

The Spiritual Feng Shui newsletter
Issue 45
September 2010

Back to Basics!

A Helping Hand

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for September 2010! This month we're going back - way back - right back to the start of a Feng Shui practice in fact! We're looking at organization, but even those of you that have been making changes and enhancements for a while will benefit. One common question we hear is that clutter clearing and organization is just so difficult and time consuming. We understand, and in our Q&A section we look at some way to make it easier. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in September!

0x Feature Article: Back to Feng Shui Basics: Organizing Your Home
- You've de-cluttered ... here's how to help your home stay that way!

0x Q&A: A Helping Hand
- For those that find every minute of clutter-clearing and organization a struggle, these tips will be your helping hand

0x Feng Shui Tip
- Storage Services

0x Inspirational Quotes

Enjoy!

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Main article: Back to Feng Shui Basics: Organizational Strategies for Your Home and Work

Over the years that we've been publishing this newsletter, we have talked a lot about clutter and organization. We do it every single month, in fact! We don't keep harping on you to remove clutter from your house because we're sadistic neat freaks ... but because it is the foundation of creating a happy life with Feng Shui. Clutter-clearing and organization are related, but not precisely the same thing. Today we check out how, once you've removed unnecessary clutter from your home, you can use Feng Shui to help you get organized and stay that way!

Organize into the right areas

Objects aren't clutter in and of themselves - things only become clutter when they aren't in the right spot. In other words, when they are disorganized! However, it is critical that you put things away in the right areas of your home. You'll want to place romantic-type items in your Love and Relationships Gua; work-related items in your Career Gua, etc. Professional input can be really valuable at this stage, helping you determine exactly where everything should go.

Right from the start

Enhancing your entrance shouldn't be left til when you sell your home. Creating an organized entryway sets a standard for the rest of your home that you'll want to maintain. If you always enter your home through a disorganized and chaotic entrance, that's the type of Chi you'll bring with you. Similarly, you'll drag the chaotic Chi from home to work. To help you organize your entrance:

- Remember to enter through your formal front entrance rather than the garage or laundry
- Check over your entrance at the change of every season
- Pop a shoe rack or tool-holder near the door rather than tossing them on the ground.

Stay well lit

Light is an integral component of Chi ... and it also helps you notice when things are out of place! Following the lighting checklist for your home to help boost your organization:

- Close all your curtains, turn on all your lights and note any shadowed areas. Use lamps or track lighting in place where you notice shadows
- Make sure you open your curtains up wide in the morning - natural light is best for your home's Chi
- Place lighting inside your walk-in wardrobes and closets.
- Make sure the entrance to your house is well lit also

Feng Shui Your Computer

Your computer is as much a workspace as your desk or your entire office ... and computers can actually be a source of great disorganization in an otherwise orderly workplace! When you're working, apply the same Feng Shui organizational principles to your computer that you do with 'things' in your house:

- Keep like files together in folders
- Have a single project on your screen at one time - don't keep programs that you aren't using open

You should also cover your computer with a fabric throw when not in use, to help reduce electromagnetic energy and allow you to focus your Chi on other things, without the distractions of email and Facebook creeping into your mind!

Once you've applied the organizational strategies to your computer, why not do a little Feng Shui enhancement? Pick your color scheme and desktop background according to a Gua you want to enhance ... upload a nature soundtrack or some music that won't destroy your work focus for fabulous Feng Shui sounds ... and think about a USB powered air freshener!

'Becoming organized' can seem like a major mission ... many people assume they just don't have the time. It's actually a gradual process, and achievable for everybody!

Q&A: I just find it so hard to stay organized. It seems like a constant battle - what can I do to make the whole process easier?

Just about everyone has a problem with staying organized ... even those people that seem like paragons of compartmentalization and cleanliness! It isn't as if these people don't create mess and aren't confronted with disorganization imposed by other people. It is just that they've learned to deal with it more effectively. It is possible for everyone to become organized ... even if you have three kids under five, a workplace where things mysteriously appear on your desk, or a spouse that just doesn't share your views of organization! Here's how the organization angels do it.

Get rid of what you don't need

Being organized will naturally be an uphill battle if you have too many things to deal with! We've spoken quite a bit about de-cluttering your home, and if you're finding it especially difficult to stay organized this should be your first stop.

Tidy as you go

Whenever you use something, do as much as you can to tidy it up again immediately afterwards. So, put your dishes in the dishwasher straight after you finish eating. Put your clothes in the hamper straight after you take them off. Put the shopping away as soon as you get home. Rinse the milkshake maker after you've finished and put it away ... you get the idea!

Make sure you have a place for everything

Before you can put everything in its place ... you need a place for everything! The storage system you design for your home is one of the most important components of your Feng Shui practice. Your system needs to:

- Keep like with like
- Place items within their associated Gua - for example, keeping your bills and financial statements within your Wealth and Prosperity Gua.
- Store things out of sight. It isn't enough to line up all your coffee, sugar, rice and flour jars on the bench and say that they are 'in their place'. They are actually creating visual clutter ... and it's far better to keep them in a cupboard.
- Utilize the opportunity that storage furniture holds to balance energies within your home and direct Chi to specific places. You'll probably need extra sets of drawers or storage boxes. Get a professional consultation and make sure that these items are both helping balance elemental energy, and have colors, patterns and materials that support your Feng Shui goals.

Set boundaries regarding other people's clutter

It's difficult enough clearing the clutter that your own daily movements make ... let alone tidying up after everybody else in your home or workplace! You'll need to set some boundaries with people regarding their own clutter. Try techniques like:

- Making older children clean up one activity before they start another
- Telling younger children that it's time to clean up, and having them do it with you
- Creating a chore roster in a shared living situation
- Creating a chore roster for your workplace!

- Taking your in-tray off your desk at work - don't let other people sneakily fill it up! Make them at least explain an item to you so you can put it where it belongs.

Organization definitely *feels* hard ... but once you're in the habit of it, you'll wonder how you ever lived in chaos!

Feng Shui Tip: **Feng Shui and Storage Services**

You're fighting a losing battle if you are trying to stay clutter-free in a home which is filled with disused, old, unnecessary items. Here is where storage services can come in very handy! Look around, and you may be able to find storage as small as locker-sized, up to the size that can handle any furniture you rarely use.

Another bonus of utilizing storage services is that you get a bit of perspective on what is actually necessary in your home ... when you go to clear out the facility, you may find it easier to make your clutter-load *permanently* lighter by giving away, recycling or selling some of your unused things.

Inspirational quotes:

We are not to judge thrift solely by the test of saving or spending. If one spends what he should prudently save, that certainly is to be deplored. But if one saves what he should prudently spend, that is not necessarily to be commended. A wise balance between the two is the desired end. ~Owen Young

The greatest obstacle to discovering the shape of the earth, the continents and the ocean was not ignorance but the illusion of knowledge. ~Daniel J. Boorstin, *The Discoverers*

The aging process has you firmly in its grasp if you never get the urge to throw a snowball. ~Doug Larson