

Clutter Comes in All Forms

At the 2009 NAPO conference, the speaker on Fung Sui said that clutter was pockets of stagnant energy. Wow! What a perfect way to think about clutter. Have you ever cleaned out an area that has been cluttered for a long time and noticed that you suddenly feel energized rather than tired from the effort?

Even as a Professional Organizer, I forget the dramatic benefits of a major overhaul. I just spent the last three days weeding and prepping flowerbeds all around my Grandmother's house. I have lived with her for the last 5 years to assist her in staying in her own home. Her house is 47 years old and many things have been allowed to slide for way too long, the flowerbeds being just one of many. So here, I sit in the afterglow of 3 day sore muscles and remember why clearing clutter of all types is so important.

First, I notice a great sense of accomplishment. I have wanted to tear into the flowerbeds ever since I moved into the house. The bushes were way overgrown and fostering critters. They looked terrible. Last year my father and I took out or trimmed to stubs all the bushes, which was a major improvement, but we ran out of time and steam and the stubs were left for later. I finally determined that I was not living another year in this house with it looking dilapidated. I got my crew together and we tore into the bush stumps.

Second, I noticed that I was just plain happier. Even if all we did in three days was to clean out the old and prep the beds for landscape timbers leaving fresh turned but bare soil, I felt so much better. I noticed that I smiled every time I looked at the perfectly raked beds. My crew kept looking at me wondering why I was smiling. Some of the mental fog of living in a neglected house was lifting. The old was being evicted so that new can be brought in. The first day of the project my Grandmother frowned and didn't understand why we were wasting our time but by the third day I think that even she was beginning to feel the new energy and smiled at our progress as I drove her back from Bridge Club.

I also noticed that even with the sore muscles and sunburned shoulders I physically feel better than I have in months. I have been battling some mysterious illness for the last few months that just seems to sap my energy. I'm still not 100% but I feel more alive than I have in a while. Maybe I needed to clear some clutter in my body as well.

I think that it can be said that stagnate energy is also clutter whether it is a huge pile of junk or weeds and old roots that need to be replaced with new. Dramatic results can be seen in clearing clutter of all types no matter how large or small the area. If the task seems too big, set a small goal in one small area and plan 15 minutes to work on that area. Maybe it is one drawer in the kitchen or your desk. Start with that then pick another area each day or week until you really gain momentum and traction.