

# THE CLUTTER QUOTIENT

*If  
your house is full,  
then so is  
your life.  
There is no  
room for growth  
or room for  
new opportunities.*

The ultimate intention of practicing Feng Shui is to create an environment that supports and encourages the positive flow of energy into your life. The very first step in your Feng Shui journey is the "clear the clutter", to prepare your home for the prosperous, nurturing and supportive energy you so deserve.

"If your house is full, then so is your life, there is no room for growth, no room for new opportunities to enter".

The term clutter does have the implication of being negative, but when the expression is used, the meaning can be misinterpreted and does have a number of translations. Clutter is considered anything in which you surround yourself with that is no longer reflective of who

you are - TODAY. Granted, there are severe situations which require the assistance of a professional, but for the most part, clutter can be addressed by just bringing awareness to the concern.

Clutter consists of anything that is no longer valuable or beneficial to you. This could be a bookcase full of books you have already read, clothes that no longer fit you or furnishings that do not reflect your true personality and taste. Possessions to consider are remnants from past relationships, gifts that you received in which you accumulate only to avoid hurtful feelings. All of these things are preventing you from moving forward in your life and depending on the area of your home, could create obstacles or completely block the flow of energy and events into your life.

Clutter is low, sluggish, and confusing energy that drains energy from you. Clutter is a dilemma, as it hinders clarity of focus, and aside from the disruption, it also blocks the flow of positive energy. To our subconscious mind, clutter triggers visions of stagnation, stuck energy and places where life doesn't move.

This usually represents the things we are avoiding and where we don't want to put our attention. The explanation why most people avoid addressing clutter is not because it takes effort or that it can be time consuming.

The real reason is the fact that clutter clearing is a very emotional, overwhelming process, similar to therapy, and it takes emotional determination to even get started.

Clutter can also symbolize a person's lack of trust in the future. Keeping your home filled with things you no longer use or love, or because you may need it someday indicates your lack of trust that the universe will provide for you in the future.

In addition to all that is visible in your environment, other less noticeable locations in your home also have a huge affect on your life. Just because you don't see it doesn't mean that it's not affecting you.

Hidden clutter includes your garage, closets, basement, or attic spaces. Chi energy stagnates in storage areas. Closets represent things that are out of sight, unknown, or unrecognized. When we fill our closets with clutter, we stifle our ability to be intuitive and insightful.

Your garage is more than a storage space. It's your daily portal in and out of the world and reflects your freedom. Consider your car as a symbol of your mobility, independence, and gives you the capacity to be self-directed in life. If there's so much stuff piled up in your garage that you can barely fit the car, you may be hindered or overly cautious, affecting your forward progress. Your vehicle is one of your most costly financial investments - doesn't it deserve to be protected?

A cluttered attic creates a feeling of being under pressure and reflects your higher aspirations. It's hard to feel optimistic about the future when there's so much stuff "hanging over your head" or the weight of the world is on your shoulders. And the basement and other below-ground storage areas are considered your subconscious territory.

Go straight for it, give it away, find a home for it, make decisions about it, and address it! Once you start moving the energy in your home, you will be surprised how quickly events move in your life!

Clutter-clearing does not need to be considered an enormous challenge. It is one of the most effective self-improvement strategies available to you. Every magazine and piece of paper you recycle, every book you give to the library, every knick-knack and item of clothing you release to a new owner creates space in your life for new insight, energy, joy, and experiences.

