Understand Feng Shui to successfully declutter

Feng Shui

By Sunita Sitara

The rain clouds are looming and the wind is howling-- it must be spring in Oklahoma! Spring cleaning is on my list, as if you thought you could get away from this all important chore of your list. We have to clear away clutter from our homes!

Clutter is low, stagnant, and blocked energy. In order to have good quality of energy, you have to eliminate clutter. How can you do so if your energy level is low? It's easy, start slow!

You have to be very clear as to what you want to bring to the space you are working on, and do your best to embody this feeling even before you start your clutter clearing session. No clutter clearing sessions can be successful long term if this Feng Shui aspect is not understood and properly employed. If you do not fully understand what you want to do with your space, you will not be successful in creating the space you desire.

Here are a few tips for a successful Feng Shui clutter clearing session.

1. Don't start a clutter clearing session, in an area that has been blocked by clutter for a long time, without first bringing light and vibrant energy with you. This can be anything that makes you feel good, like listening to your favorite music or placing a vase of fresh fragrant flowers close to you.

2. You can diffuse energizing essential oils in the air with an electric or a candle diffuser. You can also use an essential oils air spray. Peppermint, eucalyptus and/or lemongrass are the most popular oils for a clutter clearing session.

3. If you are familiar with smudging, you can smudge the area before you start, as well as after each session. Or, use a natural herbal incense during your clutter clearing session. A small candle can help cleanse the energy around you, too. Remember to keep the candle in a safe place to avoid a fire hazard.

4. Bring a personal crystal, or a powerful crystal formation close to you. You can also wear your crystals, something really simple to support your energy and keep you protected. A simple black tourmaline bracelet or a carnelian pendant can do wonders for your subtle energy.

5. Have live energy, energy that is in motion, such as music, a water fountain or fresh flowers; they will bring vital Chi to help eliminate the low and detrimental clutter vibes.

6. Sufficient and happy lighting will take good care of your energy, too. Do not work in the dark, bring in as much light as you can!

7. Do not overlook the secret of bringing good energy with you, as without it, the chances of you really clearing your clutter are much, much lower.

8. Have a bottle of fresh spring water infused with lemon so that you can spray in the room, this will bring moisture to the area you are working in and it will lighten the air.

These are a few suggestions that help me keep clutter at bay. Anytime, I feel my energy level at low, I look around my home to see what I can give away, sell or throw away. Though, my throw away pile is always the smallest. I don't like adding to the landfill of Oklahoma!

I have been busy with many Feng Shui consultations, if you are looking to jump start your life, a consultation might just be the most useful asset you have at your disposal. I can help you balance all aspects of your life. Finances, romance, fame and reputation and your health. Send me an e-mail sunita@sunitasitara.com.