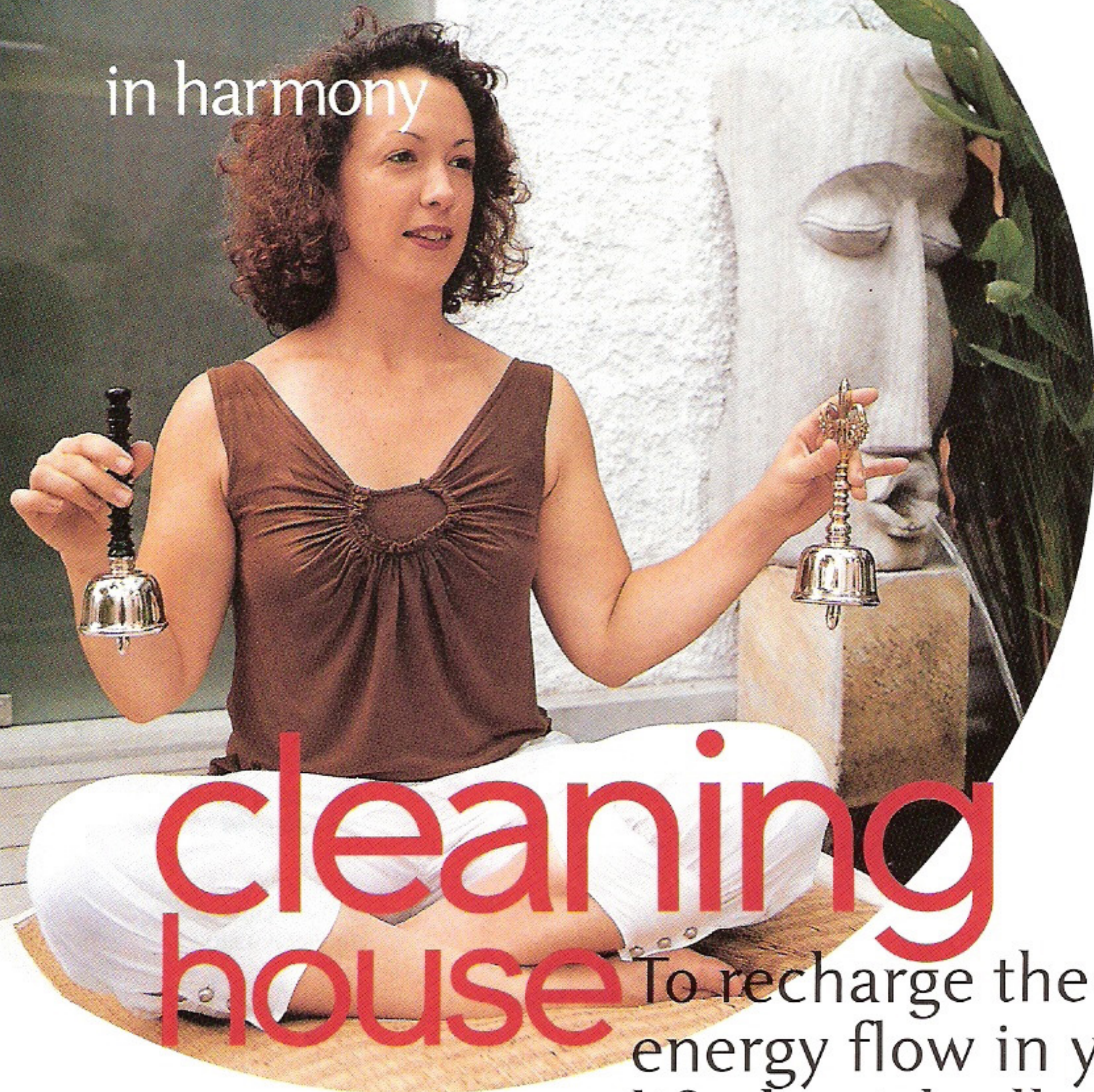


in harmony



cleaning house

To recharge the energy flow in your life, banish all clutter.

Expanding from the ancient principles of fengshui, "space clearing" is essentially about clearing the stalled energies in a building to create more harmonious flow.

Karen Kingston, a western practitioner of fengshui for 20 years, first discovered the "space clearing" concept when she realised that clutter obstructs *qi*, or energy, and "causes problems in people's lives". Clutter can be physical (such as junk), or even emotional, mental or spiritual. Remember how good it felt the last time you tidied your bedroom? Space clearing takes that uplifting feeling to a higher level.

In Singapore, Tracey Stanton is one of 12 registered space-clearing practitioners in the world who trained under Karen Kingston. Trainees must fulfill strict requirements that include clearing of their own clutter and old wounds, and constantly look after their bodies through healthy living and meditation.

On how space clearing has helped her, Tracey says: "I let go of the traditional ideas of how my life is meant to be and just follow my passion." She left her previous job where she was a director of a television production company for five years, and has worked for two years in Australia, India, Hawaii, and the Philippines under her company RedAlchemy. She counts Chinese and Westerners among her clients. "Wealth is not a key issue with the majority of my clients, unlike traditional Chinese fengshui consultations. More people want to improve relationships, harmony and general wellbeing."

Explaining how space clearing works, she says: "If the cup is too full, how can you allow new things in? Similarly, by cleaning a space, I am giving people a fresh start to feel more energy, clarity and focus. It's almost like an awakening of the spirit."

To reach RedAlchemy (www.red-alchemy.com), call 6289-8303 or 9070-3773.

WHY DO WE HOARD THINGS?

In her book *Clear Your Clutter With Feng Shui*, Karen Kingston gives answers to these questions: What is clutter? Why do we hoard things? How does clutter affect our lives? There are real-life examples and practical steps on how to let go of things to feel lighter.

This concise, lighthearted book is a motivational read even if you are not a believer of fengshui.

Clear Your Clutter With Feng Shui is available from major bookstores.

