



*Using elements of nature to create balance, comfort and inspiration in your environment and in your life!*

## *Feng Shui and Spring Cleaning*

It's spring and change is in the air!

Cyclically, spring is a natural time for us to focus on removing physical, mental and emotional clutter from our lives.





## *What is Feng Shui?*

- Literally translated as wind and water, feng shui originated in China somewhere between 2,000 and 4,000 years ago.
- Feng Shui investigates how who we are is influenced by where we are.
- Feng Shui is about the flow of energy (chi) in our space.





## *What is Clutter?*

- Too much stuff in a small space.
- Anything not being used.
- Anything unfinished.
- Anything disorganized or disorderly.
- Things kept out of obligation.





## *Why De-Clutter?*

- Decluttering allows you to restore balance to your life.
- Eliminating unimportant things frees up time, energy and space for the things that really matter.





## *The Bagua*

- ~ The bagua is a visual mapping tool that relates various areas of your life to nine sections of your living space.
- ~ Place the bagua grid with bottom facing you while standing at the intended entrance to the room.





# Clutter and the Bagua



Bagua Sector	Clutter Effect
Self Empowerment (Prosperity)	Can clog up your cash flow, cause stagnation in your overall financial situation and make it hard to bring in abundance.
Future	Can dull your reputation. Enthusiasm, passion and inspiration can also be affected.
Relationships	Can cause difficulty finding a partner or create problems in an existing relationship.
Community	Can cause problems with family, parents, or authority figures.
Health	Can have damaging effects on overall health. Your life may lack a central focus.
Creativity	Can result in having difficulties in relationships with children or people working for you. May cause blocks in creativity and struggles with completing projects.
Wisdom	Limits your ability to learn, make decisions and improve yourself.
Self (Career)	Can make one feel as though they are in a rut; struggling uphill in life.
Helpful People	Blocks the flow of support in life. Can also inhibit plans to travel more.

Note: some of this content came from *Clear Your Clutter with Feng Shui* (pages 60-61) by Karen Kingston, published 1998.



## *Where Else Does Clutter Lurk?*

- behind the door...
- on the floor...
- in the bathroom...
- in your office...

In your head!





## *Where and How Do I Begin?*



*Cleaning and decluttering are two foundations of feng shui.*

*When you clean, have the idea in mind of transformation and change.*

- Front door – considered the ‘mouth of chi’.
- Garage – every time you enter a messy space you will be instantly stressed.



## *Bedroom Clutter*

- Nightstands - the last thing you see before turning out the lights
- Linens - change sheets once a week – get rid of stagnant chi.
- Laundry - hampers in bedrooms allow stale chi to linger.
- Paperwork/bills – stress, stress, stress!
- Closets – clear out space for new experiences to come in.





## Start Small

- Focus on one room at a time – or even one drawer!
- Time yourself for 15 -20 minutes – but adhere.
- Stay committed.

Doing an inventory of your home is like coming eyeball to eyeball with unresolved business...

**Think about why you are keeping something.**



Ask yourself the following two questions:

- ✓ Do I *really* need this?
- ✓ Is it something I *really* love?

The answer should be **yes** to at least one, but preferably to both of these questions.



A simple method – use boxes or garbage bags and label them:

- Trash
- Donate
- Put Away
- Maybe

*“One in, One out”*

*“Keep the best, Dump the rest!”*



## *Dealing with Mixed Emotions*

- Remind yourself – it is safe to let go.
- Take baby steps.
- Holding on to stuff is a way of holding on to life.
- Letting go is not symbolic of loss, but rather gaining clarity and confidence.





## *Spring Cleaning for the Body*

- Spring is the time to give your digestion, liver and energy level a boost and cleaning.
- A spring diet should emphasize green veggies such as bok choy, kale, chard, spinach, asparagus and peas.
- Avoid heavy meat and carbohydrate consumption, go for a salad and fish.





## *Spring Cleaning for the Body (cont'd)*

- Avoid candy and go for citrus such as kiwis and strawberries.
- Drink plenty of water and refreshing teas.
- Include cleansing herbs such as green onions, dill, cilantro, oregano, garlic and fennel.

Weight gain and clutter often go hand in hand!

- ✓ Take advantage of the warmer weather.
- ✓ Get adequate exercise.
- ✓ Enjoy what nature has to offer.





## *Outdoor Clutter*

- Imagine chi (energy) moving like wind and water over your landscape.
- The goal is to have chi movement that is gentle, unhurried, and welcoming.
- Clear the path leading to your front door so that there are no obstacles blocking the flow of energy into your home.
- Keeping the path open allows for good opportunities to flow into your life.





## *Outdoor Clutter*



- Your front door is very symbolic in feng shui and it creates a first impression for others.
- Eliminate any squeaks/creaks. Repair locks that are hard to open.
- Fading or peeling paint is an indication of depleted chi.
- All windows should be clean and free of streaks.



## *Outdoor Clutter*

- Healthy vegetation is a must have.
- No overgrown shrubs blocking windows or doors.



- No leaky hoses – water represents money in feng shui – a leak means loss of money!
- Keep gutters clear of debris so that there is no negative effect on finances.
- Treat the shed as if it were a room in your house and discard whatever is broken or unused.



## *Celebrate Your Victories*



- Once you've simplified your indoor and outdoor space, take a moment to look around and enjoy it.
- Making space in your home makes space in your life to do all those things you always wanted to.
- By becoming more conscious of what you allow and keep in your home, you will develop an ability to trust the decisions you make in life.



## *Take Control of Your Life*

Live in the present moment rather than in the past.

- Remove all clutter!
- Inventory your home.
- Clean out the closets  
→→→
- Discard anything that is not used.
- Simplify.



***Remember...Environments respond the way people do to  
TLC.***