

2023



the year of the rabbit

TOP 10 WAYS
to clear your space

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When I first started my business, I would spend so much time fighting, hurrying, and rushing to get things “Ready” for New Year’s. Then New Year’s would come and go and it didn’t feel like much of anything other than the changing of a calendar page.

A few years later, I was in a mastermind where I learned something that made so much sense to me– **While the calendar new year begins on January 1st, the ENERGY of the new year doesn’t shift until the Chinese New Year** (sometimes called the Lunar New Year). This lunar shift happens and THAT is when we experience the change in energy.

Each year we are given a symbol for the Chinese New Year and this year we are moving into the year of the rabbit! **The rabbit is a symbol of good luck. In Chinese philosophy, rabbits are also considered to be emblematic of patience.**

This year feels much gentler to me. Rather than having our energy and emotions mixed up in the energy of our external world, this year we will spend much more time looking inwards. We are tired of the chaos, the bad news, and the negativity of the outside world. The vision I’m getting for this year is our heads coming down a bit, our hands finding our hearts, and our eyes closing as we learn to go within ourselves. **We’re ready to look inward and learn about ourselves, while turning down the volume on things outside ourselves.** Doesn’t that feel so much better already?

A soft year ahead does NOT mean that the year will be without its bumps and bruises. The climate of the collective energy is still a bit nasty. Do your best to not let yourself get wrapped up in this energy, my friends.

To prepare you for this upcoming energy shift, I wanted to share with you some fun tips and tricks on how to prepare your space and embrace the new energy of the rabbit!

TOP 10 WAYS TO CLEAR YOUR SPACE

1 ROLL SOME ORANGES

Start the day by rolling oranges and coins to your front door. This is great fun for adults and children alike! This is a symbol of inviting wealth and abundance into the space all year long. If you have an office or business, you can do the same with you and your employees. I once did this at an expo with other exhibitors and we had a record-breaking show that year! You can also buy some extra oranges to set in bowls around the house for 9 days. This helps usher in that energy while removing the stagnant energy once they dry up. When it's time to dispose of them, throw them to the birds or compost pile, or make a simmer pot for even more energy fun.





2

CLEAN YOUR HOUSE

Just a good ol' basic cleaning is always a great way to start a new year, month, or even a week. Use the time before the New Year to get things in shape and cleaned up. Start with the areas that you use the most, most often your living room and bedroom. Wash sheets, toilets, sinks, etc. Do the best you can if your home tends to be overwhelming! It's the intention of setting the energy for a good-feeling home that's the most important!

3

LET THE GOOD VIBES IN

Open your windows and doors- ALL OF THEM! If it has a door, open it..even in the winter. Set a timer for 9 minutes. During that time, set an intention that all of that stagnant energy is heading out of your home. If you feel guided, sage the shit out of your house while walking clockwise on each floor. Don't forget the corners and darker spots of each room! After 9 minutes, walk clockwise again to close everything up, knowing that the old energy has left and fresh, new, light energy has taken its place for the year.

4

SEND OUT WISHES

Sit in your space and FEEL what it means to you - be sure to take your time doing this. What do you want it to be for you? What is its job this year? After reflecting, write down 9 wishes for the year and dedicate them in our newly cleared space. Sending out wishes after writing them down can be a powerful practice. Once they have been dedicated in your space, you can follow with a burning ceremony, if you feel guided.

5

GET NEW THREADS

Get a new outfit to wear and a new haircut to start out the year. There's nothing like fresh hair and a fresh outfit! Find something you feel fabulous in. You could do a new outfit, new jammies, or even new sheets—whatever you feel guided to. This includes new undies and bras, ladies! Some of you have not had new underthings in years!





6

GIVE MONEY IN RED ENVELOPES

This is one of the oldest Chinese New Year traditions, dating back centuries. Give gifts of money in red envelopes to family, friends, to service people, and anyone you'd typically give a monetary tip to. The looks they give you are fun, and you can educate them on a new tradition :) If you're a recipient of a red envelope of money, put it under your mattress to hold the energy of luck and prosperity..

7

PLAN A FESTIVE DINNER

Invite friends and family, or enjoy some precious alone time. Eat something you love and enjoy, such as your favorite meal or one that you don't typically get to indulge in. Or make a menu based off of family traditions and favorites! My family and I like to do steak and crab legs on New Year's Eve and on Chinese New Year. Choose food that makes you feel happy and abundant to celebrate the energy of the coming year.

8

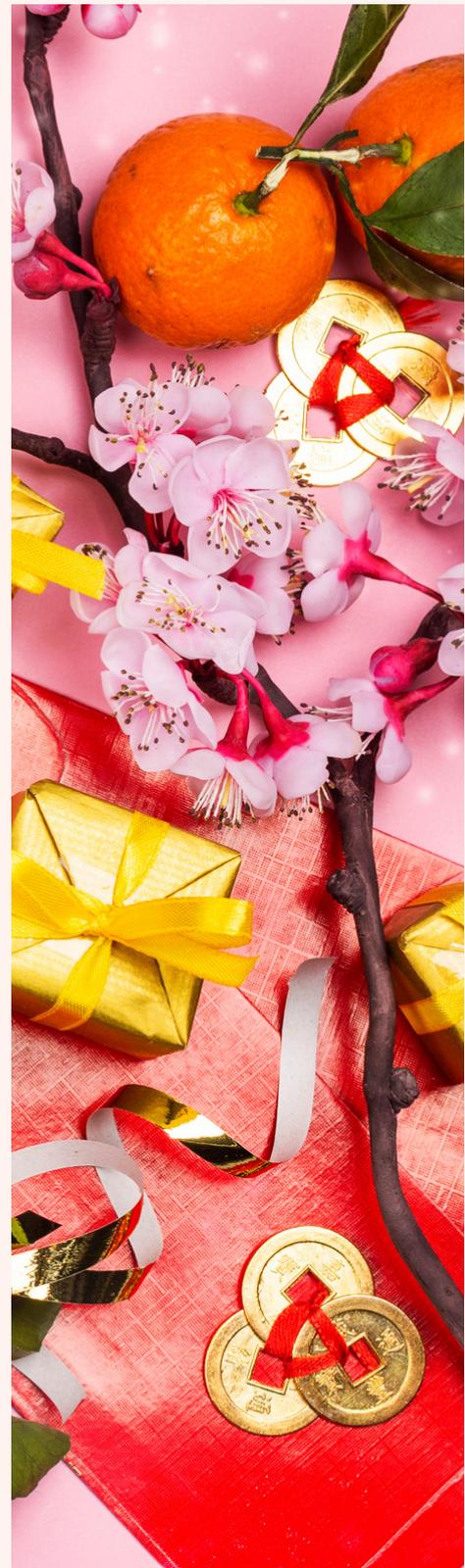
CLEAN YOUR FRIDGE AND PANTRY

This one is good anytime of the year, but I tend to feel this nudge every year around this time. Clean out the fridge and throw away any spoiled or expired food. Stock up on items that you use frequently. Go for fresh items if you can swing it. Wipe down the fridge with orange oil for that energy of abundance!

9

LAY IT TO REST

Make a list of things that are heavy on your heart. On a separate piece of paper, create a list of solutions or next steps. For example, if you're in debt, create a plan to pay it down, even if it's only \$5 a month. Any step forward, no matter how small, counts! Get it on paper and set things up. Once you're done, take your list of heavy things and burn them with the intention of setting them free and making room for solutions that are for your highest good.





10 **GET QUIET**

Spend the day of Chinese New Year enjoying as much peace and quiet as possible. Eat leftovers. Enjoy your already-cleaned-up home. Rest. Relax. Take a walk. Get quiet with yourself and your thoughts. Take this time to reflect and rest up because the New Year is upon us and that New Year's energy shift will be kicking things off in a good direction soon!

A NOTE ON PERFECTIONISM

Listen, friends. Sometimes things fall to shit despite your best efforts.. And that's perfectly okay! Don't get bogged down on the thoughts that everything must go perfectly or else you'll have a shit year. That's just not true. Your life is what you create from it. You might not be in a position to do everything on this list. Pick what works best for you.

Whether you do one or 10 items, what matters most is your intention.

HAPPY NEW YEAR, FRIENDS!

The most important thing to remember this new year is to celebrate your ass off! Have fun with this list. Enjoy, laugh, learn, and walk into the new year with music in your heart and mischief in your eyes!

Looking for more fun? Don't forget to join us for the Naughty Spirit Sassy Superpower class on January 31st! In this new 2 hour class, we'll explore the four personalities of the Naughty Spirit quiz in depth. You'll leave class with a better understanding of what makes you tick – and how you can use all aspects of your personality to live a more magical life.

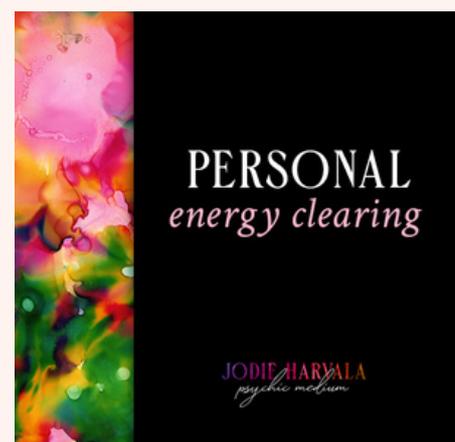
[TAKE THE QUIZ](#)

[JOIN THE CLASS](#)

Need some extra support for the New Year? Get a Home and Space clearing for your home or a Personal Energy Clearing for yourself. Check them out below.



[GET YOUR CLEARING](#)



[GET YOUR CLEARING](#)