

EVERYDAY FENG SHUI

Feng Shui by Maria

Decluttering Your Way to Prosperity

"I can't keep up with my work...I go from one fire to another...I feel so overwhelmed...I don't know where to begin...I feel blocked...I have no energy..." Do you hear yourself or others around you saying such things? Look around, do you then see piles of unfiled papers, items stacked everywhere, blocked doors, overstuffed closets, broken items... in other words... clutter!

View your house as a metaphor for your life. Keep your house in order...your spiritual house, mental, physical and emotional. As they said in the movie *The Field of Dreams*, "If you build it, they will come." In Feng Shui, we say, "If you clear it, it will come." When practicing Feng Shui, the first step to take is decluttering.

Feng Shui, which has been practiced for over 3,000 years in China, is the enhancement of health, prosperity, and happiness. It is a dance between empowerment and environment. Essential Feng Shui® observes that your vitality, resources, and loving connections flourish and grow best in harmonious, uncluttered environments that intentionally meet your unique needs and express your personal preferences.

An organized home can have a calming effect on you, your family and guests. This does not have to be difficult; in just minutes you can begin to make changes that can turn your home into a comfortable, peaceful haven.

What works is balance. You can begin to transform your home from chaos to paradise with the "few minutes a day technique". I call it the "Salami Method of Time Management", taking one slice at a time. Organizing possessions and eliminating clutter can be viewed as an adventurous mission that opens portals to your personal paradise. By getting rid of the things you no longer want or need, you revitalize your home and make room for what you really DO want to flow into your life; you enhance your happiness, clarity and peace of mind. In Feng Shui everything counts, so your storage areas are as important as the most lived-in areas. In other words, if your room is orderly because everything is stuffed into a closet, you are not practicing Feng Shui.

Clutter is defined as any items that are disliked, unused, in excess and/or unorganized. To begin choose a space you consider cluttered, such as a closet, storeroom, cabinet, desk drawer, table top, or kitchen cupboard, then follow these simple steps:

As you're organizing and decluttering, ask yourself these questions:

"Do I love it? Do I need it? Does it represent or support who I am now? What pleasant or unpleasant memories does it hold? Does it need repair, and am I willing to restore it right now? If I'm letting go, will I sell, lend, or give it away, and when?"

Label 3 boxes or bags: Throwaway, Giveaway, and Stowaway. When you have separated all items into 3 categories, put the throwaways in the trash immediately, prepare and label the giveaways to go to their new homes (family, friends, and charities) and make sure you remove them from the space and give them away within a week. Stowaway the items you are keeping to their proper places with love and gratitude.

Give yourself the gift of shelves and containers for your storage areas. Your environment displays your consciousness, and there's no more revealing place to look than behind closet doors. You'll know that you've succeeded in reinstating balance when you respond positively to every part of your home, and can easily put your hand on everything you need at any time. Congratulations! Now watch for the helpful people, opportunities, and things that flow into your life because you have let go of the old and made room for the new.

A client recently hired me because she lacked energy. After a home consultation I received an email stating, "Today I went to the hall to get a ladder to continue my enhancements, and found that one thing led to another. The task of storing the cleaning products we just bought led to cleaning out the linen closet, I went to my tool drawer for a hammer, saw the air vent was dirty began cleaning them. I went to enhance the sewing room and decided to move the piles from the table, and then I looked in the closets and took out clothes to give away. I then thought I have all the cupboards in here, why do I have all this computer stuff out? I rearranged the laptop cords to be stored neatly behind closed doors. Before I began I felt very tired. Now I feel so much better, I have so much energy and enthusiasm." Their life continue to improve daily.

Another client felt that she was stagnating in her old environment. Once she made the conscious intention of moving forward, she began clearing and giving items away to prepare for the sale of the property. As soon as the space was cleared she began receiving sale offers, as well as numerous possibilities for her new home. She said that "people were coming out of the woodwork." She cleared her energy path and now has found the perfect house with a beautiful view.

Summer is a time of renewal, rebirth and moving forward. This is a perfect time to revitalize your home environment by decluttering the stagnant energy. Get started now and enjoy the flow of prosperity and opportunities!

Overall, decluttering is the foundation in beginning Feng Shui; clearing the path for positive energy to flow in. In future articles you will receive more details on the principles of Feng Shui. You will learn how to enhance your career, family, friends, health, wealth, fame, love and marriage, children and creativity, and helpful people. By applying the tools of Feng Shui your personal paradise is only a few steps away. For questions or home consultations email at mtmccull@aol.com and put "Feng Shui" on the subject line, or visit my website at www.fengshuibymaria.com. Classes will begin through the Benicia Parks and Recreation in September; more information will be in my August column. Be watching for it.

Maria McCullough - Bio

Maria McCullough, a Benicia resident, is the owner / founder of **Feng Shui by Maria** (www.fengshuibymaria.com) and is a speaker and educator with over 15 years of experience. She specializes in residential, landscape and business consultations. She is a graduate of the Western School of Feng Shui and has personally trained with Terah Kathryn Collins, founder of the Western School of Feng Shui, specializing in Essential Feng Shui® and author of numerous books including "The Western Guide to Feng Shui."