

The Spiritual Feng Shui newsletter  
Issue 32  
August 2009

Cleaning the Invisible

Finding Time for Nothing

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for August 2009; we hope you've had a peaceful, productive and energetic month! In August, we are looking at dealing with a type of clutter that isn't visible, but certainly has an effect on your life. Mental clutter can be just as damaging to a Feng Shui practice as physical clutter, so we look at how to get rid of it. We also examine the very common idea that busy people have no time for planning or meditation, and look at some ways around the concept. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in August!

- 0x Feature Article: Cleaning the Invisible: How to Deal with Internal Clutter  
- Get out the broom and the cloth (but leave the chemical cleaners in the cupboard), as we deal with your mental clutter!
  
- 0x Q&A: Time for Nothing  
- Bet you didn't know that doing nothing would actually create time in your day!
  
- 0x Feng Shui Tip  
- Unused Rooms in the House
  
- 0x Inspirational Quotes

Enjoy!

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## *Main article: Cleaning the Invisible - How to Deal With Internal Clutter*

We've spent quite a lot of time, up on our soapbox, ranting and raving about the terror and horror of clutter in your home! If you've taken any of it in, you probably have quite a clean well-organized house, and have systems for maintaining it. However, an even greater challenge to a Feng Shui practice is internal clutter! Bet you didn't even know how messy you are.

Internal clutter can sometimes be produced by external clutter. Most often, though, it comes from worries, stress, unfinished tasks, and the pressures of those around you. The good news is that while it comes from something external, it can be cleaned out internally, without lifting a finger. Sounds like the future of housekeeping to me ... cleaning with the power of the mind!

Just as most of us have some degree of house clutter, almost all of us are mentally cluttered to one degree or another. You can't see the effects with your eyes, but there are some easy ways to tell when your mental clutter is building up in the corners.

If you:

- Are not productive at work or home, and you feel like the hours are slipping away from you and you have no power to stop them
- Can't sleep properly, taking a long time to get to sleep, and wake up during the night or feeling unrefreshed
- Feel that you could never, ever get all the things you need to do finished
- Find yourself arguing with people when you don't mean to
- And especially if you see a frown on your face when you catch a glance in the mirror during the day...

You need to deal with internal clutter! So where to start?

### *Meditate:*

Meditation has scientifically proven benefits, for your brain chemistry, your cardiovascular system, and your immune system. If you have any of the 'symptoms' of internal clutter that we looked at above, meditation is a great way to slow down, and help you focus on one thing at a time. It also helps you keep your tasks in perspective. Do you really need to scrub the floors, write your work report, learn Italian, practice your ballroom dancing moves and wash your hair ... all tonight?! Certainly not.

Start out with a simple meditation. Sit comfortably, with a straight back and crossed legs. Set a timer for ten or twenty minutes (the longer the better!), so that you don't need to constantly open your eyes to check you won't be late for work. Focus on relaxing your muscles, one by one. Notice your breath - without trying to calm or change it, simply notice it. You will 'hear' or 'see' thoughts come up in your mind. You don't need to actively put up a wall to block them - simply try to realize that now is not the time to deal with them, and let them go.

Journey meditation is another very relaxing type. It involves visualizing yourself at an idyllic place, and mentally feeling all of the sensations associated with it. Take yourself to the mountains, and feel the fresh crisp air in your lungs. Go swimming in a warm ocean, and feel the water enveloping and calming you,

noticing its temperature, its freshness and its pressure. Don't time your journey meditation if possible - just plan to come back as part of your 'journey'.

### *Making Lists:*

When you have literally hundreds of things to do in your mind, a quick and easy way to let go of them is to make a list. If you are anything like me, you probably remind yourself of these things several times a day, as something triggers your memory.

And those reminders are a real waste of 'space'! All that mental room could be used for something productive, while you leave the list items for a time when it is possible to deal with them.

Build your home cleaning and organization into these lists - clutter in your home will still sneak in and fill up your mind if it is accumulating!

### *Research:*

Sometimes you will have problems that you don't know the solution to. You can't just put them on a to-do list, and do them. Lists are wonderful, but unfortunately are not a handful of magic beans!

If this is the case, put some research time on your list. If you are trying to tackle debt, put some time into researching how to do this. If you are having relationship troubles, make the time to read a book, or simply to talk to your partner or friend about how to solve them. Ask an expert about your problem, or go to the library. Use the internet if appropriate - but make sure you're reading advice from qualified sources that is referenced and substantiated. Look into both Feng Shui based and physically based processes.

Believe it or not, having a list makes doing all these tasks fun! You get to put a check mark next to them or cross them off, and say 'Sayonara' forever. It's a very free feeling. Once you've learnt to deal with and clear your internal clutter, the feeling is addictive.

*Q&A: How can I do more by doing less? I don't have time for all my 'real' commitments, let alone time to meditate. I don't see how spending time doing nothing will help me be productive.*

There are 24 hours in every day - that is quite a lot! We no longer have to spend much of our lives finding or growing food, washing clothes by hand, ploughing fields with horses, chopping wood to heat our homes, or anything else. So why aren't we simply wallowing in time?

We create tasks for ourselves, to fill up our days. Then these tasks create 'internal clutter' - so that even when we have plenty of time to do something, we cannot focus on it properly. What should take half an hour ends up taking two, and it all snowballs from there!

I agree - there will definitely be times when doing nothing won't help you get things done. You just need to do *enough* 'nothing', as well as enough planning, to help you focus on what you are actually doing.

Feng Shui tells us that trying to overlay different types of energy on top of a base that is already filled with a hundred different thoughts, ideas and types of Chi, only worsens the problem. That is why we keep our homes clean and organized - so that our actions can be efficient and effective, and enhancements have a nice clean base to work on. Your mind needs exactly the same sort of clean base!

If you feel that you have no time for meditation or mental clutter-clearing, try these simple ideas:

- Get up twenty minutes earlier to do your meditation, so that you are not taking from time when you would be doing other things. Notice the difference it makes to your day.
- Instead of watching television, make your task list. The mind-clearing effect of making the list lasts much longer than the 'instant-hit' of TV.
- Remove yourself from people that are negative, gossipy, or make demands on you. Use the time you save for organization!

There are also plenty of ways that you can change the way you think about things to get more clarity. You don't need to *do* anything extra at all! Try:

- Consciously realizing that the universe has plenty to offer you
- Let go of resentments about the past and things you can't change. Recognize that there are much happier and more useful things to think about
- Laugh and smile! Laughing at nothing often provokes real laughter, and allows you to let go of negativity and focus on the here and now.
- Be thankful for what you have, instead of feeling hard done by for things you don't have.

*Feng Shui Tip: Welcoming emptiness - Unused Rooms*

Back to a more traditional, physical form of Feng Shui for the tip this month! If you have unused rooms in your house, they probably sit there with the doors shut, and might get a vacuum once a month. However, you can greatly enhance your Feng Shui practice by paying a little attention to them.

You'll feel much more ownership of your house, and can balance your home's Chi much better, by ventilating these rooms every day and cleaning them regularly. Open the curtains and windows in unused rooms when you do those in the rest of the house, and hang wind chimes or crystals in front of the open windows. Give them a turn over once a month, dust and re-make beds. Pop some fresh flowers in there for a natural, rather than stifled, scent. It takes a little time, but will make a big difference to how you feel about your home!

*Inspirational Quotes*

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties. ~ Harry Truman

You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself. ~ Alan Alda

Housework is something you do that nobody notices until you don't do it. ~ Author Unknown