



GET THE ENERGY FLOWING

Before you can Feng Shui your home or work place you need to rid yourself of clutter. There is no point implementing remedies if you have clutter, as it will reduce the effective flow of energy.

If you look up the dictionary for the word "clutter" the words referred to are disorder and confusion. This is symbolic of what you may be experiencing in life. In different areas of your home you may have clutter that may refer to the way you are feeling in a specific area of your life. Your home is a reflection of you and clutter can block the energy flowing effectively through the home and therefore can affect opportunities available to you.

Symbolically, clutter represents stuck energy. Clutter in your environment can mirror internal clutter. Imagine everything you own is attached to you by a thin thread of energy. The more things you have, the more strings you have attached to you. What these strings do is act as an anchor. They hold you firmly in your current situation and prevent you from moving forward in life. Therefore the more cluttered your environment, the more stagnant your life is likely to be, and carrying around a lot of clutter both internally and externally will slow you down and tire you out.

People tend to keep clutter in order to suppress themselves, as it holds them back.

We use clutter as a protection against the future as we are normally based in fear. However, fear is not a natural state for us, and if we can recognise this fact, we can stop trying to protect ourselves against the future by accumulating clutter. A good saying to remember is "What you fear you attract".

It is said that clutter in wardrobes, bathroom cabinets, fridges, garages, cars, handbags, drawers, underneath beds are clutter hot-spots. Clutter at floor level pulls your energy down and can have a depressing effect. It can also indicate that you are trapped in the past.

General clutter creates stagnant Qi as well as inconvenience and confusion.

Clutter in an attic represents the future, therefore avoid clutter as you may block your future.

Clearing clutter can actually increase your energy levels. The process releases the past and allows you to move forwards into the future. Sometimes the thought of clearing a whole houseful of clutter can be overwhelming, so it becomes easiest

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to avoid doing it altogether. However, you can do it a bit at a time, start with one cupboard if need be, and work your way up.

Start with a drawer, once you do it you will feel great. Anything that you look at that you do not like or conjures up a negative feeling either throw it out or give it to a charitable organization. An example of this is a present or gift you may have received from someone you don't like and every time you see this item you have negative feelings....what is the point of holding onto it? You must surround yourself with positive energy and that means surrounding yourself with items that mean something positive to you and make you feel good.

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