

THE MODERN DRAGON

WEIGHT OF OBJECTS



A N C I E N T W I S D O M



WELCOME

Welcome to The Weight of Objects

This is not just a guide to decluttering. It's an invitation to begin again, with intention and compassion.

We hold on to things for many reasons. Some connect us to memories. Others represent possibilities, fears or identities we no longer need. Over time, our homes can start to feel heavy. The energy stagnates, and we feel it too.

This eBook will help you lighten the physical and emotional load, room by room. You'll explore the deeper meaning behind clutter, learn why certain areas affect us more than others, and gain practical steps for clearing with care.

Clearing clutter is not about perfection. It's about creating space for your next chapter.

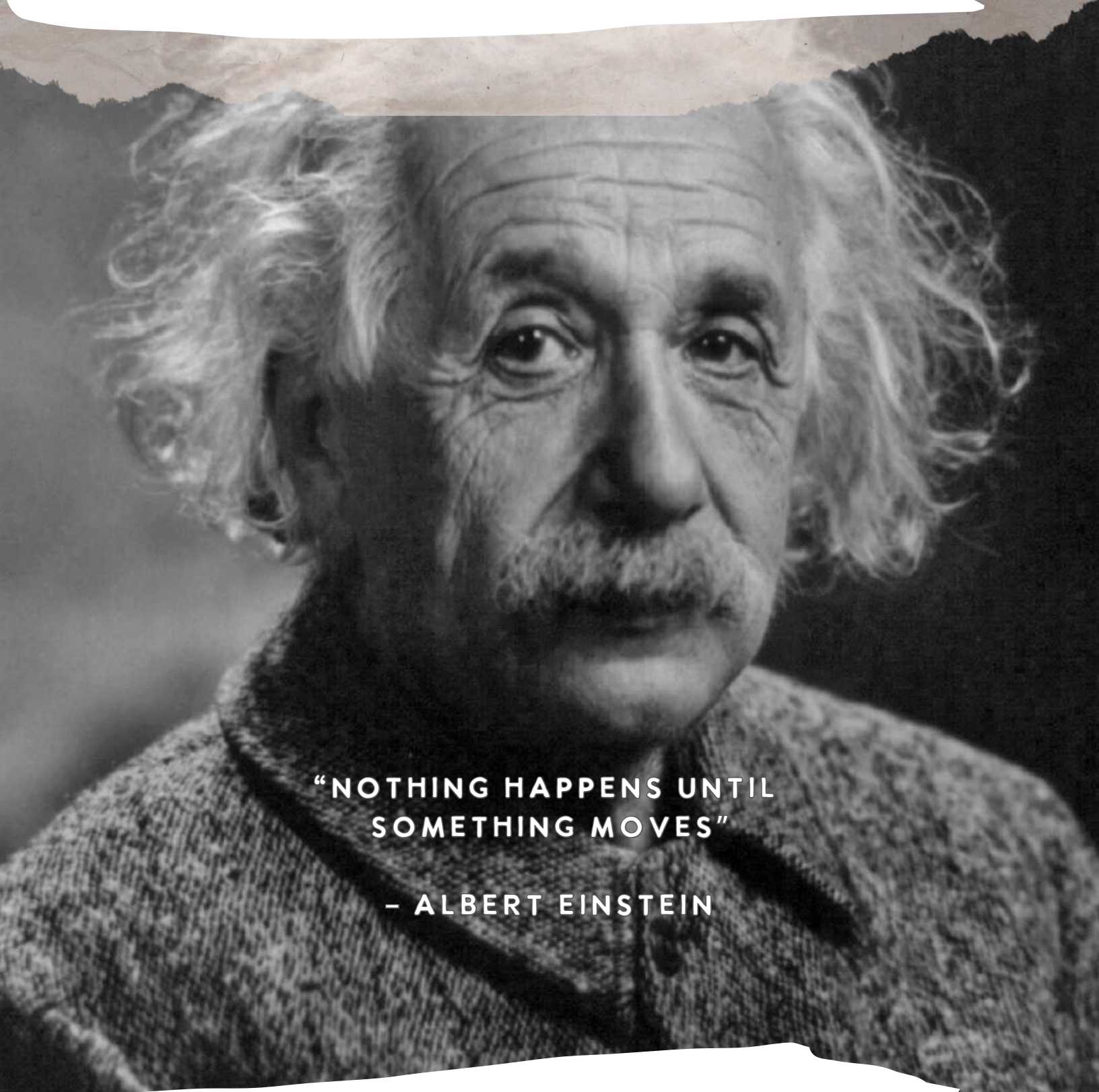
You don't need to rush. Go gently, listen inwardly, and remember this is a powerful act of self-respect.

Let this guide support you as you clear space for clarity, creativity, and chi to flow freely once again.

Abbie

CLEARING CLUTTER

WEIGHT OF OBJECTS



“NOTHING HAPPENS UNTIL
SOMETHING MOVES”

– ALBERT EINSTEIN

A N C I E N T W I S D O M



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CLEARING SPACE FOR CHANGE

A N C I E N T W I S D O M



CLEARING SPACE FOR CHANGE

Clearing Space for Change

We hold onto material objects because we believe they make us feel secure, when in reality they can weigh us down. What begins as comfort can turn into clutter. Clutter is low, stagnant, and confusing energy that constantly drains us. It is like a heavy fog that fills our homes and quietly clouds our lives.

Everything in your home is made of energy. Science shows that on the smallest level, all matter vibrates. Objects are not static, they carry frequencies that influence how we feel. Some items uplift and inspire us, while others drain or anchor us in the past.

When too many low-vibration objects surround us, our environment becomes heavy and stagnant. Clearing them out raises the vibration of our space, and in turn, raises our own. This is why decluttering can feel like a weight lifting from your body and mind, because energetically, it is.

Depending on where clutter builds up, it can influence your life in very specific ways. Mess in the entrance blocks opportunities from arriving. A cluttered kitchen weighs down health. Piles in the bedroom disturb rest and intimacy. Wherever the chi is stuck, life feels stuck too.

Clearing clutter is one of the simplest yet most powerful ways to create change. Every object you let go of makes space for something better to enter.

HOW CLUTTER AFFECTS US

W E I G H T O F O B J E C T S



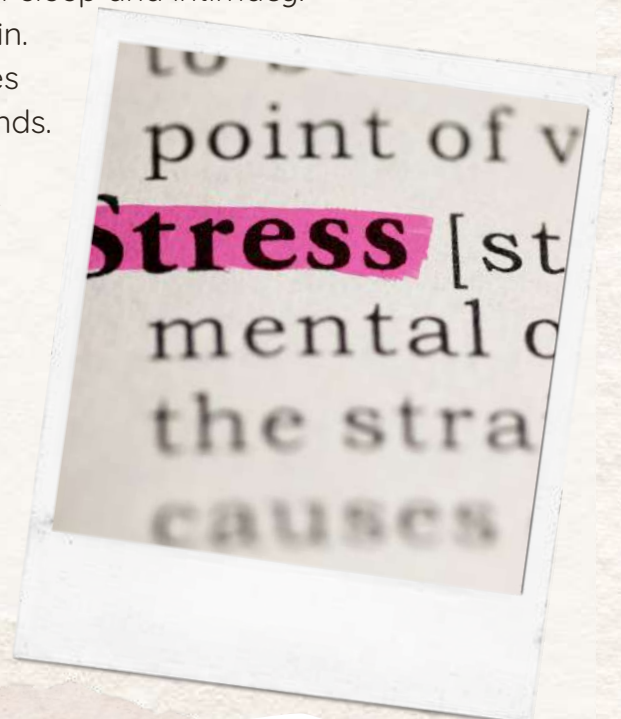
A N C I E N T W I S D O M



HOW CLUTTER AFFECTS US

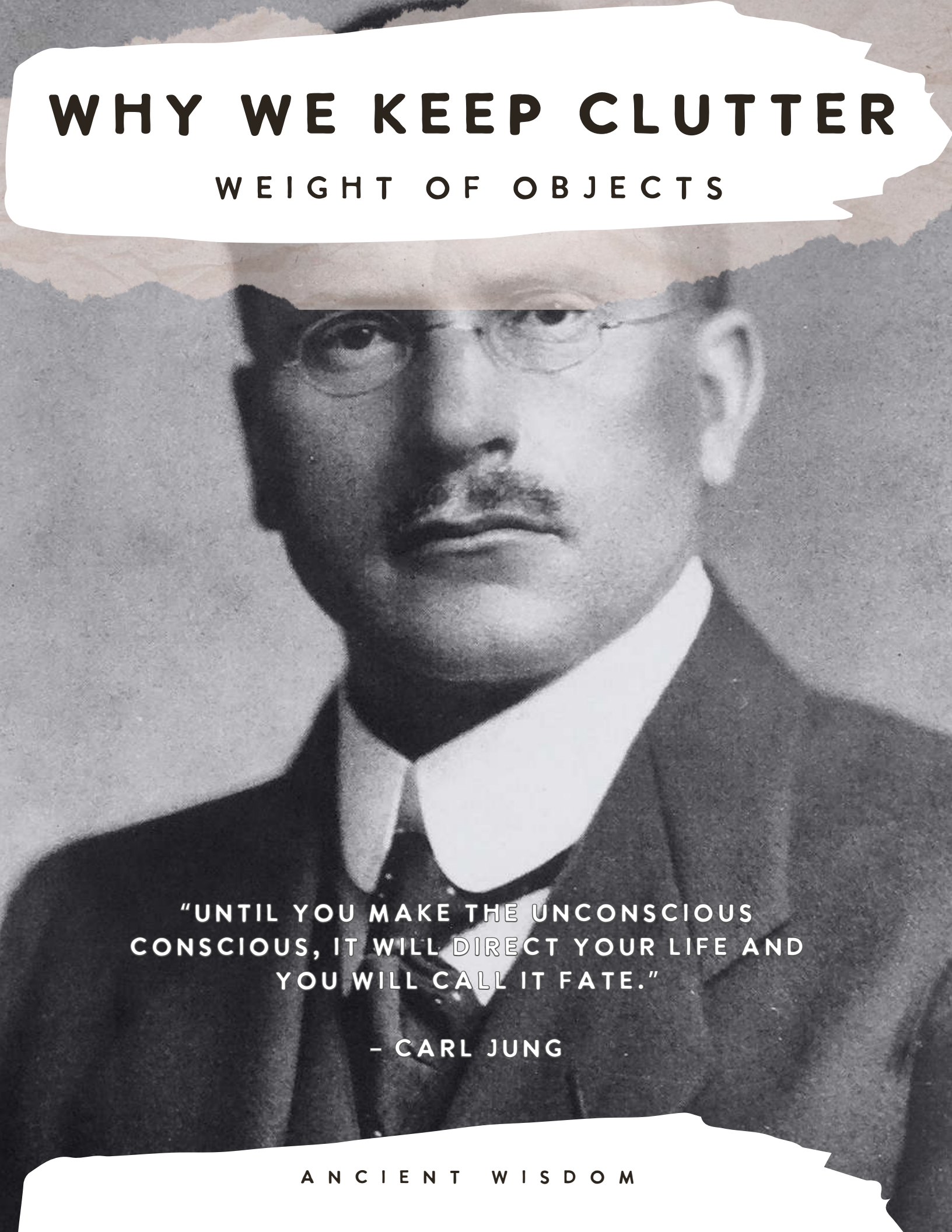
Clutter Affects Us In The Following Ways

- Increases stress levels
- At home and in the office, people waste thousands of hours annually searching for missing items or dealing with clutter. Organising your space can eliminate half of all housework, freeing up more time for what truly matters—spending it with loved ones.
- Lack of focus and clarity
- You feel stuck professionally, creatively, spiritually, and romantically.
- Insufficient time and attention for self and family can create irritability and depression.
- Clutter in the kitchen can cause undernourishment of our bodies.
- Clutter in the bedroom can cause a lack of sleep and intimacy.
- Clutter in our closets can cause weight gain.
- Clutter in the living and dining room causes relationship problems with family and friends.
- Clutter in the hallways and hall closets (the area of our home that represents our life's journey) can cause blockages and stagnation in all areas of our lives.
- Clutter in the bathroom can cause us not to look after our physical selves and how we look in the world.
- Clutter in the garage, where we park our cars, reflects how we move through life. It can hold us back from moving forward.



WHY WE KEEP CLUTTER

WEIGHT OF OBJECTS



"UNTIL YOU MAKE THE UNCONSCIOUS
CONSCIOUS, IT WILL DIRECT YOUR LIFE AND
YOU WILL CALL IT FATE."

– CARL JUNG

A N C I E N T W I S D O M



WHY WE KEEP CLUTTER

Why We Keep Clutter

Clutter is never just about “stuff.” It is about the stories, fears, and emotions we attach to our belongings. Understanding why we hold on makes letting go easier and more compassionate.

We do not keep clutter because we are lazy or careless. We keep it because it once served a purpose, even if that purpose no longer fits our life today.

The Common Reasons We Hold On

1. Identity & Self-Image

We keep clothes that no longer fit or items from a past career because they remind us of who we once were or who we hoped to become. These objects represent old identities we may not be ready to release.

- ✓ **Energy impact:** anchors us to the past and prevents growth.
- ✓ **Reframe:** “I honour who I was, and I welcome who I am becoming.”

2. Fear of Scarcity

We keep things “just in case.” A drawer of old wires, duplicate kitchen tools, free samples, bags we will never reuse. These items reflect a fear of lack, even when life is abundant.

- ✓ **Energy impact:** creates stagnant, stuck chi.
- ✓ **Reframe:** “By releasing this, I trust that life provides what I need at the right time.”



WHY WE KEEP CLUTTER

(CONTINUED)

3. Guilt & Obligation

We keep unwanted gifts, inherited objects, or expensive mistakes. Guilt ties us to things we don't love or use. But keeping them doesn't honour the giver; it drains us.

- ✓ **Energy impact:** fills our home with low vibration, not love.
- ✓ **Reframe:** "Gratitude for the gift, release for the object. The love remains, the item can move on."

4. Memory & Sentiment

Objects tie us to people, places, or versions of ourselves. It feels as though letting go would erase the memory, but memories live within us, not the object.

- ✓ **Energy impact:** keeps us dwelling in "what was."
- ✓ **Reframe:** "The story is in me, not in the item. A photo, journal entry, or small keepsake can preserve the memory without the clutter."

5. Overwhelm & Avoidance

We keep clutter because sorting it feels too big. Decision fatigue sets in, so piles grow. The clutter becomes a symptom of avoidance.

- ✓ **Energy impact:** drains confidence and motivation.
- ✓ **Reframe:** "I don't need to do it all at once. One drawer cleared is one weight lifted."



WHY WE KEEP CLUTTER

(CONTINUED)

6. Control & Security

Sometimes clutter feels protective. Surrounding ourselves with things can create a sense of safety. Yet too much “protection” suffocates instead of supports.

- ✓ **Energy impact:** creates walls instead of flow.
- ✓ **Reframe:** “Safety comes from trust in myself and my space, not from excess things.”

Science Insight

Researchers at Yale University found that when people with clutter were asked to discard items, the anterior cingulate cortex (the brain’s “conflict detector”) lit up, showing real stress. Letting go can feel painful because the brain perceives it as a loss. But on the other side of that discomfort is relief, lightness, and clarity.

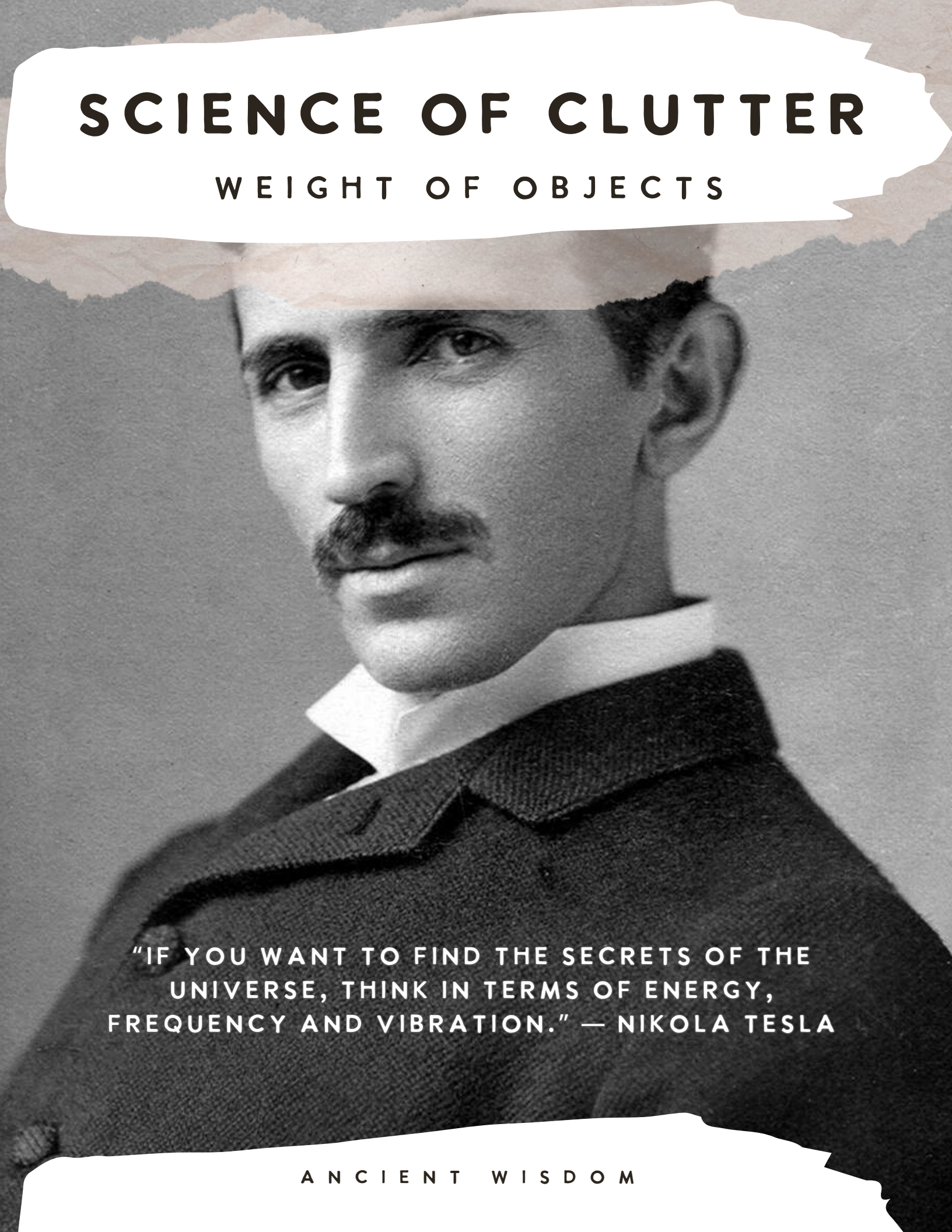
Chi Wisdom

Feng Shui teaches that every object carries chi. When we keep things out of fear, guilt, or habit, we allow stagnant energy to remain in our homes. When we let go, we release not just the object but also the old energy it holds.



SCIENCE OF CLUTTER

WEIGHT OF OBJECTS

A black and white portrait of Nikola Tesla, a man with a mustache, wearing a dark suit and a white shirt. The portrait is the central focus of the image, with text overlaid on it.

"IF YOU WANT TO FIND THE SECRETS OF THE
UNIVERSE, THINK IN TERMS OF ENERGY,
FREQUENCY AND VIBRATION." — NIKOLA TESLA

A N C I E N T W I S D O M



SCIENCE OF CLUTTER

Modern research continues to prove what Feng Shui has long observed: our surroundings profoundly affect how we feel, think and function. Clutter doesn't just take up physical space; it weighs on the mind and body, quietly influencing mood, focus and wellbeing.

Stress and Cortisol

A UCLA study found that women living in cluttered homes had higher cortisol, the body's main stress hormone ([UCLA CELF Study, 2010](#)). When cortisol remains high, it can lead to fatigue, lower immunity and difficulty concentrating ([UCLA Newsroom](#)). Clutter effectively keeps the body in a mild state of stress, making it harder to fully relax and recharge.

Cognitive Overload

Princeton researchers discovered that visual clutter competes for attention and reduces focus ([Princeton IPALab](#)). When too many objects fill our field of vision, the brain must work harder to filter information and stay on task ([Princeton Alumni Weekly](#)). Over time, this constant demand contributes to mental fatigue and decision overload, leaving less energy for creativity and calm thinking.

Sleep Disruption

Cluttered bedrooms are linked to poor sleep quality and greater difficulty relaxing ([RACGP, 2021](#)). When the space around us feels busy, the nervous system stays alert, even as we try to rest. A calm, organised bedroom helps the body release tension, encouraging deeper, more restorative sleep.



SCIENCE OF CLUTTER

Clutter and Weight

Research published in *Environment & Behavior* found that people in messy kitchens ate nearly twice as many calories from sweet foods as those in tidy ones (Vartanian et al., 2016). A chaotic kitchen encourages chaotic habits, while a clear space supports calm, mindful nourishment and balanced choices.

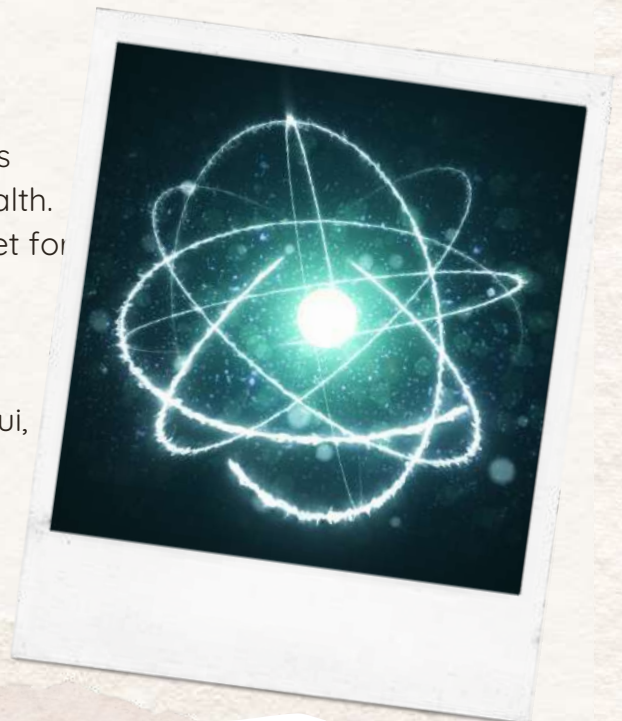
Modern physics reminds us that everything is energy in motion. Every object, room and thought carries its own vibration. Feng Shui has always worked with this principle, guiding chi to flow smoothly through our surroundings. When clutter accumulates, that flow slows and the vibration of a space drops. This is why messy environments can leave us feeling heavy, tired or unmotivated. By clearing space, we raise the vibration, restoring harmony to both home and body.

The Takeaway

Science confirms what Feng Shui has long understood: clutter drains our vitality. It affects hormones, sleep, focus, mood and overall health. Clearing space is more than tidying; it is a reset for body, mind and spirit.

Chi Wisdom

When modern science meets ancient Feng Shui, the message is clear. A clutter-free home nurtures clarity, calm and possibility, a true foundation for wellbeing and flow.



POSITIVE AFFECTS

WEIGHT OF OBJECTS

ANCIENT WISDOM



POSITIVE AFFECTS

The Positive Effects of Clearing Clutter

Clearing clutter is not only about creating tidy rooms, it is about creating space for life to flow again. Each item you release lifts the vibration of your home and opens new possibilities.

More Energy

- When chi circulates freely, you feel lighter and more motivated.

Clarity and Focus

- Clear spaces help you think clearly and make decisions with ease.

Better Sleep and Health

- A lighter environment reduces stress and supports natural rest and wellbeing.

Stronger Relationships

- Rooms designed for their true purpose create harmony and connection.

Welcoming Opportunities

- A clear entrance and open pathways invite fresh possibilities into your life.

Clearing clutter is therefore not just an act of organisation. It is an act of self-care and self-trust. Each drawer, shelf, or surface you free is a step toward a more balanced, vibrant, and supportive home.

Small changes build momentum. The more you clear, the more space you create for what truly matters.



GETTING STARTED

WEIGHT OF OBJECTS



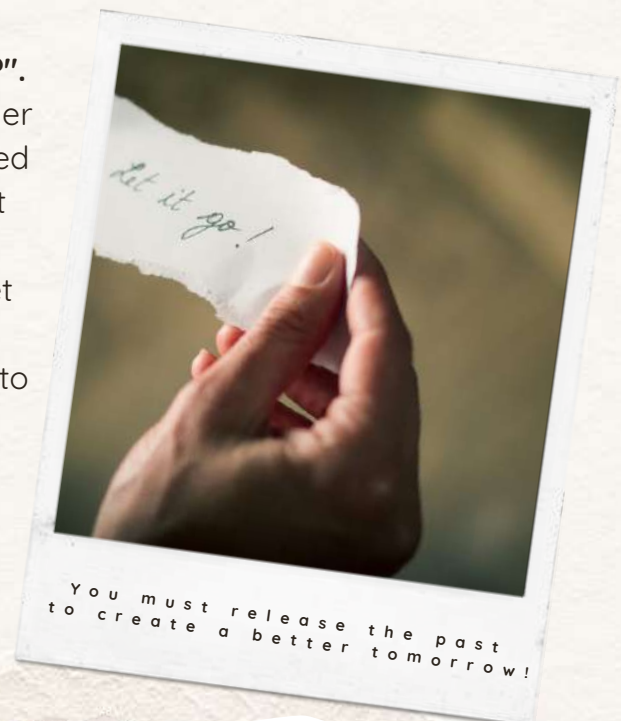
ANCIENT WISDOM



GETTING STARTED

Getting Started

- Like everything else on your to-do list, 'tidy the house' will only get done if you **SCHEDULE SOME TIME** for it. Even just an hour or two each day.
- Have bags/boxes to hold items for recycling, donations, giveaways, garden sale, resale (eBay, Vinted etc.) and rubbish.
- Go room-by-room. Start with the easiest and perhaps smallest room. Once you've picked a room, stick with it and complete it before moving on to the next. Remember that Rome was not built in a day, so the clutter does not all have to be cleared at once, but when you start, you will not be able to stop because it feels so good!
- Take everything out first. As you handle each item, repeat the organiser's mantra: **"Do I want it?", "Do I need it?", "When did I last use/wear it?"** and my all-time personal favourite: **"What was I thinking?"**. Clear out anything not used or loved. Under normal circumstances, if you have not used an item in the past year, you will not use it again.
- Clean each drawer, shelf, cabinet or closet before putting things back inside. Dirt is different from clutter. You will be less apt to place anything less than excellent in your now clean and fresh space.
- Affirm to yourself: **"It's safe to let go."**





GETTING STARTED (CONTINUED)

- Clearing clutter is about letting go and trusting the process of life to bring you what you need rather than keeping things “just in case” or because you don’t want to forget the memories. It is good to take photos of the items, make a scrapbook, and describe what they mean to you. Who gave it to you? This is a great way of letting go, but still feeling like you have the memories.
- If you’ve lived in clutter for a long time, you might have a way to go before it’s adequately tidied. Keep yourself enthusiastic about the process by having family and friends help out in the areas you feel comfortable with.

Regarding your wardrobe and drawers, ask yourself:

- Does it fit?
 - Do you wear it?
 - Do you love it, or if not, is it truly useful?
 - Even if you love it, is it in such bad shape that you should get rid of it?
 - Do you worry that it’s out of date? If you think it might be, it probably is.
 - Can it only be worn in a limited way? It’s like a stained shirt, so it can only be worn under a sweater.
 - Does it fill a need that no longer exists? This can be hard to admit, so press yourself.
 - Get rid of an item of clothing if you describe it by saying, “I would wear that,” or “I have worn that.” Those phrases mean that you don’t wear it.
-
- If you’re saving clothes for sentimental reasons, or to hand them down to someone else, or wear them to a costume or theme party, store them away from your active closet. And finally, be choosy; only save things that really deserve it.



GETTING STARTED (CONTINUED)

- **Regarding papers/receipts, ask yourself:**

- Do you actually need this piece of paper or receipt? What specific use does it serve?
- Have you ever used it?
- How easy would it be to replace it if you needed it?
- What's the consequence of not having it if you do need it?
- Was it once necessary, but now related to a part of your life that's over?
- How long has it been since you looked at it?

- **Regarding your desktop/office ask yourself:**

- File papers in appropriate folders, especially any which have been piling up for days.
- Ensure your inbox and outbox haven't become storage containers for a mishmash of paper.
- Check that pens and other stationery, work (refill staplers, replace glue sticks).

- Don't forget to de-clutter your purses, wallets, car boot and glove compartment, computer Inbox (emails), and desktop.





GETTING STARTED (CONTINUED)

Continued.

The Journal of Environmental Psychology show that in a cluttered home, people often feel that clutter reflects their life being out of control.

Clutter can have far-reaching unconscious effects on stress, focus, decision-making, emotional well-being, and sleep. While we might not always be aware of these influences, research shows that clutter can deeply affect our mental state and daily functioning.



Clearing Clutter Increase:
Endorphins and Oxytocin and
reduces Cortisol!

DECLUTTERING CHECK LIST

CHECK LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



DECLUTTERING CHECK LIST

Decluttering Checklist

Clearing clutter can feel overwhelming until you break it down into small steps. Use this checklist to guide your progress. Work room by room and celebrate each section you complete.

Bedroom

- ✓ Clear under the bed (no storage, no old boxes)
- ✓ Remove items that do not belong (work, exercise equipment, screens)
- ✓ Sort clothes: keep only what fits and feels good
- ✓ Refresh bedside tables and surfaces
- ✓ Replace worn bedding with fresh, supportive fabrics

Kitchen

- ✓ Clear expired food from fridge, freezer, and cupboards
- ✓ Donate duplicate utensils or unused gadgets
- ✓ Clean stove, oven, and surfaces to reset health energy
- ✓ Replace harsh cleaners with natural products
- ✓ Refresh pantry so essentials are easy to reach

Entrance & Hallways

- ✓ Clear shoes, coats, and bags from blocking pathways
- ✓ Create a clear landing spot for keys and mail
- ✓ Keep the front door free of clutter inside and out
- ✓ Add light, plants, or artwork to invite chi in
- ✓ Repair broken bells, locks, or lights



DECLUTTERING CHECK LIST (CONTINUED)

Entrance & Hallways

- ✓ Clear shoes, coats, and bags from blocking pathways
- ✓ Create a clear landing spot for keys and mail
- ✓ Keep the front door free of clutter inside and out
- ✓ Add light, plants, or artwork to invite chi in
- ✓ Repair broken bells, locks, or lights

Living Room

- ✓ Remove piles of magazines, papers, or old décor
- ✓ Check electronics and cords, recycle what no longer works
- ✓ Create clear surfaces for conversation and relaxation
- ✓ Balance furniture so energy flows easily around the room
- ✓ Keep only items that uplift you

Bathroom

- ✓ Recycle empty bottles and products you no longer use
- ✓ Keep only essentials you need daily
- ✓ Replace harsh products with gentle, natural ones
- ✓ Clean mirrors and glass to refresh clarity
- ✓ Add fresh towels or a small plant for renewal

Office / Workspace

- ✓ File or recycle old papers and receipts
- ✓ Sort drawers and stationery, keep only what works
- ✓ Clear email inbox and digital desktop
- ✓ Refresh your desk with inspiring, supportive items
- ✓ Keep one clear space for focus and creativity

EMOTIONAL RELEASE

WEIGHT OF OBJECTS



ANCIENT WISDOM



EMOTIONAL RELEASE

Emotional Release Prompts

Letting go is not only a physical act, it is an emotional process. Objects often carry memories, hopes, or fears. These prompts can help you reflect on what you are holding and why. Use them as journal questions or simply pause to ask yourself as you declutter.

Reflective Questions

- What story does this object hold for me?
- Does it connect me to a version of myself I have already outgrown?
- Do I keep this out of love, fear, or guilt?
- If I let this go, what space will open in my home and in my life?
- Does this object make me feel lighter or heavier when I touch it?
- Am I keeping this for my future self or my past self?
- Could a photo, journal entry, or small keepsake honour this memory instead of holding the item itself?
- What would I say to a friend if they were holding on to this?

Release Ritual

When you are ready to let go of something, pause and give thanks. You might say:

- “Thank you for the role you played in my life. I release you with gratitude.”
- “I free this object, and I free myself from its weight.”

Place the item in a donation or recycling box with intention. Imagine new energy rushing into the space you have created.

Tip: If an object feels very charged, take a photo before letting it go. The memory remains, but the physical weight is lifted.

BAGUA AND CLUTTER

WEIGHT OF OBJECTS





BAGUA AND CLUTTER

Bagua and Clutter

In Feng Shui, the Bagua map is a powerful tool that links different areas of your home to different areas of your life. Each zone carries its own energy, connected to themes such as wealth, relationships, health, and career.

Clutter in these areas does more than create a mess. It blocks chi, the life force energy that nourishes and supports you. Where clutter builds up, energy stagnates. This can show up as challenges in that part of your life, from finances that never seem to flow to relationships that feel stuck.

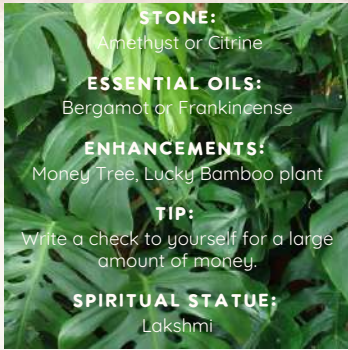
Think of the Bagua as a mirror. It reveals the invisible stories playing out in your home. When you notice clutter, it is not just about physical things piling up, it is a signal that energy in that life area is also weighed down.

Clearing clutter with awareness is like clearing the path for chi to move again. It is an invitation for balance, opportunity, and flow to return.

On the next page, you will find a Bagua clutter map that highlights common clutter hotspots and what they may be saying about your life. Use it as both a mirror and a guide. It is not here to judge, but to help you notice, release and realign. After decluttering has taken place, you can reset the space with the listed essential oils, crystals, enhancements or spiritual statues if desired.

HOME BAGUA MAP

HOME FENG SHUI



STONE:
Amethyst or Citrine

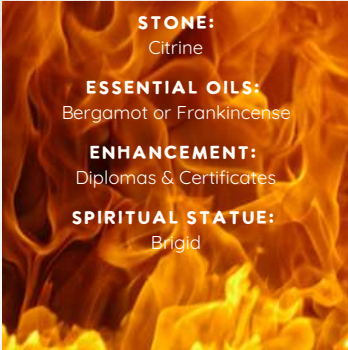
ESSENTIAL OILS:
Bergamot or Frankincense

ENHANCEMENTS:
Money Tree, Lucky Bamboo plant

TIP:
Write a check to yourself for a large amount of money.

SPIRITUAL STATUE:
Lakshmi

WEALTH
South East



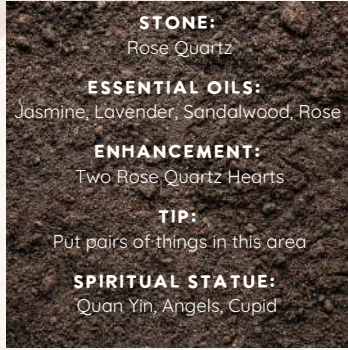
STONE:
Citrine

ESSENTIAL OILS:
Bergamot or Frankincense

ENHANCEMENT:
Diplomas & Certificates

SPIRITUAL STATUE:
Brigid

FAME, REPUTATION & RECOGNITION
South



STONE:
Rose Quartz

ESSENTIAL OILS:
Jasmine, Lavender, Sandalwood, Rose

ENHANCEMENT:
Two Rose Quartz Hearts

TIP:
Put pairs of things in this area

SPIRITUAL STATUE:
Quan Yin, Angels, Cupid

LOVE & MARRIAGE
South West



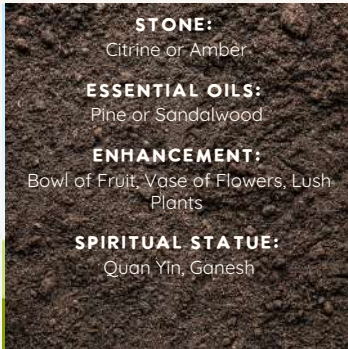
STONE:
Rose Quartz or Aventurine

ESSENTIAL OILS:
Pine or Sandalwood

ENHANCEMENT:
Family Photos, Family Crest

SPIRITUAL STATUE:
Hera

FAMILY & COMMUNITY
East



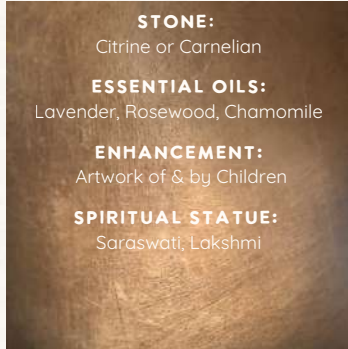
STONE:
Citrine or Amber

ESSENTIAL OILS:
Pine or Sandalwood

ENHANCEMENT:
Bowl of Fruit, Vase of Flowers, Lush Plants

SPIRITUAL STATUE:
Quan Yin, Ganesh

HEALTH
Centre



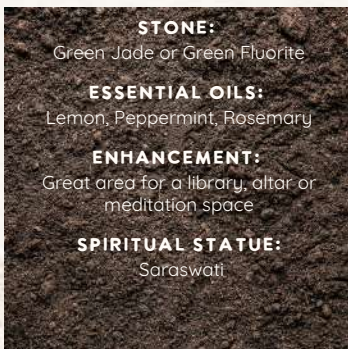
STONE:
Citrine or Carnelian

ESSENTIAL OILS:
Lavender, Rosewood, Chamomile

ENHANCEMENT:
Artwork of & by Children

SPIRITUAL STATUE:
Saraswati, Lakshmi

CREATIVITY & NEW BEGINNINGS
West



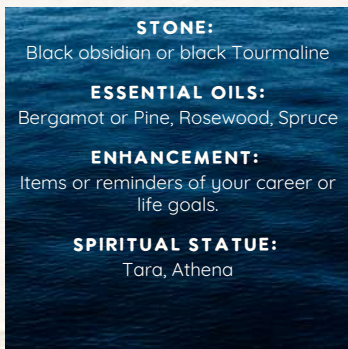
STONE:
Green Jade or Green Fluorite

ESSENTIAL OILS:
Lemon, Peppermint, Rosemary

ENHANCEMENT:
Great area for a library, altar or meditation space

SPIRITUAL STATUE:
Saraswati

KNOWLEDGE & SELF CULTIVATION
North East



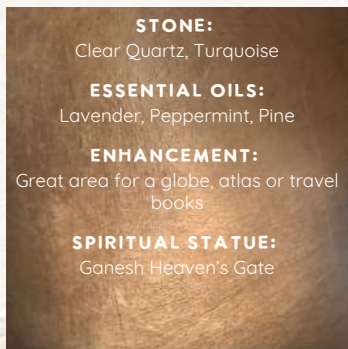
STONE:
Black obsidian or black Tourmaline

ESSENTIAL OILS:
Bergamot or Pine, Rosewood, Spruce

ENHANCEMENT:
Items or reminders of your career or life goals.

SPIRITUAL STATUE:
Tara, Athena

CAREER & LIFE JOURNEY
North



STONE:
Clear Quartz, Turquoise

ESSENTIAL OILS:
Lavender, Peppermint, Pine

ENHANCEMENT:
Great area for a globe, atlas or travel books

SPIRITUAL STATUE:
Ganesh Heaven's Gate

TRAVEL & HELPFUL PEOPLE
North West



DECLUTTER BY BAGUA DIRECTION

	BAGUA MAP	CLUTTER TYPES	EMOTIONAL LINK	LIFE IMPACT
South East	Wealth & Prosperity (SE)	Unpaid bills, broken valuables, piles of receipts, unused investments	Fear of scarcity, guilt over money	Financial blocks, difficulty saving or attracting abundance
South	Fame & Recognition (S)	Old projects, faded décor, dusty ornaments, unused awards	Fear of being seen, fear of failure or success	Feeling overlooked, lack of recognition, diminished confidence
South West	Love & Relationships (SW)	Single objects, photos of ex-partners, clutter under the bed, mismatched décor	Loneliness, holding on to the past	Stagnant relationships, lack of intimacy or partnership struggles
East	Family & Health (E)	Broken furniture, clutter in dining area, tangled wires, piles of family memorabilia	Over-responsibility, family tension	Family conflict, low vitality, unresolved health issues
West	Children & Creativity (W)	Half-finished projects, craft clutter, toys everywhere, broken electronics	Perfectionism, procrastination	Blocked creativity, frustration with children, lack of playfulness
North East	Knowledge & Wisdom (NE)	Stacks of unread books, messy desk, cluttered study area, scattered papers	Underwhelm, fear of not knowing enough	Mental fog, lack of clarity, difficulty making decisions or learning
North	Career & Life Path (N)	Blocked entrances, piles of shoes or coats, clutter around water areas	Fear of moving forward, insecurity	Feeling stuck, lack of flow in career or life direction
North west	Helpful People & Travel (NW)	Luggage, forgotten gifts, cluttered guest room, unused travel items	Lack of trust, not asking for help	Absence of support, missed opportunities, travel delays

ENERGY RESET RITUALS

TEST

RESET

RESET

A N C I E N T W I S D O M



ENERGY RESET RITUALS

Energy Reset Rituals

Decluttering clears away the old. Energy rituals invite in the new. Once you have released what no longer serves you, take a moment to refresh your space so chi can circulate freely again.

Clear the Air

- Open windows to invite in fresh air and sunlight.
- Light incense, sage, or palo santo if you enjoy smoke clearing.
- For a gentler option, use essential oil sprays such as lemon, eucalyptus, or lavender.

Sound and Vibration

- Ring a bell or chime in the corners of the room to break up stagnant energy.
- Clap your hands firmly around the room to move chi.
- Play uplifting music to create a sense of renewal.

Natural Energy Boosts

- Place fresh flowers in a newly cleared area to anchor new beginnings.
- Add a healthy plant to bring in Wood element growth.
- Use bowls of fruit or fresh herbs in the kitchen for nourishment.



ENERGY RESET RITUALS (CONTINUED)

The Five Elements Touch

- Wood: plants, bamboo, fresh greenery.
- Fire: candles, warm lighting, colours like red or orange.
- Earth: crystals, pottery, natural fibres.
- Metal: a singing bowl, decorative metal accents, white or silver items.
- Water: a clean water jug, small fountain, or artwork with flowing shapes.

Adding even one element will harmonise energy after decluttering.

Personal Reset

- Take a shower or bath to cleanse your own energy.
- Drink water or herbal tea to ground yourself.
- Sit quietly in your refreshed space and set an intention:
 - “I welcome new energy, new clarity, and new opportunities into my life.”

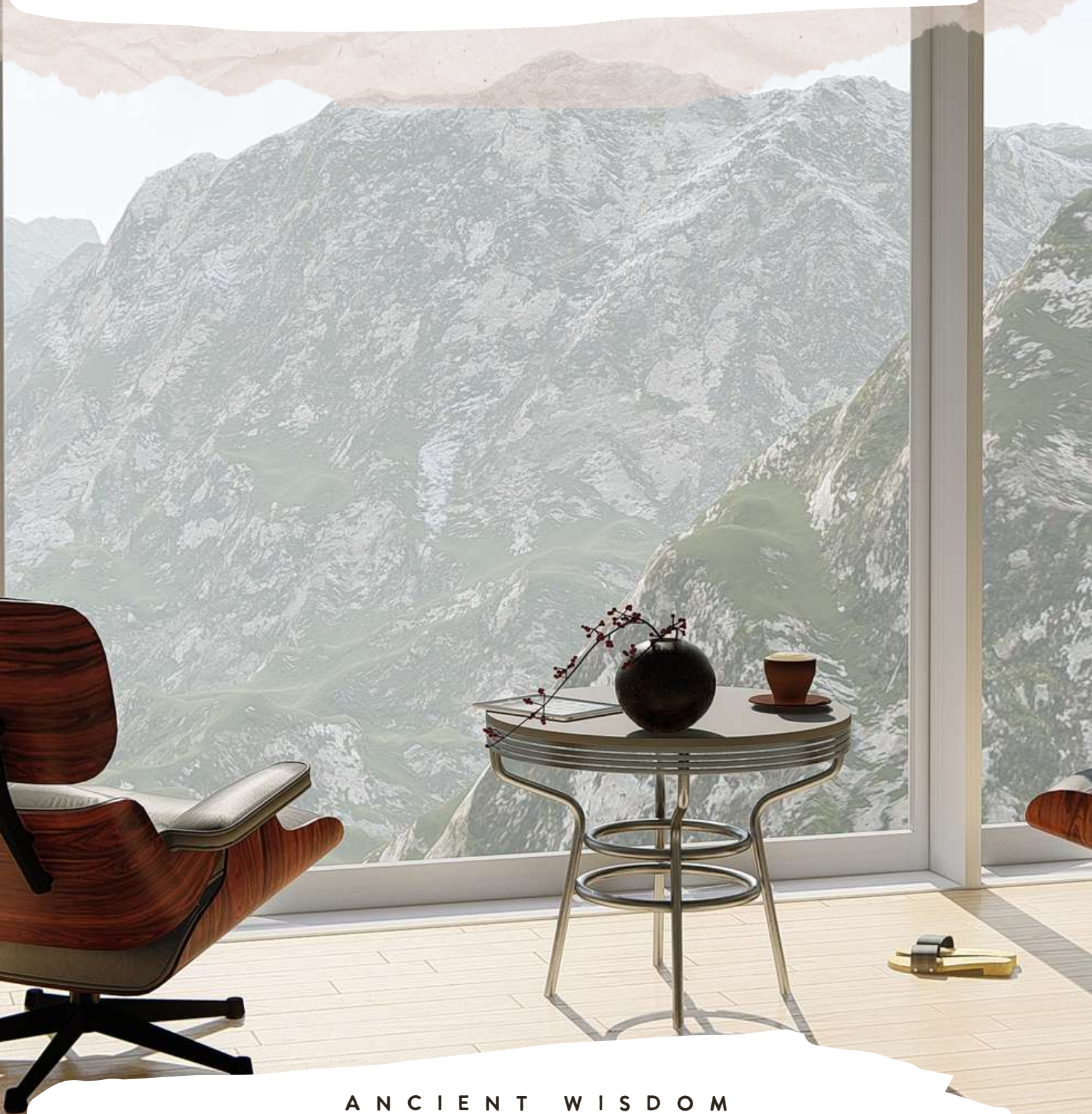
Chi Wisdom

Decluttering is only half the practice. Resetting the energy completes the cycle, turning an empty space into a fertile ground for possibility.



SPECIAL ROOM TIPS

WEIGHT OF OBJECTS



ANCIENT WISDOM



SPECIAL ROOM TIPS

Special Room Tips

Every room in your home has its own purpose. When clutter builds up, energy slows and the room cannot support you fully. These tips will help you clear and refresh each space so chi can flow freely.

Bedroom

- ✓ Keep under the bed completely clear
- ✓ Remove laundry piles, work equipment, or exercise gear
- ✓ Limit surfaces to a few calming, intentional items
- ✓ Use paired décor to support relationships
- ✓ Refresh bedding with clean, natural fabrics

Kitchen

- ✓ Clear expired food and unused gadgets regularly
- ✓ Keep counters as clear as possible for food preparation
- ✓ Store knives safely rather than leaving them on display
- ✓ Use glass jars or baskets to keep cupboards tidy
- ✓ Introduce fresh herbs, fruit, or flowers for nourishment chi

Entrance & Hallways

- ✓ Keep shoes, coats, and bags organised and off the floor
- ✓ Ensure the front door opens fully without obstruction
- ✓ Add lighting, plants, or artwork to uplift the space
- ✓ Keep post sorted daily to prevent pile-ups
- ✓ Repair broken locks, bells, or doormats promptly



SPECIAL ROOM TIPS (CONTINUED)

Living Room

- ✓ Remove unused décor and piles of papers
- ✓ Arrange furniture so energy can circulate easily
- ✓ Keep electrical cords neat and tucked away
- ✓ Refresh cushions, throws, or rugs to uplift chi
- ✓ Create one clear focal point, such as artwork or a plant

Bathroom

- ✓ Keep only the products you use every day
- ✓ Recycle empties and replace worn towels
- ✓ Clean mirrors and glass surfaces often for clarity
- ✓ Store toiletries neatly rather than on display
- ✓ Add natural touches such as plants, shells, or wooden accents

Office / Workspace

- ✓ Keep the desk surface clear enough to work comfortably
- ✓ File important papers and recycle what is no longer needed
- ✓ Organise stationery and supplies in drawers or boxes
- ✓ Declutter digital space by clearing desktop files and emails
- ✓ Add an inspiring object such as a candle, crystal, or artwork

Tip: Focus on one room at a time. Each step creates a noticeable shift in the energy of your home.

DECLUTTERING & RESET TOOLKIT



RESET

A N C I E N T W I S D O M

Letter of Intent

**INTENTION &
AWARENESS**

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e spoke about
ent and enforce



ENERGY AWARENESS WORKSHEET

Main decluttering goal:

Splitting goal into manageable sections

--	--	--	--

Splitting sections into tasks

☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐



DECLUTTERING TOOLKIT

INTENTION

- ☐ Set purpose for decluttering
- ☐ Visualise home energy
- ☐ Write daily affirmation
- ☐ Choose one area to tackle
- ☐ Commit to short sessions
- ☐ Play uplifting music
- ☐ Open windows for flow
- ☐ Note emotional attachment
- ☐ Focus on the after feeling
- ☐ Release with gratitude

SELF-CARE SETUP

- ☐ Comfortable clothing
- ☐ Relax posture often
- ☐ Use a pillow for kneeling
- ☐ Make a comforting drink
- ☐ Water and snack ready
- ☐ Stretch between rooms
- ☐ Celebrate small wins
- ☐ Close session with reflection

COMPLETION KIT

- ☐ Seal and remove clutter
- ☐ Take out rubbish
- ☐ Quick clean or vacuum
- ☐ Wipe down baseboards
- ☐ Dust shelves
- ☐ Note repairs needed
- ☐ Take progress photo
- ☐ Light candle to finish
- ☐ Take one mindful breath
- ☐ Smudge to reset energy
- ☐ Feel calmness return

SORTING SUPPLIES

- ☐ Print off planners and lists
- ☐ 4-5 boxes or bags
- ☐ Labels, notes, and pens
- ☐ Notebook for quick lists
- ☐ Charity bags ready
- ☐ Cloth & cleaner for wiping
- ☐ Timer for session pacing

RECYCLING PREP

- ☐ Prepare donation bags
- ☐ Keep list of items
- ☐ Check drop-off points
- ☐ Confirm donation details
- ☐ Arrange drop-off time
- ☐ Designate a release spot
- ☐ Store items temporarily
- ☐ Release one bag fully
- ☐ Confirm next collection date
- ☐ Hank items before release

REFLECTION

- ☐ Notice emotional lightness
- ☐ Notice energy shift
- ☐ Journal emotions felt
- ☐ Revisit intention card
- ☐ Track finished areas
- ☐ Plan small reward
- ☐ Set next focus area

ENERGY SUPPORT

- ☐ Open curtains in the day
- ☐ Fresh flowers or greenery
- ☐ Candle
- ☐ Sound bowl or spray
- ☐ Essential oils or diffuser
- ☐ Soft lighting in the evening
- ☐ Crystal or grounding stone
- ☐ White Sage or Palo Santo

ORGANISATION

- ☐ Use containers available
- ☐ Give each item a home
- ☐ Label clearly and simply
- ☐ Keep surfaces open
- ☐ Store seasonal items apart
- ☐ Review systems monthly
- ☐ Note any organisers to buy

QUICK START STEPS

- ☐ Gather toolkit first
- ☐ Set timer intention
- ☐ Start with one drawer
- ☐ Work clockwise direction
- ☐ Begin where chi slows
- ☐ Remove one bag

The background is a close-up of a piece of aged, off-white paper that has been torn horizontally. The torn edges are jagged and uneven. Behind the white title box, there is a strip of bright pink paper. Faint, dark, serif text is visible through the paper, appearing as bleed-through from the reverse side. The text is partially obscured by the pink strip and the white box.

**PLANNING &
PREPARATION**

[illegible]

[illegible][illegible][illegible]

This image shows a blank sheet of white paper with six horizontal black lines. On the left side of each line is a small, empty circle. The circles are arranged vertically, one next to each line, creating a template for writing or drawing.

[illegible]

A person is seen from the chest up, holding a large, crumpled orange paper bag high above their head with both arms. The bag is illuminated from within, glowing with a warm orange light. The background is a dark sky with a bright, hazy horizon line, suggesting a sunset or sunrise. The person's arms and the top of their head are visible in the foreground, silhouetted against the bright light.

ACTION & RELEASE

[illegible]

[illegible]



DECLUTTERING TIMELINE

CATEGORY

GOALS

NO OF ITEMS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

The image features two hands, palms up, holding a bright, glowing light source in the center. The hands are positioned against a clear blue sky. A horizontal strip of torn, light-colored paper is placed across the middle of the image, partially obscuring the hands and the light. The text "SUPPORT & CONTINUATION" is written in bold, black, uppercase letters on this white paper strip. The overall composition is symmetrical and conveys a sense of care and support.

SUPPORT & CONTINUATION



RELEASE WITH PURPOSE

SELL & REHOME

- ☐ Vinted · eBay · Facebook Marketplace
- ☐ Vestiaire Collective · Depop · Gumtree
- ☐ Preloved · “Hardly Ever Worn It”
- ☐ List mindfully — avoid overload
- ☐ Clean and photograph with intention
- ☐ Write honest, positive descriptions
- ☐ Bless the exchange before posting

RECYCLE & REPURPOSE

- ☐ Supermarket textile or battery bins
- ☐ Council recycling or reuse centres
- ☐ TerraCycle schemes (Boots, Lush)
- ☐ Repair cafés or community workshops
- ☐ Upcycle old furniture or jars
- ☐ Compost natural fibres or paper
- ☐ Refill household bottles
- ☐ Reuse packaging and containers
- ☐ Trade in electronics for credit
- ☐ Join local Freecycle or Freecycle groups

SUSTAINABLE DISPOSAL

- ☐ Electrical waste (WEEE collection points)
- ☐ Hazardous items via council services
- ☐ Private papers: shredding services
- ☐ Return old medicines to chemist
- ☐ Batteries: local recycling bins
- ☐ Broken glass/ceramics: wrap well
- ☐ Old cleaning items: safe disposal
- ☐ Old make-up: take-back schemes
- ☐ Check council recycling guides
- ☐ Ritual: thank, release, reset energy

DONATE & GIFT

- ☐ Charity shops: Oxfam · Sue Ryder
- ☐ Salvation Army donation banks
- ☐ Women's shelters · Refuge
- ☐ Homeless charities: Crisis · Shelter
- ☐ Animal shelters (towels, blankets, etc.)
- ☐ School or nursery drives
- ☐ Libraries or community centres
- ☐ Care homes (books, puzzles, DVDs)
- ☐ Offer to friends only if invited
- ☐ Thank the item before release

SUSTAINABLE INITIATIVES

- ☐ Buy less, choose well, repair often
- ☐ Support second-hand / refill shops
- ☐ Swap events and local repair cafés
- ☐ Invest in quality, not quantity
- ☐ Follow “one in, one out” rule
- ☐ Compost food scraps mindfully
- ☐ Rehome packaging for crafts
- ☐ Share, lend, borrow in your community
- ☐ Track progress — celebrate shifts
- ☐ Express gratitude for lighter living

COMMUNITY & UPCYCLING

- ☐ Join local Freecycle or swap groups
- ☐ Hold community “exchange” days
- ☐ Visit repair cafés or upcycling studios
- ☐ Donate craft materials to schools
- ☐ Transform fabrics, furniture creatively
- ☐ Support local upcycle makers
- ☐ Offer or teach an upcycling skill online



RESET & RENEWAL

SECRET WISDOM



MINDSET FOCUS

BEFORE DECLUTTERING REFLECTION

CURRENT SPACE FEELING & REFLECTION ABOUT YOUR LIFE

TARGET SPACE IDEAL LOOK & REFLECTION OF LIFE



MINDSET FOCUS

AFTER DECLUTTERING REFLECTION

WHAT IS IMPROVED AND LEARNT

CURRENT SPACE LOOK & FEEL

NOTES



CREATING CHANGE

Clearing Space, Creating Change

As you clear your home, you are also clearing parts of yourself. Every decision to let go creates more room for what matters.

Here are a few reminders as you move forward:

- Decluttering is a process, not a one-time task. It's okay to return to areas as your needs and seasons change.
- Celebrate your progress, no matter how small. One clear drawer is one less energetic block.
- Pay attention to how your space makes you feel. The goal is not minimalism — it's resonance.
- Keep only what you love, use, or honour. Let the rest move on with gratitude.

The energy of your home shapes the story of your life. When your environment supports you, everything else begins to feel more possible.

✨ Visit my website for resources, articles, and services:

👉 www.themoderndragonfengshui.com

In harmony,

Abbie

