

Three Tips for a More Peaceful Life

Is there a connection between feeling anxious and discouraged or being overweight and unproductive? Is there a common link that relates to all of these that is preventing you from enjoying a more peaceful life?

The answer is yes and can be as simple as one word clutter! Yes, clutter – it is a personal energy drainer! When your own surroundings are clutter-free you experience less stress which eliminates depressed and discouraged feelings; you prevent overeating and weight gain which in turn leads to a happier, healthier more productive and peaceful you.

If one of your objectives is to live a life that is less chaotic and more peaceful, then clutter is enemy No. 1 and **it is time to take action.**

Your Peaceful Life Plan

Tip One – Create a peaceful and easy to care for home so you have more time and energy to do the things you really want to do. Simply put, *the more stuff you have, the more time and energy it takes to care for it and worry about it.* How much "stuff" are you holding onto? This type of stuff weights one down and becomes stagnant energy. It can show up in your life as being overweight, indecisive, unable to complete projects, a romance killer and a thief in the night of joy.

Do you keep belongings because you think someday your kids or grandchildren may want them? Stop kidding yourself; they are into high tech not high touch and often smaller sleeker homes. **Get rid of what you do not want, need, love or serves a purpose.**

Are you holding onto clothes you might wear someday or will match some yet-to-be-purchased coordinate? Have you noticed clothing designers never use the same colors from one season to the next? If you do not buy an item as part of a set or if it does not look great with a neutral coordinate, **don't buy it.**

Start your uncluttering process in your bedroom so healthy rest and romance can enter your life. It is hard to sleep well with a bedroom full of stacks of undone work, piles of laundry and computer equipment calling your name all night. It is also hard to have a significant other in your life or have a great romantic relationship with your spouse if you have an unwelcoming clutter filled bedroom that blocks the flow of peace and harmony. **Remove the clutter so good health, romance and prosperity can flow freely.**

Create an uncluttering roadmap for your entire home. Move from your bedroom to the front door to insure positive and peaceful energy enter your home. Next, go to the kitchen so that the flow of new energy can nurture your body as you eliminate the stagnant clutter. Follow this plan throughout your home and remember to do closets,

drawers, attics and garages. **You cannot simply move the clutter; you need to eliminate it to create a more peaceful life.**

Tip Two – Get in touch with your emotions by tapping into your creative side. A lot of stress and anxiety comes from living your life entirely in the logical side of your brain. You worry, you analyze you over-think things only to find out that many times you cannot change anything except the way you react to a situation. This is the logical left-brain approach - a high stress high anxiety style of living. **By being more creative, you can lighten your burdens, reduce your stress and lift your spirits.**

The time to do it is now! If you have said for years, someday I'll get around to painting, sculpting, cake decorating, knitting, crocheting, playing an instrument, meditating or reading to children - someday has just arrived. Note, not on the list are things like golf, tennis, bridge, other table games, word find or Sudoku because they logical left brain activities. They only add to the stress and anxiety.

There is no better day than today to add some creativity to your life. Creativity opens the flood gates of years of bottled up emotions and allows for a flow of positive energy and thought in your life. Think of creativity as the old saying, *an apple a day keeps the doctor away*. In the case of adding creativity to your life it is, ***participate in creativity daily to reduce stress and enjoy life more.***

Tip Three – Greet the sun every day with a smile and know that you have a purpose for being alive on planet earth. Too often, you forget how important you are in the grand scheme of things. Get in touch with people daily to give them a hug or words of encouragement. Make a lunch date with a daughter, son or grandchild and tell them you love them. Take a parent out for a meal for no special reason. It is just too easy to let the days turn into weeks, then months, then years and one day you wake up and realize there are no more days to share.

Connect in person not just by the internet or on a Facebook page. Unclutter that old baggage you have held onto for years regarding your relationships with others. Is it even relevant today? Does it really matter what Aunt Suzie said twelve years, six months and nine days ago. Build a bridge and get over it. What does matter is that you may have only five months four days and three hours left to say, *thank you, you made a difference in my life.*

Clutter in your home and in your thinking is like constipation is in your body. Using these simple tips will make a huge positive difference in your life. You will feel supported by your surroundings. You will be amazed at how energized you will feel and how much lighter you feel physically and emotionally.

Following this uncomplicated plan will help you create and keep an easy to care for home that provides you a peaceful retreat, nurtures and supports you daily.

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