

De-clutter, de-lovely, de-lightful!

How do you feel if you walk into a store, which is cluttered, and unorganised?

It can be difficult to find what you want; sometimes you may even feel frustrated or claustrophobic, and so just walk out.

Consider your own situation!

What is the state of your work desk? Workplace? Car? Home? Garage?

Is it cluttered? Do you have a lot of things around that you are not using or needing?

Un-cluttering your environment is a practice common in the East, especially to both Yoga & Feng Shui. Movement and flow is considered the essence of growth, life & health, while clutter causes stagnation.

When you un-clutter, you create space, allowing for movement and energy to flow around your environment. There is now room for change and growth. When you begin to un-clutter your environment you are also beginning to clear space for your mind. It's a process of letting go... putting things away, creating order or even getting rid of those things you don't need or use, allowing them to be enjoyed by others.

When you un-clutter, you create order, and make things safer, reducing the risk of injuries or frustration.

Ultimately as we begin to un-clutter our space, we begin to understand the importance & process for un-cluttering our minds. When our minds are busy, and full of thoughts, worries, and concerns, there is simply no space to think clearly, or perceive and understand properly. As they say in the East, our cup is too full, so we can't take in any more. When you clear & un-clutter your mind, your stresses and worries become less, and your capacity to think & create expands.

So try these little practices NOW and see what you discover...

Un-clutter your Environment

Tidy your desk, tidy your workplace, tidy your car, tidy your home, tidy your garage or storage areas.....

Clean away dust or dirt

Put things away

Store things in orderly fashion

Make walkways clear & open

Have just a few items of personal value in view – change them around regularly

Get rid of things you no longer need – pass them on to someone who needs them

Un-clutter your Mind

Pause between activities - Stop and breathe to clear the mind

Meditate

Sit upright, relax all your muscles, focus on your breath, and let thoughts & feelings come & go

When stressed, angry or anxious

Observe the emotion

Let yours come up and just sit without reacting

Allow them to pass....