

Understanding clutter and how to clear it.

Metaphysically speaking, clutter is simply 'stuck energy' with far reaching effects, physically, emotionally, mentally and spiritually. In some way your life will feel stuck if you live surrounded by physical clutter.

Everything you own is energetically attached to you. Things you love are like golden, gossamer threads. Conversely clutter is like dragging round a ball and chain. Look around your home. How weighed down are you? How many balls & chains are you dragging along behind you? Clear your clutter and your life will start moving again. Living with lots of junk and mess makes you feel tired and will slow you down. Clearing it lifts your mind, body and spirit, increases your energy and vitality and leaves you free to enjoy life.

Look at your possessions with fresh eyes and ask yourself if each object reflects your love for yourself and your home. If not, it is time to let them go. By removing the old you create fresh space for new opportunities to appear and by focussing your intention on what you DO want your clarity of purpose will emerge.

Intention is key. If you weed a garden and just leave it the weeds return stronger than before. But if you weed a garden and then plant it with gorgeous plants and flowers the weeds have no room to return. Exactly the same approach should be taken with your clutter. Make sure you know what you want to fill your newly created space with be it more joy, more love or more money this way you will stop the clutter returning.

Using the Bagua look at where your clutter "hot spots" are and how they relate to that area of your life. For example are you having problems with money and general bad luck and when you look at your wealth area you see it is being used as a junk room! Clear it out and watch how your luck and wealth magically transform!

Our need to hold onto clutter often symbolises something we have suppressed in ourselves. Every object in your home carries a vibration and speaks to you. Pick up each object and ask yourself: -

“ Do I really love this object? “

“ Does it enhance my life?”

“Do I use it?”

“ It is time to let it go?”

Arrange your objects into three piles, 'Yes', 'No' and 'Maybe'.

Throw out objects you put in the 'No' pile or give them away. For objects you put in the 'Yes' pile decide where they are going to live or if they are going to be

packed. Objects you place in the 'Maybe' pile put aside to be resorted next week (set a date).

Clutter Blind spots

We all have them. Those areas that bring up our emotional baggage at the mere thought of dispensing with them. Some of the most common are listed below:

Books – If you have masses of books that you've read and will never read again why are you keeping them? Energetically they represent old knowledge and old ideas. If you can't bear to sell them or give them away give them to your local library that way if you do decide to re-read something you'll know where to go to retrieve it.

Photographs – Boxes of old photos are saying to your unconscious mind "all my good memories are in the past, I don't believe I'll have those good times again". Keep your photos current and preferably in albums or on display. Clear out photos of past relationships especially past marriages. By keeping them you are preventing new love from flowing into your life.

Clothes - Go through your clothes and sort out those that you haven't worn in the last few years. Keep your most favourite ones and in future only buy clothes that you really love.

Don't keep clothes that are not in your current size. Accept yourself for who you are and what size you are today not some fantasy figure you aspire to.

Those expensive impulse buys you've never worn – let them go. If you keep them each time you see them hanging in the wardrobe it reminds you of your mistake and your energy drops.

It may take a while to be comfortable with letting things go, but once you start it is hard to stop. It feels great! All that extra baggage you have been carrying around is gone. You'll feel lighter, younger and more alive!

Go with your feelings because your mind will create reasons to keep everything, for example: -

"This might come in useful one day". If you have not used something for one year - through all of the seasons – then it is highly unlikely you will need it in the future.

Of course we create our future so as soon as we let something go with this thought, the mind will cleverly create a need for the object to prove us right. You have to work at changing your thoughts, empower yourself and believe that everything will be provided for you when you need it.

"I paid good money for this." But every time you see it your energy will drop.

"It was a gift." When a gift is given the receiver is free to do with the gift as they wish (it does not remove the exchange of feeling that the gift symbolises). Also, it is your home and is a reflection of your style. It's a case of staying true to

you. Your guilt will last for as long as it takes for you to forget the object you have let go but your distress at constantly seeing an item in your space that you simply do not like will always be with you. Think about it do you think the person who gave you the gift would want you to feel bad every day? You can recycle gifts to other friends – someone may love what you don't want.

Get rid of anything that you are fed up with cleaning, that does not work and is not going to be repaired, or is a hassle to use. If you just hide things your subconscious will know they are there!

By simplifying your life you leave time to focus on what is important to you. Do not allow anything into your home that you do not need, whether it is bought, borrowed or given.

Life is constantly changing and evolving and our homes are a reflection of this. We never own anything in life, we only have things for a while and then we must let them move on, allowing the space for new beginnings.