



Clear Your Clutter and Improve Your Life: 6 Easy Steps You Can Implement Today!

1) **Identify your clutter.** *Clutter is anything, you don't use or you don't love. It's also anything that drags your energy down. It is anything that is disorganized and out of place. It's also time spent on activities you don't care for or people you'd rather not be with. Clutter is stuck energy. It holds you in place and prevents new opportunities from coming your way. Clutter can negatively impact your health and finances, it can remind you of unfinished work and unhappy relationships ... among many other things. When you clear your clutter you begin to clear your life.*

Clutter includes: unwanted gifts; broken, disorganized or untidy items; too many things in too little space; unfinished projects, work, activities; junk mail; old email; unread magazines, newspapers, news-clippings; negative relationships; too many sentimental items, memorabilia, cards, etc.; unflattering photographs; piles of paper; inherited items that you don't want; too many books that you won't read again, audio-video recordings that you won't watch/listen to, music never listened to, etc.; contents of junk rooms, junk drawers; empty boxes; clothes you don't wear; time spent on things you don't enjoy' time spent with people you'd rather not be with ...and more!

2) **Identify your clutter areas.** *Does everyone drop his/her coat and shoes at the front door? Does the mail pile up on your kitchen counter? Are magazine stacks getting out of control? Is your attic overflowing? There is no place to move clutter ... other than out the door! Wherever your clutter is, it ends up blocking a key area of your life. It creates tension and stress. It limits your potential. When you de-clutter, you lighten your load. Your mood lightens and your emotions are uplifted. Your space is open to new possibilities. As a result, you are on a path to positive change. If you toss something out that you need again, somehow it will come into your life when you need it.*

3) **Choose an area that relates to current events in your life.**

Wealth & Abundance (clogged cash flow, financial issues, lack of abundance)	Fame (lack of enthusiasm, passion, inspiration; dull reputation)	Relationships & Partnerships (relationship problems; problems attracting the right mate)
Family & Ancestors (problems with parents, superiors, authority figures, family, com.)	Center & Health (lack of a central focus in your life)	Children & Joy (blocked creativity, incomplete projects, difficult relationships with children or employees)
Knowledge & Wisdom (limited ability to learn, to improve yourself or to make wise decisions)	Career & Opportunities (Feel like you are in a rut, life is an uphill struggle)	Helpful People & Travel (Limited support in your life, feel like you are alone, blocked travel, moving plans)

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Our life events and issues related to clutter map to our space as noted above. Therefore, if you are trying to improve a particular area of your life, try de-cluttering that area first! The bagua applies to your lot of land, your house, each room in your house, your desktop, etc.

4) Gather boxes and make labels. *Label suggestions:*

- * Trash
- * Donate
- * Gift (to another person)
- * Recycle
- * Relocate (to another room)
- * Repair
- * Return (to owner, to store, etc.)
- * Sell
- * Yard Sale

5) Sort the items that you don't use and that you don't love.

Ask yourself these test questions:

- Do I love it?
- Do I use it?
- Does it reflect who I am?
- Does it reflect where I am headed?
- Does it lift my energy?
- If not, let it go!!!

6) Remove them from your premises asap ... or within 30 days (unless you are saving for a yard sale) *It's OK to sort things and set them aside for a future sale. The important thing is to make sure the sale happens! My preference is to remove bags and boxes of sorted items within one week. Focus on finding homes for possessions that no longer serve you. Someone else will love it, just as you once did.*

Benefits of Clearing Clutter

- 1) You will feel more energetic, freer, lighter in spirit.
- 2) It's easier to lose weight. You may feel healthier or you may begin to eat better.
- 3) Within 30-45 days some delightful events may enter into your life.
- 4) You open yourself to new possibilities.
- 5) You create more physical and mental space for yourself.
- 6) You are helping other people ... through donations, gifts, yard sales, etc.
- 7) You begin to surround yourself with things you love.
- 8) You face less work ... you have fewer open projects, etc.
- 9) You will find it is easier to clean and that it takes less time.
- 10) You may begin buying fewer things and be more selective about the things you bring into your space.
- 11) The areas of your life that you found difficult may begin to seem easier.
- 12) You will feel better about yourself. Your relationships with others may also improve.

Bagua Map

Wealth & Abundance	Fame & Reputation	Relationships & Partnerships
Family & Ancestors	Health/Center	Children & Joy
Knowledge & Wisdom	Career/Opportunities	Helpful People & Travel

Place entrance along this row.

Remove Clutter by Getting Off Mail and Phone Lists

Mail

To take your name off mail lists or register your mail preference, go to:
<https://dmachoice.thedma.org/> contact the Direct Marketing Association

This might also interest you: <http://thedma.org/wp-content/uploads/DMA-Consumer-Choice-Suppression-Services-2014.pdf>

Phone

To take your name off telephone lists:
<https://www.donotcall.gov/Register/Reg.aspx>

Remember to include all versions of your name and address. The cycles are long. It may take 6 months to a year to begin to see a decrease in unsolicited mail and telemarketing calls. Be patient. Over the long run you will have less unsolicited mail arriving in your mailbox and fewer unsolicited phone calls. Each requests remains in effect for 5 years.

Book Recommendations

- **The Life Changing Magic of Tidying Up** by Marie Kondo, 2014, ... a popular trend!
- **Clear Your Clutter with Feng Shui** by Karen Kingston, 2000 ... *a small book; very easy to read*
- **Creating Sacred Space with Feng Shui** by Karen Kingston, 1997 ... *an excellent book to learn why and how to space clear your home/office.*
- **Sacred Space** by Denise Linn ... *a wonderful book from a Native American perspective*
- **Excuse Me, Your Life is Waiting** by Lynn Grabhorn, 2000, *about the Law of Attraction and the astonishing power of feelings ... how you attract what you feel.*
- **Move Your Stuff, Change Your Life.** by Karen Rauch Carter, 2000 ... *very irreverent, a light-hearted approach*
- **Dorm Room Feng Shui,** co-authored by Peg Donahue ... *great for college students.*