



Clearing Clutter

March 2005

Over the last few weeks myself and several friends have talked about feeling a need to clean and organize our living space and homes. If you have ever surveyed your home or certain areas of your home and thought 'this mess is driving me mad' or 'doing my head in' the chances are very good that it is.

For our life to work well, it is important to have a good flow of clear energy.

When your home is untidy and cluttered or simply not in order, it can cause an emotional and physical reaction. These can be as severe as loss of energy, lack of attention, focus, frustration and stress. (I find myself suffering this at the moment) Living in a busy disordered environment can quickly lead to a similar state of mind, its as if the chaos around you makes your life become or feel the same way.

I don't know about you, but there are areas in my home that tend to collect lots of stuff. Over time, as items accumulate, I find myself struggling to find what I need, mentally beating myself up for being disorganized. (my desk and a particular corner in the kitchen are typical examples). Do you arrive home to pairs of shoes littering the hallway? and for those of you in Europe and USA maybe its piles of unopened mail. How about your spare room? does the bed fight for space, where you have piled things that you don't seem to have room in the cupboards for? or are there bags full of things meant for the charity shops, yet to be taken, or exercise equipment that you never use?, or perhaps many of your cupboards are just so full and untidy that you dare not open them. I know my cupboards suffer from that syndrome.

Clearing clutter is effective because while your putting your external world in order, changes will start going on internally as well. Your home environment and everything around you mirrors your inner self. Cleaning and organizing those areas that you frequently use will not only get rid of visual clutter, it will eliminate old, stale energy. When space is freed up, energy is also freed up and, as a result, we feel lighter, and more alive, and this creates more harmony in your life and space for new opportunities.

To start to de clutter your life you need to go through those areas of your home that you use every day and create order out of chaos. Areas such as:

- The space where you leave your shoes, car keys, or mail.
- The refrigerator
- Any cupboards and drawers in the kitchen.
- The wardrobes
- The spare room
- Under the beds
- Your desk
- Magazine Racks
- Coffee tables

When you remove any offending objects from your home, you almost instantly notice a rise in the positive energy around you.

To de-clutter properly you do have to be prepared to throw away items that you may have lived with for a long time, things that have simply become part of the scenery. Look at objects in your home and ask some serious questions, for example.

- Do I still use this item?
- Do I keep it because it was expensive?
- Does it have sentimental value?
- Do I feel happy or miserable when I see it?
- Does it get in the way of me moving around the home, for example the exercise bike that I have to climb over to get into bed or to the bookcase.
- Do these clothes still fit me?
- When was the last time I wore it?

The answers you get to these questions should then help you decide if you really need these objects or if they are just cluttering your home and therefore your life.

To make the process of cleaning and decluttering more enjoyable, listen to your favourite music while you work, plan a reward for when you're done, you could even call a friend to help you in an "energy drain elimination game." As you clean out these areas, you might be surprised by what you find! It is also good advice to tackle one particular area at a time, otherwise the task may become overwhelming and you will easily tire of it and stop the process.

Perhaps you can choose one project from the list above and get it cleaned and organized this week. Then, go back and visit this spot several times during the day and notice how good it makes you feel. It's great motivation for tackling the next section.

Good luck and remember each one of us lives within the context of a divine flow of energy

Angel Blessings

Julie and Steve

x

From the Angels:

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

Julie and Steve's Meditation CD's and Angel Essences can be bought from:

Bahrain - Julie and Steve, and Book Case (other outlets to be announced soon).

Dubai - Jack Montgomery, Tel - 00971504585860 **Or**
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Soon in Greece, Kuwait, at Stellarhouse, Saronida Athens.

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Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

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Steve spent over 25 years in international corporate business. His life focus now is on bringing spiritual healing into the mainstream business world, addressing areas such as personal confidence, leadership and stress management, through the use of meditation, chakra breathing, Reiki, Angelic Therapy and Crystal Healing.

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