



Clutter Me Gone!

by Donna Marie

Never underestimate the effect of clutter in your home. My home needed to be de-cluttered. Years of stuff overlooked, put away, stored away, tucked away, tupperware away, boxes and boxes, toys, clothes, and decorations. How could this happen? How did I let it get this far? I even had boxes of college books that belonged to my former spouse that I had been divorced from for over six years. Stores are continually selling containers to store more and more stuff. Yet, I really do not need another container. I need less stuff!

Each time I walked into my basement I saw all this stuff out of the corner of my eye, the constant reminder to GET RID OF IT! I would get the same gnawing feeling when opening linen closets, the boy's closets, my closet, the garage, and the pantry. Just so much stuff accumulated over the years. I started thinking about how I kept buying things and bringing them into my home and not throwing the equivalent out. The math wasn't correct. I figured, eventually there would not be enough space for living after another twelve years. Spirit, my inner voice was screaming at me, "Throw this out, throw that out!" But, it was such a large project; I would do it next weekend. Next weekend came and went and *my stuff* went again untouched. Yet, I knew that I must clear my physical space to allow bringing in new dreams and possibilities into my life. Of course, how can my mind be clear to dream of new possibilities, when I have let my physical space intrude on my mental clarity? Of course, I said to my self, I cannot totally free my life until I release this clutter, it was occupying too much of my sub-conscious.

Fortunately, as an example for me, my wonderful friend has a clutter free home. Actually, it was very neat, organized and uncluttered. What a nice feeling walking through that house. It was actually such a spiritual sense to all the order displayed. I wanted that! It actually motivated and inspired me to take action. My friend also suggested that I get a dumpster delivered to my home and do it all at once. "A dumpster", I shrieked, "what a fantastic idea." I asked where one obtains this empty crate for my spiritual cleansing. Was there a "Dumpsters-R-US" I have overlooked in my spiritual directory?

It did not take but a phone call to have the dumpster ordered for the day after Christmas. I spent the next two days having a field day in my basement. The momentum was building, I felt in charge and in control. I picked up every item and box, and gave it one of three categories. One, keep it. Two, toss it, or three, give it to charity or someone I knew that could use it. And, when in doubt, "Throw it out". Those were the guidelines that I used.

My sons were quite nervous of this revitalizing energy that was pouring out of their mother. They knew the plan, yet they felt attached to many toys and things. We worked out our differences and we all gained momentum. Although, don't expect your children to have

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the same energy for clearing as you do. I threw out many of their things that I felt they were not attached to because they had been packed away so long and they had no current memory of these items, nor did I detect they would truly miss it. I realized that the gift I was giving them in this process was my demonstration of clearing space. Our demonstrations are what we give our children for their learning's and they are quite powerful.

Each time I dragged out the stuff from my basement and threw it into the dumpster, a loud "Yee-Haa" came out of me! It was entirely liberating to clear this junk from my home and to actually yell it out. (I have no idea what my neighbors may have thought each time they heard me scream.) Things that were not salvageable went into the mighty mouth of this beautiful dumpster. What a feeling of relief and cleansing. I felt my mind clearing with each toss. It also became a wonderful conversation piece amongst friends and family. My girlfriends insisted we all pose for a picture together in front of this iron lung of junk.

The book, "Creating Sacred Space with Feng Shui", by Karen Kingston, states, "Clutter is stuck energy". How right she is! I was stuck in so many areas of my life. Not only the physical clutter, but also *emotional clutter*, which often is unfinished or unresolved perceptions with others. Once we start the many clearing processes it moves us into new higher energy levels and propels our life forward to release unnecessary attachments. Karen writes of many practical ways to clear our clutter, including affirming to yourself: "It's safe to let go."

Clearing clutter is about letting go and trusting the process of life to bring you what you need rather than keeping things just in case." She also indicated that you may not want to tackle your entire house at once, which is a wonderful idea. Yet, I can tell you how freeing it is to dump out my house in a couple of days. This inspired me to continue the clearing process. It is most freeing and clears the mind to focus on other elements of personal development. The most valuable aspect of clearing is to do it frequently, if not weekly or monthly. This approach keeps our thoughts more focused in the moment and not what we have yet to accomplish or what we did *not* do.

Whatever method you chose to use, you will feel renewed by the release of clutter and the opportunities that await you. And yes, ***less is more***, as a good friend once shared with me.



As a Stress and Mindset Expert, Donna helps clients to resolve personal and professional imbalances and stress by understanding and synchronizing their emotions, thoughts and actions.

Donna also assists those that want to overcome speaking stress and anxiety through her experiential "SPEAK EZ in Front of Groups®" Workshop; a *mind-body approach to speaking and building confidence*. A member of the *National Speakers Association*, Donna speaks on stress reduction techniques for *The Health Alliance Plan of Michigan*. She teaches psychology at Oakland Community College and holds a master's degree in clinical psychology. She has co-authored two books; her second book, "You Will Overcome" and her new meditation CD, "Relaxations for Inner Peace" was just released. Sign up at www.DealWithStressToday.com for ways to de-stress.

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Viv, Mary, Donna and Cathy with the 'empty dumpster of possibilities'

Two days later . . . dumpster FULL !!!

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