

Raising the Roof: How Clearing Your Clutter Can Change Your Life

Clutter clearing is one of the best ways to re-invigorate the energy of your home. During this season of Autumn, when the Earth is transitioning to winter, we have the natural inclination to participate by refreshing our “nest” and creating a nurturing space for the indoor season . This process of caring for your home will also benefit you personally. It is possible through the simple process of clutter clearing your home to also “clutter clear” your life, and experience renewed clarity, focus and energy.

Your Home is a Living Being

Your connection to your home is one of the most important relationships of your life. There are some fundamental principles that help to explain this relationship:

- Everything is alive with energy
- Everything is connected with energy
- Energy is always changing

How Your Possessions Affect Your Life

Everything we own is connected to us energetically. Because of this connection, your possessions can affect you

- physically,
- emotionally
- mentally
- spiritually

As you learn to develop your awareness of your relationship with your possessions, you have the opportunity to heal and expand in all areas of your life.

Reasons for Stagnant Energy in Indoor Spaces

The Earth has natural processes and cycles that rejuvenate energy. Energy within homes and human created structures doesn't have access to these cycles, so the energy doesn't flow and naturally refresh as it does in the out-of-doors.

Reasons for Stagnant Energy in Indoor Spaces, cont.

Indoor energies become stagnant for several reasons:

- Energy settles in corners and unused spaces
- Physical dirt and dust are heavy and attract positive ions
- Environmental toxins, such as chemicals in furnishings and cleaning products create density
- Clutter of all forms creates heavy and stuck energy
- Imbalance in form of structure or placement of furnishings creates energetic obstructions.
(Feng Shui addresses these imbalances.)

Maintaining Healthy Energy in Your Home – Clearing Clutter

Simple physical acts of home maintenance and repair, as well as attention to principles of harmony and good design help to maintain a home that can nourish and support you. For many of us, clutter clearing is a primary area of focus in creating a healthy home.

Forms of Clutter

“Clutter” can be defined as anything that doesn’t support your life and intentions moving forward in positive and energizing ways. There are several general categories of physical clutter:

- Things untidy.
This is the most obvious aspect. Pay attention to patterns of physical disorder in your home. Sometimes there are systems that can help this area.
- Things disorganized.
Again, there are often simple solutions to address this aspect of clutter. There are times when it’s helpful to hire a professional to help create a workable structure.
- Too much stuff.
Our homes are physical and energetic beings. If your home is crowded, it can’t “breathe” properly. You’ll also feel constricted in your own body. If you think of a physical body with healthy metabolism, what goes in must come out. Elimination is an essential part of well being.
- Too small a space.

It's important to recognize the physical limits of the space and work within them. This can mean that when you purchase new books or new clothes you let go of an equal number in order to keep the space in balance.

Forms of Clutter, cont.

- Things you don't love.

This category can be hard to recognize, because of habit or confusing emotions. It's important to learn to "read" your energetic connection to objects. This category includes objects from past relationships, inherited or ancestral objects, and objects that represent past aspects of yourself.

- Things you don't use.

Learn to recognize when something has lost its usefulness for you. This way you can release it to someone who will find it useful now. Also learn to let go of things that you "might need" at some point in the future, and trust that when that time comes the Universe will provide.

- Things in need of repair.

Items waiting for repair can be constant, subconscious reminders of things that "don't work" in your life. Simple mechanical or electrical repairs can make a big difference in the ease in your life. Door knobs or squeaky hinges, non-working stove elements, and burned out lightbulbs are examples of this form of clutter.

- Unfinished projects.

These objects can create remarkable resistance to moving forward. Consider all aspects of projects that you began and never completed. Be willing to let them go and release the responsibility, freeing you for new opportunities.

Communicating with Your Home

Everything is made of energy and everything that we own is connected to us energetically. It is possible to learn to "read" your energetic attachments to your possessions. Learn to ask your body how your possessions make you "feel." Whether they are supportive or not. In this way you can more consciously determine which possessions you love and those you are ready to release from your life.

In order to cultivate a healthy and nurturing environment, it is helpful to practice communication with your home and your possessions. While for some this may be difficult at first, with practice you will learn to read your home's vibration. If you don't already do so, you are invited to interact with

your home as a living being. Talk to your home, listen to your home, and your home will lovingly respond.

Healthy Home Rituals

As you learn to recognize the energetic connections between you, your home and your possessions, simple cleaning and maintenance tasks take on new importance and can even become more enjoyable.

When you understand your home as an extension of your body it becomes clear how the health of your home and living space directly impacts your own health and vitality.

Become conscious of the ways you can regularly refresh the Chi in your home. These simple acts of housecleaning are the most effective way to regularly revitalize your home's energy. When you do these tasks with intention they become even more effective.

- Tend the entryways, especially the front door.
- Remove obstacles from doorways and under beds.
- Keep windows clean and sparkling.
- Vacuum and sweep regularly, including under beds.
- Empty wastebaskets and recycling often.
- Consider keeping outdoor shoes at the entrance.
- Use sunlight and fresh air to refresh bedding.
- Open windows and doors whenever possible – even for 5 minutes twice a day.
- Sleep with an open window.
- Regularly clean drawers, cupboards and closets.
- Enliven rooms with live plants and fresh flowers.

Some General Health Recommendations:

- Cover TV and computer screens with a beautiful cloth when not in use.
- Keep your stove in good repair. This is important for overall health and wellbeing.
- Limit exposure to electromagnetic fields, especially while you are sleeping.
- Eat a diet rich in whole grains and natural foods. Limit your intake of processed and refined foods.
- Drink lots of fresh pure water every day.

Inhabiting Your Home – Practicing Intuitive Feng Shui

There are several basic practices that will help you practice Intuitive Feng Shui.

- Live with what you love! Embrace Beauty.
- Make comfort and function the priority.
- Simplify and organize your life.
- Develop an intentional relationship with your home as a living being.

Apply the Principles of Clutter Clearing to Your Entire Life

The principles of clearing physical clutter can be extended to every aspect of your life: your relationships, your career, your finances, and your personal wisdom path.

- Be sure that everything in your life nurtures and supports you.
- Become aware of beliefs and thought forms that no longer serve you.
- Practice flow. Be willing to let go and trust in what will come.
- Commit to what sings to you. Let go of outdated responsibilities to create space in your life for what you do want.
- Practice appreciation. Appreciate even those things you want to let go of.
- Clarify your intentions. Put your focus on what you DO want, and attract that to your life.
- Infuse your actions with appreciation and positive intent.

Enjoy the adventure of embarking on your life journey with your home as a supportive and engaged companion.

Recommended Reading List

The following resources can be helpful and inspiring as you begin your project. The list is by no means comprehensive – just a starting point!

Clutter Clearing and Sacred Space

Kingston, Karen, [Clear Your Clutter with Feng Shui](#)
 Kingston, Karen, [Creating Sacred Space with Feng Shui](#)
 Linn, Denise, [Sacred Space](#)

Introduction to Feng Shui

Carter, Karen Rauch, [Move Your Stuff. Change Your Life](#)
 Linn, Denise, [Feng Shui for the Soul](#)
 Spear, William, [Feng Shui Made Easy](#)

Personal Empowerment

Hay, Louise, [You Can Heal Your Life](#) (DVD of same title is highly recommended)
 Tolle, Eckhart, [The Power of Now](#), [A New Earth](#)
 Zukov, Gary, [The Seat of the Soul](#)

Other Helpful Resources

Emoto, Masaru, [The Hidden Messages in Water](#)
 Pitchford, Paul, [Healing with Whole Foods](#)
 Wolverton, B.C., [How to Grow Fresh Air](#)
 Worwood, Valerie, [The Complete Book of Essential Oils and Aromatherapy](#)