

THE COMFORT OF BEING ORGANIZED

.....from a *Feng Shui* perspective

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In this fast paced world, does life sometimes feel unmanageable? Are you constantly being distracted by too many things to do and not getting to the things you really want to do? We don't always make the connection between these issues and having our lives in order. How can we really be comfortable in the moment when we are constantly running around putting out fires – when our office, our home, our papers, etc. are in shambles. When you walk into your home do you get a feeling of peace and comfort or is the mess around you chaotic and distracting?

In using the principles of feng shui, the ancient Chinese art of placement, our lives fall into place. Whether it be moving a piece of furniture, painting a room or clearing the clutter, using these tools has a huge effect on us. In practice, using feng shui principles, we learn to place furniture appropriately, enhance rooms using color and lighting and keep our belongings organized by removing clutter.

If clutter and disorganization block the flow of energy in your environment, different choices and changes in behavior are being called for. These changes can be simple – a colored wall, a piece of furniture moved or clearing a pile of magazines on the floor. When we make small changes, the ripple effect occurs. This change in behavior or habit will have an effect that is tiny and huge all at the same time. By taking small baby steps, huge changes can occur. An easy flow of energy and balance is created within ourselves as well as outside ourselves.

Here are some things you can try that have been very successful with my clients:

Take The Moment

When tasks occur on a daily basis and we say "Oh, this will only take a moment, I'll do it later" and put it aside, we create an "It Will Only Take A Moment" pile, yet another pile to deal with. Take the moment in the moment – right then and there – If it only takes a moment, do it now. It's very simple, simply do it.

Here is an example. A client of mine, who is a single parent had information sitting on her desk for over a year relating to free health insurance for her three-year old child. She was scared, confused and uncomfortable about telling someone what her income was or was not. She finally empowered herself by being willing to look at that piece of paper, made one telephone call and got free health insurance for her child. Take action and trust that you will be helped and you will be helping yourself. Paralysis is self-sabotage and keeps us from moving on in our lives.

The 30 Minute Solution

Do you have too many chores and projects that overwhelm you? Do you get paralyzed and do nothing? Here's a solution! Take 30 minutes every day to go through piles of papers, a closet or anything else that's gnawing at you. Set a timer for 30 minutes and tackle the project. When the timer goes off, you are done with that project for that day. Stop when the timer goes off. Do this 30 minutes a day for a week and stick to it. At the end of the week, you will have given 3.5 hours to that project and decreased or completely eliminated it. You will feel great. You have managed your time, your anxiety and your project with comfort and ease. Now reap the benefits.

Mail

With the advent of so much unsolicited junk mail, we can all relate to this. How do we manage our mail? :

- **DEAL WITH YOUR MAIL IMMEDIATELY!**
 - **IT ONLY TAKES FIVE MINUTES.**
- Throw away junk mail before you enter your home
- Place bills to be paid in a designated spot
- Respond to invitations, etc. once a week
- Place reading materials where you will read it!

It is important to have a designated place for your bills and to determine if you will pay them immediately, weekly, monthly, etc. It is also important to have "by when" dates. "By when" allows you to manage your mail and manage your time more effectively.

Clothing

The less we have, the easier it is to manage. We only have one body and we can only wear one thing at a time. Therefore, we really don't need an abundance of clothing. Go through your closet once or twice a year, clear out what you are not using and pass it on. The Golden Rule of Clothing is "If you haven't worn it in two years, out it goes."

Finding A Place For Everything

Think of the time and energy wasted looking for your keys, an article of clothing, your glasses, your briefcase, etc. Everything must have a home and after it is used, must be put back in its "home" Again, try this for a week and see what happens. This works beautifully with children when teaching them to put their things away. Just like they enjoy crawling into their bed, their stuffed animals, toys, etc. like to return "home" after being out in the world. You can really teach your children to keep their things in order in a playful and nurturing way.

Here's The Challenge.

Decide what step you are willing to take. Here are a few examples: no matter what, no matter how you feel, no matter what time it is - for a week hang your clothes up at night, or put them in the laundry, but take care of them. You need only do it for a week and watch what happens. Or, do any of the above recommendations. I invite you to be a witness to yourself. At the end of that week, check in with yourself, see how you feel, how your space feels, and consider signing up for a second week. Baby steps, remember baby steps. They are the answer to all our challenges!

Whether we are aware of it or not, our spaces reflect our lives. Having an inviting warm home to return to after being out in the world gives us a feeling, sense and knowing that in certain areas of our lives, all is well. Our home can give us strength, serenity and courage to be with the challenging parts of our lives. The fantasy of having our environment, both personal and professional, be nurturing and supportive can become a reality with small changes and commitment.