

## Reap huge benefits from eliminating clutter

Pat Heydlauff

In our society, people tend to collect “stuff”. Stuff comes in the form of collectibles, antiques, hundred and hundreds of pictures of family and places you’ve traveled. It can also come in the form of stacks of magazines, piles of papers and lots of those “things we just must have”. You know the kind, a box you keep your remote controls in, **all** of your remote controls from your last three televisions and two sound systems because you are afraid you will throw the wrong one away. And then there are “all those wonderful little things” you put onto countertops, desk tops and tables.

Eventually your “stuff” takes over your home and your office. So much so that you can no longer find even a small space on the corner of your desk to “do business” or have a client sign paperwork. Or, your bookshelves are so busy with stuff that you have little room left for books. This same rule of thumb applies to both a home and the workplace. If the area you are working in is covered with too much stuff it is impossible to concentrate and stay focused on the important things you need to be doing while in that particular space.

If you are in the kitchen where one of the prime objectives is to cook and nourish yourself and your family then the counters need to be open and clear enough to prepare this wonderful meal, even if the meal is a cup of soup and a peanut butter sandwich. If you are working in an office and every inch of your desk is covered with stacks of paperwork, files and sixteen pictures of your family, not only can you not find a place to work but neither can your clients when they come for a meeting.

“Stuff”, sometimes even “stuff you love” creates stagnant energy where it is located and must be properly taken care of. Whether at home or the office, “stuff” gets in the way of allowing new energy to enter your world. In a home, stagnant energy can lead to health issues, gaining weight and waning creativity. In an office, that same stagnant energy prevents new business from entering, reaping more rewards from current business and

staying focused on your clients needs (not the stacks of stuff). A client likes to see a positively energized office with lots of activity but doesn't want to feel that he or she will not get good service because their needs will get lost in the "stacks of stuff" on the desk.

Use the few guidelines below to help you gain control of your "stuff"

1. If you have drawer and door space or shelving out of site, use it to organize and put away as much "stuff" as possible. For example in a kitchen, put those knives into a drawer and keep only those utensils or small appliances out that you use daily. In an office keep only those files and professional things out on your desk that you use regularly, the other items put onto shelves or into drawers. Also, don't forget to toss all that you can. You don't need to keep it just because you own it or it was given to you.
2. Cluster the items that must stay out on counters, desks and bookshelves. It will be more pleasing to the eye, be more functional and a fresh flow of energy will grace the empty spaces on your counters and desktops. Just because you have a counter or shelf that is five feet long, it doesn't need to be full of "stuff" for the full five feet. Energy likes to slowly meander throughout your kitchens, homes and offices and deposit fresh energy where ever it sees empty space. If there is no empty space, there is no new energy.
3. The items that are left now should be very important ones that deserve some type of special organizer or location in your home or office. Small shelves and counter top decorative cabinets work great for the home. In the office use functional items made for just these purposes.

It matters where your "stuff" collects because it collects lots of negative energy that will affect you negatively. The next time you enter your home or office, pretend that you are a visitor and entering that space for the first time. Would you want to have a meal there, stay several hours and visit? If that "stuff" happens to be collected in your relationship's area, be careful of drifting away from or losing contact with your children, husband and family members. Or, in the case of an office, would you want to do business with the

person behind the desk. Will they have enough time to talk with you and listen to your needs, advise you and then follow-up?

It takes only a few moments to collect lots of “stuff” with both positive and negative energy. Sometimes if you are lucky you will have a lifetime to sort through it and get rid of it. Is that how you want to spend the rest of your life? Create good new energy now by eliminating all of that “stuff” hanging around you and allow the new to enter. You will reap the rewards of positive new energy by being more focused, organized and live life to its fullest using these simple guidelines. Everything you say, think and in this case do will make a world of difference. Reap the rewards of good health or good wealth by removing “stuff” from your home or office. It really works, just try it.

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A basic Feng Shui class, “Understanding the elements cycle plus yin and yang for balance” is scheduled for February 25; call 561 799-3443 to register. Pat Heydlauff is the “energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork and home décor gifts featured in her store. For Feng Shui consultations, classes and energy design work in the home or office call her now at 561 799-3443 or email her, [balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net). She is available for speaking presentations on Feng Shui and “Energy by Design”. In store mini lectures are free to organizations and associations.

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"Everything you say, think and do matters."

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