

Is Clutter Standing in the Way of Your Success?

By Feng Shui Energy Expert Pat Heydlauff

Do you feel like you are always running in circles – always running a little late or behind? When you arrive in one location, are you already thinking about where you are going next and the 20 things you have to do next week Tuesday?

Is your home, your workplace, your calendar and your thinking on **clutter overload**? For you, is clutter not just a “sometime thing” but rather a distracting, debilitating, discouraging “all the time thing?” Is clutter casting negative energy on your ability to be productive at work, to have calm and peace in your home or to be able to deal emotionally with your hectic day to day schedule?

Step One – Control Your Clutter

The first step in dealing with the clutter in your life is take control. It isn't just about organizing it, filing it, putting it into a pending folder or box, it is about controlling it. From a Feng Shui perspective you can determine if something is clutter by asking yourself a few simple questions.

- Do you need it?
- Is it functional - do you use it, wear it or consume it?
- Does it make your life easier or better – at work, at home?
- Does it provide you positive energy because it is beautiful or was your Grandmother's?
- Is it an event on your calendar that will make you a better person or be essential for reaching your goals in the work place?

Essentially, things in your life should give you supportive uplifting energy that leads to lowered stress and increased productivity in the workplace and calm, peace filled surroundings at home.

In the workplace, control all your paper clutter by organizing it. Sort it, file it and toss what is no longer relevant or you don't need. Toss old dead plants, empty boxes, and stacks of stuff you will never read - maintain an empty in box and organize active paperwork in a way that makes it easy for you to retrieve. Your productivity will increase.

In the home, determine how to best deal with the daily bombardment of wanted and junk mail, magazines, stuff on the counters and in corners. Deal with all that junk mail the first time you pick it up – do not pick it up and put it down thinking you will get to it later – get rid of it the first time you touch it.

The home can become a reservoir of the attitude “things I’ll get too sometime” or “I may need that someday.” Ideally a home should be a reservoir of peace filled supportive energy that leads calm peaceful surroundings that nurture good health and improve relationships.

Energize your Success

There is a tendency both in the workplace and the home to over-do everything. In the home, overstuffed and oversized furniture is often purchased for rooms that are too small because they are the “in” thing.

In the workplace, desks and credenza’s are often stacked high with so many folders, papers and pictures of family members that there is no room left for someone to be productive and creative at their desk. The same holds true for your date books and calendars – too much stuff.

One of the little known keys to productivity and success is to allow for breathing room. The old saying “less is more” is an extremely good rule to live by. Positive uplifting supportive energy needs empty space before it can move and flow throughout your home, workplace and life experiences.

When clutter stands in positive energy’s way, there is no place for it to enter your life and there certainly is no place for it to go even if it could enter. **Once you’ve cleared your clutter do not fill up that space with more stuff.**

There are many other Feng Shui techniques for energizing your space so you can achieve your objectives in life but the first two always are: control your clutter and allow new uplifting supportive energy to flow throughout.

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NOTE: Pat’s art exhibit, “The Art of Pat Heydlauff” will be display now through February 12, 9:00 am – 5:00 pm. at the Juno Beach Town Center –Featured are over 30 works ranging from mainstream to spiritual and free flow “art with a message.

Pat Heydlauff, President of Energy-by-Design (www.energy-by-design.com) and Feng Shui expert, is a consultant, speaker, columnist and award-winning artist. She has been consulting with individuals, families, and companies since the early 1990's, with clients ranging from California to Florida. In addition, she speaks at corporate and organizational functions, and gives seminars to enhance productivity. Pat Heydlauff can be reached at (561) 799-3443, or at balancingenergy@energy-by-design.com.

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"Everything you say, think and do matters."

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