

# Unclutter your world ©

Pat Heydlauff

A number of fearful looks appear on customers' and students' faces when I suggest that clutter and stagnant energy might be at the root of the dilemmas they are dealing with. In fact fear strikes at the heart of many when I ask "why are you keeping years of magazines that date back to 1935, letters your husband's grandmother sent him as a child or dime store jewelry that was handed down from your great aunt's mother that you never wear"? Often there is no good reason for keeping all of it or maybe even just some of it.

Letting go of years of "things" not only clears out closets, bedrooms, the attic and the garage but also clears the cobwebs out of your head so you can deal with all of the new stuff you get bombarded with every day. There is nothing magical about all of the "stuff" we collect or hold onto. Letting go of things energizes the house and makes it roomier and more comfortable plus also helps you let go of things mentally.

For example, if you are a knitter and you've collected a closet full of yarn that you will get to someday – well, someday is here. Now that you live in a warm climate you no longer need wool yarn to keep you or anyone else you know warm and your grandchildren probably wouldn't wear what you knitted anyhow. Remember, they are into today's fashions which change almost moment to moment anymore and would much prefer that new funky fake-fur yarn. The same applies to those who have collected many tools for their workshop in the garage in hopes that someday they will get to use them for that special project they have long lost the pattern for. Or, perhaps they are working on various projects around the house and bought a number of items for those projects but have since misplaced some of them so they go out and buy more of the same thing which becomes added clutter.

How do you deal with years of stuff you've collected, inherited or have been given by well meaning friends and relatives. One of the most successful ways to handle all of this

stuff is to make a plan, take action and then revisit the plan every six months to a year. The plan needs to be very simple or your good intentions will not overcome the fear of letting go. Some basic guidelines to help you bring positive energy into your world and remove clutter's stagnant energy follow.

- “if you don't love it, get rid of it” – this rule should apply to anything that is personal
- “if it doesn't look great on you, you haven't worn it for two years or does not fit, get rid of it” – if your closet is over-stuffed, you will eliminate at least one-third of it with this one rule
- keep one or two of those special letters from parents and grandparents, perhaps frame them or place them into a memories box to emphasize how important they are and eliminate the rest – it is nice to remember fondly loved ones but you do not need to keep your energy tied to that era
- when it comes to magazines, if they are not saleable or a collectors issue, sort through them and keep a few that record historical events through the years and give the rest to a charitable organization where they can be used as a fund raiser or a paper drive
- if you are constantly losing things for projects whether in the garage or the sewing room, keep a small box nearby and label it for the specific project the components are needed – every time some additional items are purchased for that project toss them into that same box
- an easy rule to follow with “stuff” is “if you haven't used it in the last two years, it is broken chipped or rusty or is a duplicate, get rid of it”

Uncluttering your world not only energizes you and your home but makes your life so much easier. You no longer have to dust it or clean around it. You no longer trip over it when getting out of your car in the garage. Or, you now have extra room in your closet for a great new outfit for that upcoming special event in your life that will make you feel and look great.

To sign up for April and May Feng Shui classes call 561 799-3443. 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 regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”. Remember, “Everything you say, think and do matters”

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