutter in your body and brain: sugar. Females should have only six teaspoons of sugar a day, while males should only have nine teaspoons.

5g = 1 tsp

30g = 6 tsp

45g = 9tsp

### Checklist:

- Meditate three times this week to Healing Meditations “Cloud Healing”
- Write in journal three times (the “ah-ha!” moments)
- Keep working on creating balance in your life
- Be positive with self-talk and visualization
- Buy *Fire Up Your Intuition* and begin reading
- Clean out two areas each week
- Count your sugars

### Insight of the week:

Clutter be gone! – *Donna Hartley*