



Clutter Busting

Are you choking beneath your clutter? Find out what Tracey Stanton, a Singapore-based Space Clearing expert says about a systematic approach to clutter clearing.

*“Out of Clutter,
find Simplicity.”*

— Albert Einstein

Clutter obstructs *qi*, or precious life force energy and correspondingly can cause problems in your life. Clutter is defined as a crowded or jumbled mass or accumulation; disorder. It is the stagnant energies that collect around the clutter that tends to correspond with stagnant energy somewhere in the body.

As most of us are connected to the place that we live, clearing stagnant energies in the home aids the healing process in the body. The easiest way to clear stagnant energy in the home is to get rid of the clutter. A systematic approach to clearing your clutter can have an amazing effect on your body, mind and spirit!

> Types of Clutter

Things you don't love or use

Can you recall the feeling that comes with a treasured item? Something you love, appreciate or use with great regularity. It has a vibrant feel to it. Conversely, the items that you no longer use, or things that have sat gathering dust in the cupboard for years, have this unwanted, neglected or unused feeling around them. It's more likely that there is a stagnant feeling in that cupboard, corner or part of your home.

Things that are untidy or disorganised

Even if you love and use all these items (and I bet that's not the case), your home can still feel cluttered because they are not neatly organised. Your brain might feel scrambled and this produces more stress and confusion rather than the clarity you could have if you knew where everything was. The clutter acts as additional stress to your already busy life!

Too many things in too small a space

Families grow, clutter accumulates...and before you know it, there's no room to breathe! In many cases this is exactly what happens, one or more of the occupants suffer from breathing problems, i.e. asthma. Now, I am not saying that clearing your clutter alone can alleviate asthma, however, I am sure that a good spring clean will certainly help. To create more room to breathe, either move to a bigger place or start to 'de-clutter' and let things go. It's you or the items!

Unfinished things

This category includes anything unfinished in not just a physical sense, but in the emotional, and spiritual realms. So, this includes anything not tended to in your home. It usually means that these areas are generally not tended to in life, for example, taps that need fixing, bills that need to be paid, people you need to get back to, relationships you need to move on from. Once you complete these tasks, you will be surprised at how much more vibrant you feel.

> Why Clutter is Bad for Your Health!

- Clutter can make you feel tired or lethargic. The stagnant energy around clutter causes a sleepy feeling!
- Having clutter can congest your body, cause constipation or a dull complexion.
- The stagnant energy of clutter pulls you down and can be symptomatic of depression. Depressed people tend to stack their clutter in low-down places, i.e. the floor. Ask anyone who has cleared clutter and they will tell you that they feel significantly lighter afterwards. And, your psyche ends up letting go of the things that are stuck in your subconscious as well as in your physical environment.

> Getting Rid of the 'Clutter Bug'

- **Stop keeping clutter** "just in case" it might come in handy one day. 90% of the time it never does. It just indicates a lack of trust in the future. Start to trust the future will look after you and the likelihood is it will.

- **Stop procrastinating.** Don't put off until tomorrow what you can do today.
- **Learn to let go.** As life changes, so do we. Be honest about the things you no longer have room for in your life.
- **Learn to give things away.** Don't wait until your dying days to give away that beautiful antique vase that you have disliked for many years, when another person may love it more than you do.
- **Keep things in their places.** Or find a place for everything.
- **Don't buy things just because someone you know has the same things.** Status causes many people to buy more and thus more clutter accumulates. Ask yourself: Do you really need it?
- **Less can be more.** The fewer items you have to worry about, the more time, vitality and energy you will have to engage more fully in life.
- **Limit the amount of space you allocate to your clutter.** Setting limits helps you keep control of the things you have.
- **One in, one out!** If you purchase something, let go of something in return. This makes sure that the amount of clutter you have is not increasing.
- **Don't use clutter to suppress your emotions!** Buying another pair of shoes because you are having a bad day will not help you feel better in the long run! ☹



Tracey has trained under Karen Kingston, author of *Clear your clutter for Feng Shui*. Tracey regularly sees people who are suffering from sleep problems, depression, allergies, weight problems or lack of energy or motivation. Email tracey@red-alchemy.com or call (65) 6289 8303 or 90703773 for more details.