



PURGING BOOKS

“Abundance Versus Accumulation”

Books often are false identity = past books or projects that you said you’d read but didn’t
(Weighed Down Versus Living Lightly)

- Read them but you didn’t take action
- Trying to please others
- Books that make you look good to others
- Books that are about “fixing” you
- Buying books to give to others but you never do

TAKE STOCK

- How old are the books?
- What beliefs and justifications do you hold about these books?
- What book holds memories vs. being in the now?
- What books are from “I should....”

ARE YOU DECEIVING YOUR SELF?

- I can’t let it go
- This is as good as it gets
- Someday I’ll repair the book
- I need it “in case...”
- It’s better than nothing
- Mom loved it, so why don’t I?
- There’s only one and I’ll never get another
- I need books to prove how well-read and interesting I am
- I’m going to get another to match it
- Hang onto it because it costs so much
- I got it at a great price. I am meant to read this.
- I have studied this for years.
- Hang onto books because you think they are worth something because you feel that’s the only value your life has
- I don’t know why I have such a hard time letting go. Books just are priceless. It’s so hard.

- What books hold memories vs. being in the now
- What books are from “I should...”?

BOOK SHELF

Evaluate condition of shelf – Jammed...books lying on top of books = life is being piled up
Put books into categories (ex., Favorite books)

EXAMINE CONDITIONS

- Can the book be mended?
- Is it worth mending?
- Do you have more than one copy?
- Does it fit what you are reading now?

MESSAGES WITH BOOKS

What your books say about you.

Unknown possible behaviors:

- Buys books but doesn't read them = doesn't complete projects
- Has too many books = book compulsiveness; not being connected; forcing own preference; not looking at the space
- Has books with torn covers = other things are torn apart
- books = you think they don't count; it doesn't matter; it's still usable
- Books jammed = no room for allowing in new books.
- Keeps covers on books when (books may be prettier than covers)
- As good as it gets
- Hanging on attitudes: Someday. It's perfectly good, I can make use of it
- Controlling situations to keep them even though you do not read them
- Guilt for not reading
- Books that are displayed on the shelf at different heights =there is no order; distracting design; life is up and down; inconsistent;
- Books that are scattered indicate things are

Books placed randomly without purpose:

- Getting by attitude
- Stuck, paralyzed, helpless
- Not completing attitude
- No identity
- Can't connect to things or others
- Survival attitude

Create accountable questionnaire form and interpretation.

Create formula for designing and planning a library.

Filling space because it's there; rather have what we don't want than have emptiness (empty and meaningless not driven by the past).

Compare each book to a radiating point—does it move, touch, and inspire you in the same way?

- Why do you want to keep this book?
- Does it move you forward with what you are committed to in life?
- Does it create space in your bookshelf? Does it fit?
- Does it enhance what you already have?
- Does the book inspire you to read it?
- Is there a flow with your books?
- Are your books there for your highest good?
- Do you hang onto a book because you are only interested in one small piece?
- Do your created categories of your books inspire you?
- What plan do you have for the book?
- Bringing life to your bookshelf is about being conscious in all areas of your life.
- Do you buy books impulsively and then keep them solely to justify your purchase?
- What books do you have about getting somewhere?
- What books are you dependent upon?
- What books occur as if you are living your identity outside yourself?
- Do you books uplift you?
- Do they produce beauty or clutter?
- Do you need extra bookshelves to hold the extra books?
- Are you setting up another shelf before you have cleared off the last shelf?

Begin to create conscious book buying. Do not be driven by addiction, covering up, or scarcity.

BOOKSHELF

What is the bookshelf made of?

Is the shelf inviting?

It is in a place that calls you?

What is its space?

Bookends

Why is my bookshelf there?

What is the structure to the shelf?

How does it allow for placement?

A beautifully displayed bookshelf expresses harmony and invitation.
Telling the truth about your bookshelf is in intimate experience

Editing is a key word

Bring life to your bookshelf

Steps:

- Remove all books
- Determine which books move and inspire you (if this is the case with all your books, then an individual evaluation of each book must be done).

DISPLAY

- Create a display that conveys a design that captures the message of the books on the shelves
- Each shelf depicts a theme of the books that are on that shelf
- Each display compels you to explore what lies between the cover of each book

STORY OF EACH BOOK

- What is the story behind each?
- How old is it?
- What is its condition?
- What does the cover look like?
- Why do you keep a cover on it?
- How many of the same book do you have?
- What memories?
- Who gave it to you?
- Do *you* really like it?
- Why does it touch, move and inspire you?

HOW IS THE COST OF HANGING ONTO OUTDATED OR UN-NECESSARY BOOKS SHOWING UP AS BEHAVIOR IN OTHER AREAS OF YOUR LIFE?