



FENG SHUI and De-Cluttering 101

by Michele Duffy

No one likes clutter! We are all trying our best to overcome the avalanche of paper and accumulation of “stuff” in our lives but do you know why clutter is such a huge Feng Shui taboo? This article will answer that question while also giving you a few of the tips and techniques you will need to get started with freeing yourself and your life of the unnecessary, unwanted and unhealthy!

So first please let me ask if you are a runner or a daily exercise buff or a weekend hiker or explorer as so many of my friends are? Do you try, at least five (5) days a week, to eat consciously, organically if available, trying to also reduce sugar and other junk from your diet?

In Feng Shui, we look at a person’s life holistically and what that means is dieting and exercises are only part of the picture for a healthy life. The homes and offices we occupy around the clock have as much to do with our health, outlook and resilience as anything else; and if they are clogged with clutter we are undermining our wishes for sustainable health.

From a Feng Shui perspective clutter creates negative or “stuck” energy and is predisposition for illness, disease, lethargy, stagnation and depression!

Pay attention to the next time you return home from a run; and if after awhile you don’t feel very good then perhaps take a critical look around your space! Do you feel “stuck”, unlucky, or does part of your life feel “stagnant”? These are all good reasons to look seriously at your space and come to the realization that the clutter is energetically affecting you as much as anything else! We call energy Qi or Ch’i and you may have heard it called Prana in your yoga class, but it’s all basically the same, ENERGY!

Clutter is very unhealthy on many levels. First, it creates real chaos in our dwellings especially when we cannot find what we need or what we are looking for! Second, it is not cost effective to continually accumulate “stuff” we already have and do not need more of! Third, clutter is not sustainable, and since we cannot live in a smaller and smaller area when clutter takes over, we need to make the choice to pare it down to a manageable tide.

Equally important are the truly off putting “energetics” of clutter, which over time, becomes heavy, very stagnant energy. We call clutter “sha” Qi or “killing” Qi, because it is devoid of life – absent of any life force! Qi, Ch’i, Prana is all energy and life-force. Energy or Qi, Ch’i and Prana equals life.

Feng Shui is based on the ancient Chinese philosophy of the Tao (pronounced Dao) which, since ancient times, has asserted that our environment is connected to us and we are connected to our environment. So it’s logical to understand that the energy of our spaces have an influence on our health and subsequently, all areas of our lives. Qi is all around us influencing us in each moment whether we have an awareness of it or not! The spaces that we spend our lives in are influencing us and all of the important areas of our lives, for examples, career, cash flow, relationships, health, family, children, spiritual contemplation practices, wealth, etc.

Clutter can snowball and overwhelm our spaces and lives and create that depressing stuck Qi that holds us back from experiencing the ideal shifts in our life's destiny.

HOW DO I PREPARE TO DE-CLUTTER?

1. Begin with your mind/heart's sincere and honest invitation to vitality, happiness, confidence, creativity and abundance into your space and life. It is not realistic to believe our perspective will change overnight, however, with a firm mental commitment to start where you are, start small, and build upon your success, the follow through will be present.
2. Decide to take control of your clutter, whether alone, with your partner, or a professional. It must become a priority. Accept and understand that your clutter is not sustainable on any level.
3. If you cannot tackle it yourself, then consider being open to ask for help from professionals who can for a reasonable fee, help you to at least start and get rolling.
4. Meditate honestly about any attachments to your stuff and remember the age old wisdom that if we cling so tightly to anything we are not allowing ourselves to be open to receive the new gifts we are meant to receive from the Universe.
5. Recognize that if we are worried about letting go of sentimental items or family heirlooms we can compassionately store them elsewhere and free up our space for the living we are meant to do.



HOW DO I GET STARTED WITH THE DE-CLUTTERING PROCESS?

1. Firmly schedule a minimum of two hour blocks of time to start your de-cluttering. Start with the mindset that you are getting rid of the old to make way for the new. Don't become distracted. Also remember, you don't need every single one of your possessions all in your house at the same time! Some things are better off being stored to give you the room you and your family needs to live. Decide ahead of time if your partner would be helpful and if yes, get their buy in for scheduled space clearing times before you start, and if not, simply get it done yourself. Each situation will be different, just be honest about the reality of your personal situation and proceed accordingly.
2. Check the weather and pick a bright sunny day to start. Get a good night's sleep and make sure you have your de-clutter tools before you start, for example, large black garbage bags, storage bins, cleaning cloths & green multipurpose cleanser so you can clean as you go.
3. Set your mental intention to work happily. Change your perspective from this being a huge boring cleaning job to the intention of "space clearing", and as you go along, be mindful that you are getting rid of what's holding you back and making room for new opportunities, new growth and a fresh start!



4. Try your best to get to the bottom of boxes, pull everything out so you can really eyeball what you have since you may have forgotten what all is there!
5. Sort multiples of items together. Donate the extras multiples – Google the Salvation Army pick up schedules, local churches and other non profits that want donations!
6. Make several piles of your stuff. One pile for donations, one pile for storage and a third pile for garbage! Complete the process by tying the bags up, placing immediately to the curb for garbage pick-up, and then putting the other bags in your car for driving to the donation drop off locations or your storage unit!
7. Turn the de-cluttering sessions into a practice of generosity and being helpful to others.
8. Step back and admire the completion of your de-cluttered space and insist that your family members also take a look. Notice how much lighter you feel and how it also has begun the shift needed for the family and next the house.

WHERE DO I START THE DE-CLUTTERING PROCESS?

PHASE I-THE GARAGE

Tackle the GARAGE so you can simultaneously create the storage in the garage for some of the household items you may decide to store in Phase II.

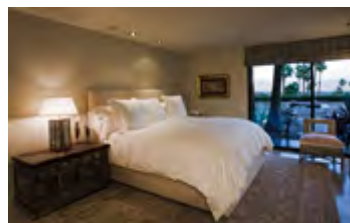


PHASE II-ROOM BY ROOM THE HOUSE

(start here if you do not have a garage)

1. Create a vision for the room you're cleaning and what you want it to look like!
2. Start in what should be a sacred haven, the **Master Bedroom** (a power area in Feng Shui).

De-clutter to create intimacy in the Master Bedroom! From a Feng Shui perspective, if we make improvements in the Master Bedroom, where rest and romance nurture the keepers of the castle, that positive energy will spread to the rest of your home! This is the most important room in a home to a couple. The Master Bed is a power area and is the most important piece of furniture in the entire



home since it nourishes the personal Qi (vital energy life-force) of the keepers of the castle! The bed needs to be neatly made EVERY SINGLE DAY!

Disarray in your Master Bedroom has more impact on family life, on love and respect, and on relationships than any other room. The Master Bedroom should be a sacred place that is super cozy and reflects your relationship, and fosters rest, romance, intimacy, peace and love!

Store some Master Bedroom items in your clean garage for one month. If you don't use them in that one month, then re-evaluate if they should be donated, stored or tossed.

3. If you are still on a roll,
... then do the **Master Bath and Closets!**



Go through the bathroom shelves, drawers and under the sink. Throw away items that are half used or empty. Sort the items that you are keeping into clear or colorful bins whenever possible.

Carefully pull everything out of your bedroom closets. Sort and donate clothes you have not worn in a year.

Make more closet space room by using the thin felt hangers system.



Place laundry where it belongs. Scent matters, so strategically place closet fresheners.

4. Next de-clutter the **Kitchen** (another Feng Shui power area).

Go through your refrigerator and every single cupboard. And don't forget about the space above your cupboards.



5. Schedule tackling the **Children's Rooms**.



Make sure you have ample storage to stow children's toys. Go through the toy pile when kids are not home and toss broken toys, ones that are no longer age appropriate, or ones that can be stored and brought out for Christmas in July!

Make cleaning up fun for your kids. For example, create a basketball shoot out of their laundry baskets or toy boxes and show them how to make a basket.

6. Onward to the rest of the **bathrooms**.

Go through the shelves in your bath closets, under the sink cupboards, and vanity drawers. Buy clear or colorful shelf bins for storage. Throw away items that are half used or empty. If an item is unused and unwanted, it can be donated too.



7. Make your way to space clearing the **family, living & dining rooms**.

Consider having window seats that double as storage units or check out some of the modular storage solutions IKEA offers which are both attractive and reasonable.

Remember, your patient and mindful intention will make all the difference in making this an enjoyable journey or one of complete drudgery, so opt for the former and transform your space with the intention to cultivate love in your heart for the sanctuary called home!

Now ...
please go
and scan this article
and then
THROW IT AWAY!



Michele Duffy, M.F.S., was recently Canyon Ranch's Feng Shui Master, working privately with guests and presenting Feng Shui topics in weekly lectures. Since 1999, she has professionally created "Space as Medicine" Feng Shui for national residential and commercial clients, providing space clearings & blessings, Feng Shui color, lighting & art consultations. Michele currently lives in Orinda, California, with her husband, children and Jack Russells! She can be contacted by phone at 520.647.4887 or email at spaceharmony@gmail.com <http://www.mandalafengshui.com>

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Smudging (purification) is a powerful way to transform energy in a space. It is a simple ritual used whenever you need to cleanse, balance or purify a space. It is a common practice used to purify a new home before moving in, in health centers to keep the space clear, and to remove negative, stagnant energy in places where or difficulties have been encountered. Sage is one of the most sacred and cleansing herbs used for clearing negative energy, purifying surrounding space and for starting something new.

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Feng Shui Market & Publishing

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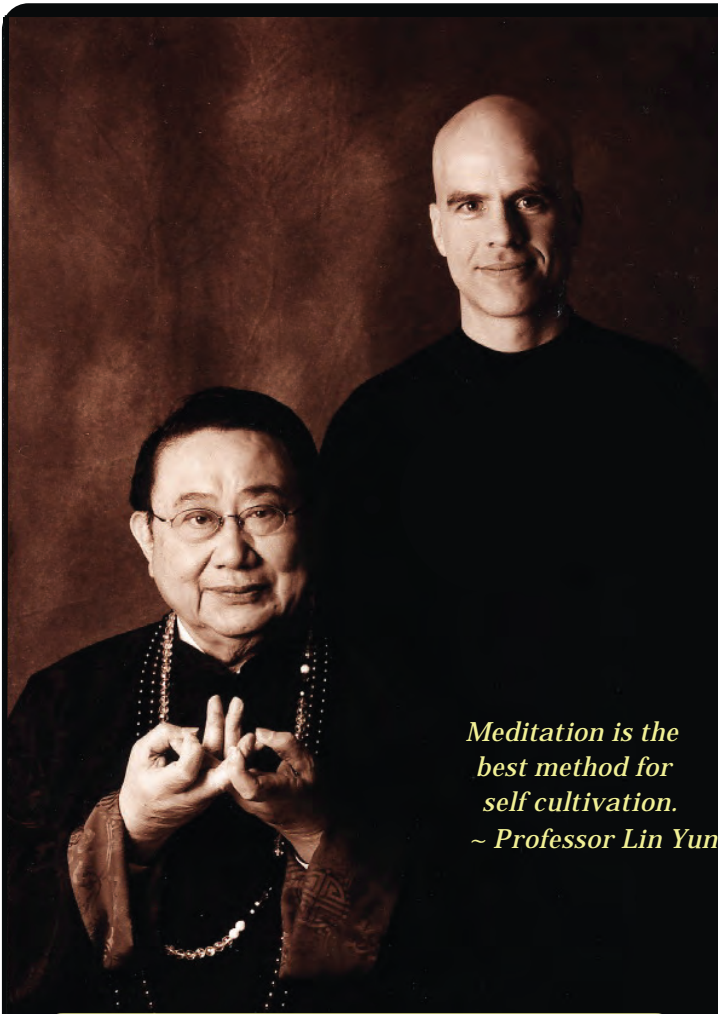
Experiential Feng Shui: Secrets of Chi Cultivation

with **David Daniel Kennedy**

bestselling author, "Feng Shui for Dummies"

presented by Feng Shui Market & Publishing

"If you have the good fortune to cross paths with David Daniel Kennedy in your life time, don't pass up the opportunity to study with him. He is a rare & precious gem - teacher, coach, spiritual guide, mentor & friend. David, for who you are & all you do, Thank You!"
~ Joanne Lefferts, Mill Valley, CA



Meditation is the best method for self cultivation.
~ Professor Lin Yun

You will learn:

- Easy & Effective Chi Kung Methods
- What Chi Cultivation is & the Connection to Feng Shui
- The Keys to Power - Specific Principles
- Natural Energy Progression from Nothingness to Yin/Yang
- Secrets of Knowing the Trigrams
- The Three Baguas & How they Differ
- Human Chi Flow & Body Points
- Meditation to Enhance your Chi
- How BTB Five Element Teachings Compare to the Traditional & How to Use Them
- To Double the Effectiveness of your Cures
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This is Feng Shui in action

In this amazing, one-of-a-kind, **interactive** workshop, you will **learn how & why** Feng Shui is so much more powerful than you have ever imagined.

This is an unprecedented opportunity to learn some of the **most potent teachings** of BTB Feng Shui that David Kennedy has learned from **Grandmaster Professor Lin Yun** and other teachers.

You will have a **living experience** of Feng Shui (Experiential Feng Shui), increase your knowledge of Feng Shui & learn how to cultivate your own Chi.

"This seminar was superb in its organization and execution. 'Chi Cultivation' was exactly the subject I needed in order to connect what I had learned at Mount Royal and from books. I always knew Chi was an intricate part of Feng Shui. What I hadn't connected was that one had to develop their personal Chi in order to understand and interact with the energy the practitioner is asked to adjust.

I now understand why the cures and adjustments I had put in place were not working as I had intended. I'm practicing what I have learned daily to increase my personal Chi. I found David Kennedy's workshop to be extremely informative and entertaining. I can't believe how much I have learned and how quickly the time went by. I didn't want the class to end."
~ Aline Penton, Calgary, AB

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