

# Find freedom by de-cluttering your home

With the advent of spring, it is a wonderful time to clean out our residence and Feng Shui can play a central role in de-cluttering. Clutter consists of a jumbled assortment of collected items or memories. From the Feng Shui perspective, clutter interferes with a balanced life. It does so because the space in place and mind is intertwined and interconnected with our surroundings and subject to the energies of our environment.

Energy that is negative, blocked or stagnant creates an unhealthy space in place or in mind. This unhealthy space then impacts the individual(s) who come into contact with it. It may be as simple as creating a stack of mail and magazines or having a room where you toss unwanted items, planning to deal with them later. It may be more emotional as that gift on display that was given to you by a friend, a former lover, and a colleague or handed down in your family over the years that evokes a visceral response. So now is the time to sever the tie to the past, to make room for the present and to welcome the future. It is time to let the clutter go in place and in mind.

In letting go of that which you do not use or that which carries bad memories you are freeing up space in place and in mind, ridding of blocked or negative energy. Clutter weighs on you whether you think about it or not. By thinking about items you do not use or do not like, you take away from energy you could be devoting to something that positively affects you. Add up all the energy devoted to that which does not make you feel better and that represents a loss for you: a loss in affirming thoughts, a loss in being present and a loss in opening the door to opportunity.

Clutter you do not think about, that which sits around your home or office — the unused or unwanted items that exist because you really have not given a thought to them — this jumbled assortment establishes a dead zone. In this dead zone, energy atrophies. Regardless of the section of your house or the office, energy that is stagnant impacts the space it is in. When you come into contact with this space you absorb negative energy, thus affecting your wellbeing.

## YOUR SPACE WITH MICHAEL BITTNER

ken items and donate the unwanted items. By donating you not only clear your space, you offer someone else the opportunity to find a use or love for it.

As for the clutter in mind, I leave you with this: Consider the thoughts as they come to you.

Are they useful to you? Do they make you feel good? If they are not and do not, acknowledge them and let them go. Through these efforts

you will begin to see life in a new light, to savor that which enriches you and to open up new opportunities for yourself. Learning to let go provides a wonderful sense of freedom!

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Whether you think about specific items or not, as clutter, the impact is real. Today, you may be concerned about your finances or job. Take a look at the bagua as mentioned in my previous article to identify the wealth and prosperity and career sections of your home or office.

Look through new eyes for specific items in these spaces that may be construed as clutter. These objects evoke a feeling that is not positive or they may just sit there for no apparent reason or you may have placed them there because you could not think what to do with them. It is time to act.

Where do you begin? How do you get started? Begin with an area in your home or office that relates to a central issue in your life such as health, finances or relationships. Start small and work outward. Select a corner of a room, a particular cupboard or closet. Set up an area in the room for items that make you feel good, an area for those that you remain unsure about and an area for those that must go. Keep in mind that this is an opportunity to reflect and to cleanse. In making your decision about what to do, ask yourself three questions: Does this make me happy? Do I use this (in the last year)? Does it work? From your answers will be the basis for your de-cluttering and working to establish a newfound balance in your life. Organize or repair that which you keep. Store that which you are unsure about for now. Toss the bro-

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