

Cleaning out clutter will calm the soul

IT'S TIME TO talk about clutter! Okay, at times, I know, I sound like a broken record -- or should I say CD, especially when I am ranting about clutter! There are so many benefits to clutter clearing. You will have focus and clarity, you will be able to be creative when you release all the stuff you no longer need in your home. You will be able to attract romance into your life, decrease stress, irritability and depression. Wouldn't it be great to be able to accomplish more than you are right now?

I can guarantee you that clearing your clutter will dramatically improve your mood and energy level!

Here are a few words of caution, when you first start clutter clearing you may be surprised at the emotions triggered by dealing with your stuff. You think you're just cleaning out your home, but what you're really doing is coming eye-to-eye with unresolved issues from your past -- the personal relics that lurk within your clutter, college papers, family memorabilia, mementos from a dead marriage. It is easier to ignore all this, than to carry to the dump, which is why they've been haunting the back of your closet for so many years.

The best thing to do is to attack one

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By Sunita Sitara



small area at a time, don't overwhelm yourself with dumping the entire contents of your chest of drawers on the floor of your bedroom. This is not the way to handle this situation. Go after one drawer at a time! This way each time you organize one drawer you will have a sense of accomplishment and a victory. As you persevere with organization, a moment will come when you realize how much lighter and happier you feel. You will realize while coping with your clutter, you have reconnected with your inner self, with dreams and wishes long ignored. Those you've outgrown can be released with a fond smile. Those that make your heart leap with recognition and longing... well, now you have the space, time, and energy to pursue them!

Clutter clearing does one very important thing, it gets you out of your rut. It shakes loose frozen aspects of your dreams and allows them to journey into your heart where they can bask in the warmth and be

allowed to grow once again.

Eventually, you will find yourself turning to clutter clearing when you notice you are not as clear-headed, focused or insightful as you'd like to be. If you can't seem to make decisions, you'll realize it's time to clear off the desk and catch up on paperwork. If you are not eating well, clearing off the kitchen counter and cleaning out the fridge will help your eating habits back on track.

Clearing out your clutter creates space for possibilities. You may find yourself deciding to go back to school, change your career, start your own business, go out on a date. Organizing your home will allow you to pursue your dreams! Your friends will notice a difference in you, they will observe that you look terrific. They'll wonder how you manage to look energized and serene at the same time. It's because you have released that which is no longer useful to you. You have let go of the past and are no longer hoarding for the future. You have made space for living in the present, where peace resides!

I hope this will help you to release the clutter from your life, so that you can envision a new life. Wishing you a Happy Holiday Season and a Happy New Year!



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