



Decluttering Made Easy

Clutter is the #1 issue that my clients struggle with in space clearings. It is also the first and most critical step in Feng Shui work as well. Moving energy and making things pretty will be stopped in their tracks, sooner than later, if the clutter is not dealt with. And even if we clean the clutter, it seems to keep happening over and over again.

This guide covers 10 tips that I believe are not only essential in tackling clutter, but can truly change your life for the better.

Before we jump to the fun, let's first clarify *what is clutter?*

Clutter is the "stuff" - meaning anything physical within a space - that collects and accumulates in an untidy, non-functional, or non-purposeful way. It's the crap you see on your office desk, or on the counter top where you enter your home. It can also be the stuff cluttered on a bookshelf or on table tops. It includes places we can't see! Such as in closets and cabinets.

So, *why is it bad?*

I actually don't believe clutter is "bad", but it can have an impact on your life that you don't like or want, and *that* can be bad. Clutter will typically be piles of "need to do's", whether they are things you need to fix, need to go through, need to organize, need to....something. In this case, these piles are accumulating stagnation. This is stagnation both literally and figuratively. Another type of clutter is stuff that you don't *need* but you think you do. This is the hardest type of clutter to be aware of and often you won't think anything is wrong with it. And sometimes, there isn't a problem. A problem is when the person is holding on to stuff that they don't *want or like* to hold on to (but again, they think they need to) such as with heirlooms and collections from passed loved ones. Another example where it can be a problem is if they don't have room for it and it disrupts the flow and/or function of their space or lives. An example of this is when someone *loves* shoes and believes they *need* to have at least 3 options for every type of outing, but yet their shoes take over their entire closet and bedroom. This makes for a frustrating experience to not only get changed every day, but to walk around their bedroom! If any of these examples sound familiar to you, then read on for how to fix it once and for all!



1. **Is it loved, beautiful, or functional?** If the answer is no, then get rid of it.
2. **Have an abundant state of mind.** Do you have anything you keep because someday, you might need it? What if you had the means, money, and opportunity to always have exactly what you need, when you need it? Close your eyes and imagine what life looks and feels like if this was your reality. And within that reality, would you still keep the thing that you might need in the future? Probably not. Because if you were truly in an abundant state of mind, you would trust that you would be able to attain that thing once again if you ever did come to need it.
3. **Make space for something better.** If you really don't want to get rid of the 10 spatulas, because you use every one for different recipes(!) then consider what you are making room for in your life by getting rid of some of them. Are you making room for a more easy and spacious cooking experience? When you release something from your life, you are making room for something better. That something better can be emotional or physical. There are studies that show the more physical space one has around them, the happier one is. There are also studies that show the less choices one has to make, the less stressed they are. This is why high-end restaurants have very short menus - people will feel better about their meal and less stressed with the experience if they have less options. The same goes for your home or office space and the myriad of choices and things around you.
4. **Go through one thing at a time.** There are so many methods to go through a lot of stuff (think paperwork, shoes, clothes, toys, etc..), and I think they all have a place and purpose. But one thing that can be agreed upon is that it is overwhelming to start. Unless you have multiple days to dedicate towards a massive clearing spree, I recommend starting with one item at a time. If you are going through paperwork, go through all of your work papers first, then move on to medical papers, etc... If you need to go through your closet, start with your shoes, then move to dresses, then on to shirts, and so on. Once you tackle one item, it will give you the motivation to keep going. Because it will feel soooo good!
5. **Give yourself time with an ETA goal.** This is not a race! Don't feel everything has to be decluttered and cleaned in one day. Set a *reasonable* goal for yourself on when you can finish tackling each one of your clutter spots. And then tell your friend or family member (or your spatial consultant!) so they can help hold you accountable to the goal/s.



6. **One person's junk is another's treasure.** You wouldn't believe the things people would excitedly pick up for free, that I was absolutely sure would have no purpose but the landfill. Knowing my stuff will be loved and used, rather than go into a landfill, makes me happy. Or worse yet, having it sit in my closet causing stress and stagnation in my life. Gift, donate, and recycle what no longer serves you.
7. **Make sure everything has a home.** If all your stuff had a "home" that you made sure it goes back to, then you will never lose or clutter your stuff again. Have a specific key hook or key dish that keys always go to. Always put your shoes back home on their rack. Immediately put papers in their home, rather than piling in a heap on the table.
8. **There's not a problem containers can't solve.** Containers or storage can make anything ugly turn pretty, or at least make it unseen. The solutions are endless.
9. **Create a daily pickup ritual.** If you take 5 minutes every day to pick up and put away your clutter, it not only keeps the clutter from happening, but it will show in your life in magical ways. Keeping your home's energy flowing and light, will allow that higher vibration to be present in your life. It is literally you taking care of business, and doing it well and successfully. You will see all the other areas of your life show this success as well. Make the ritual enjoyable by envisioning your life full of blessings and wonderful opportunities as you pickup and enjoy the feeling this creates in you.
10. **Be grateful for EVERYTHING!** Appreciate and notice all the things in your life, even the crap. Give thanks for it all. Everything you decide to keep and surround yourself with has meaning and a very intricate purpose and impact on your life. Gratitude will open more opportunities and bring about manifestation more than anything else. When you're overwhelmed with the clutter or frustrated with it, instead shift your focus to the abundance that is in your life and give thanks.