

Feng Shui Design *presents the:*

**Clear Your Clutter**  
**challenge**®

The Clear Your Clutter Challenge:

## Week 4 Creating a Sacred Life through creation of Sacred Space

**Have you been taking your photos? It's great fun...like getting an 'A'.**

Does the prospect of having an extra hour a day to do ANYTHING you want excite you? You are well on your way to living the life you want to fashion for yourself.

Last week many of you contacted me with your frustrations. This is **so** good! **When you are meeting resistance is the time to know you are having a positive impact toward changing your life!** I am excited for you.

This is the last week of the Challenge! You made it. Congratulate yourself!

Are you feeling better? Are your spaces feeling cleaner and clearer? Now we need to talk about keeping you and your family or roommates on track.

When you take the time to 'love' your spaces, you are actually saying, "**This is sacred...my life is sacred.**" With this clearing, with some feng shui awareness, your home becomes a sacred space and your life takes on a sacred and special meaning, alive with ch'i and life force.

You have worked very smartly these last few weeks, putting energy into your home and your life. With the initial clearing, the initial organization and by building habits into your body and your days, you will find that it becomes easier to manage your life, **easier to say "No" when the bigger "Yes" is the freedom** you have opened up to do your greatest life.

With the clearing you have done, whether you have completed your entire home or not, you have seen what it feels like to be in control of your space. It's a process, it's cyclical, and it takes awareness and self coaching. You can do it!

So keep your head down and keep going! Here's some more help:

- [Quick Recap: The Plan](#)
- [Questions and Answers: Timer, Frustration](#)
- [Success Stories Already!](#)
- [This week's Guide](#)

## Quick Recap:

Here is a quick recap to help you keep digging through old stuff to access that well of riches we call life:

- **You are building life skills.** Clearing clutter isn't something that you do ONCE...just like we don't only have to eat once in our lives, we are constantly moving through life and if we don't let it move through us we get sick. What we are doing **building healthy habits** that keep the energy, life force and stuff moving so that it doesn't become clutter and stagnation.
- **Be patient with yourself.** If one of us can do it, all of us can do it. Start each day fresh and **decide to be happy**. In fact, reach for the happiest thought you can muster. Push happiness ahead of you and before you know it, you'll be receiving more goodness into your life.
- **Get help.** Call a friend, call a professional organizer, call me.
- **Have a 'staging' area:** one room or section of your house where you place all the things that will require deeper decisions (financial papers, kids memorabilia, someone else's stuff, art and craft supplies, magazines you will sort and label).
- **Stay focused and narrate what you are doing, it helps.** For this first round of clearing, let it be just that and don't get too fussy or dally in detail. Once you move all the stuff you want to decide about later into that space, leave it there until you get the rest of your home clear and then deal with the 'staging' area.
- **Decide:** the power of decision becomes a habit. Decide and **trust yourself** and the fact that you can trust that you have the wisdom, knowledge and support to get what you need when you need it. Decide how you are going to discard the items you no longer 'need', love or use. Make separate piles for those and schedule a pick-up or delivery for that week. Check the Challenge for places that are looking for discarded items.
- **Follow the steps** in the Challenge. You decide: start small or start large. Starting anywhere will build your success. If you want to start larger, do only one room: your bedroom. Remove everything and only put back your bed, your side tables, your lamps, your dresser, maximum of two books per person, not mirrors (they activate the space unless it's to be able to see the

door from the bed), nothing under the bed (preferably; if you must store something there, sweaters, quilts, etc. make it beautiful).

## Questions You Had:

**Q.** Would you please explain the concept behind using the timer? Is the idea to be under pressure, stressed out, adrenaline pumping, competitive trying to beat the clock, getting as much done as absolutely possible. **OR** Just to work at the particular project at one's normal speed, & also knowing at the end of 15 minutes that one can quit the task. Thank You, Judy

**A.** The latter. Work at your normal speed (plus a little faster to keep the nostalgia to a minimum); knowing that the job is finite makes it more manageable. Of course, all the others are options if that's what motivates you, but my intention was to ask you to be gentle and to begin to know how to incorporate these 'stuff management' tools into your life.

[Back to Index](#)

## Success Stories:

- One woman doing the Challenge stopped me on the street and said: "You won't believe this: I was, at 11:45 at night, cleaning my underwear drawer and found \$300 cash! I am so excited!"
- Another woman discovered that every one of her doors was blocked or not working properly. Her response, "No wonder my career is stopped cold!" Getting the energy flowing in one area of your life will help you flow more beautifully through all of it!

Keep us posted on the wonderful changes you are experiencing and remember: Everything matters!

[Back to Index](#)

## Clutter Facts: *Feng Shui style*

- Clutter or disrepair in the furthest left-hand corner of your property, your home and every room signifies clutter and disrepair within the Wealth of your life. Look to that area, what is there? Trash? Trash receptacles? (make this area beautiful and keep it clean...clean the trash cans, make it a trash garage and place plants around it to make it pretty). Clear the clutter and big nasty piles. Come to the [workshop on Thursday](#) (or call me to schedule one) to find out how to activate that space to increase your flow of abundance.
- If you have clutter or water in the furthest right-hand corner of your property, home or rooms: your relationships will be challenged or overly emotional and drama-filled. Clean these areas, fill them with love and beautiful things. Depending on the kind of relationship you want, we will activate those spaces differently. Come to a [workshop](#) (or call me to schedule one) to find out how create the relationships you have been wanting.

[Back to Index](#)

## Small things make a big difference:

Stay focused on what you want to create. Think wealth, think clarity, feel happy.

Remember to use your 'switch phrase' and repeat it like a mantra. **"I am deserving of all the good things in life."** -or- **"I am accepting richness into my day."** -or- **"I am beautiful, happy, etc."** -or- **"Money comes to me in large sums frequently from expected and unexpected places."** -or- any of the others that you create.

**Interesting 'fact':** There is already enough money on the planet for **each child, woman and man to have \$1 million dollars.** If we do that, in just 1 year, the distribution would go back to the way it is now. Why? Get your copy of the book, film or audiobook (my favorite) [The Secret](#) to find out why and how YOU can get what the Universe is trying so hard to deliver to you.

[Back to Index](#)

## *Continue doing these things every day:*

- Give yourself 10 extra minutes before you leave your home each day to clear the counters, load the dishwasher, fill or empty the trash, etc. When you come home it will make a great difference. You may find this a real challenge at first, but as you move through this month, you'll find you HAVE even more time than that!
- Put your phone, keys and purse in the same place every day...hang a hook for your keys or shelf for your charger.
- Open your mail, even bills, the same day; do this over the trash can to immediately discard junk. (place the rest in your desk's inbox)
- Every week, clear out the fridge of expired or uneaten items. Every day, clear the clutter and stuff from your car as you get out.
- Set your boundaries. Give yourself permission to be strict with how and where you spend your energy. If phone calls take longer than you have allotted, be your own boss and wrap it up and move to your next energy-building 'thing to do'. Be sure to schedule the things you enjoy into your days.

[Back to Index](#)

## Week 4: Creating Sacred Space

During this Challenge, we have set aside a block of 15 minutes to deal with one, manageable space in your home. We then made a special coup by scoring for ourselves for those spare "down moments" to build habits of staying clear.

We have worked on clearing clutter to get ready to use feng shui to make your homes work for you.

It may be a bigger job than you were able to complete in just last 3 weeks. **Be okay with that...** I am sure you are ahead of where you started, even if it's only that now you are aware of what is blocking you and now you know a plan to remove the blocks.

**Keep moving ahead:** Refer to the Challenge and keep moving forward. There'll be times it's specifically difficult, plan to do a bit more than you thought you could then give yourself a rest. take a salt bath, write your wish list, listen to "[The Secret](#)", go outside and breathe, call a friend for help, or call me, I'll help you continue to move forward!

## Days 1 through 6:

Choose one room that you haven't approached and take time each day to build toward clarity and freedom. You can use this program for the next few weeks to finish all the rooms of your home.

Remember: What doesn't work FOR you works AGAINST you. Use it, love it or loose it. Choose who you want to be and start to build your spaces to reflect what you think that would look like...first: clear the clutter, remove or repair and then, we'll get to feng shui!

Here is an example of how to approach a 'community' room:

**Family Room:** This is where the family gathers and everyone should have fun in this room. The things that stay in the 'family' space are for community...this is not the domain of any one person. When this stays clutter free, organized and reflective of what you want to create with your family, your family's style and tastes, you are building community strength and unity.

Look for the stashes of stuff and move them all out. Sort them into baskets or bins for each family member and deliver it to their private space. (We'll talk in a bit about getting your family/children/roommates on board.)

**TV/Video/CD's:** Get all the videos from every part of the house and bring them to one space.

- Sort them: VHS, DVD's, Beta's, 8MM?
- Go through each pile; decide what you want to watch again and put them into genres (comedy, drama, music [jazz, rock, rap, easy listening, what was I thinking? (move these on)] or sort them alphabetically. Getting a system will make you feel SO together. Label your system so you don't forget what you did.
- Take your 8mm's, your reel-to-reels, your VHS's and have them put onto DVD's; I'm sure there's a store near you. Mine is Foto Depot in Leetsdale. You'll love yourself for it.
- Take them to a library, to the local church 'sale day', put them in the donate pile, etc. Move them out within a week if you can.

Games: which do you really play? Sort them and put them somewhere, perhaps in a bin, basket or behind closed doors.

Pillows and Blankets: are they neat and beautiful? Are they clean and warm? How many do you really need? Take the old ones to the Animal Shelter or the Local Shelter, they'll love you for it.

Make sure everyone feels comfortable in this space. Personal things can go into your own room, office or studio/craft room.

## **TIP: The 'Learning Curve' may stop you...**

How much is your time worth? If you have a project that requires your eyes and hands, do it. If there's something that you can farm out, do that. How you spend your time is how you spend your energy and money. If it's a good learning to sell things on ebay, great. If it's something that you'll not get to in one month, farm it out. If you think you are going to sell your things at a garage sale or on ebay, remember: there's a learning curve there and there's work involved.

If you can't do it within one month, better to give the stuff away. Get a receipt and write it off on your taxes as a donation. Sometimes doing the math for all the hours you spend, you might not come out ahead selling it.

You may want to call an ebay expert and pay their commission to save your time for something you do better.

Here's just one: ebay Drop Off Site:

ebay Drop Off - PITTSBURGH  
Store # PA068  
300 Mt. Lebanon Blvd.  
Pittsburgh, PA 15234  
Phone: (412) 343-1250  
Fax: (412) 343-1218      or try this:

<http://www.pickup2sell.com/index.htm>

## **Other rooms:**

**Kids Bedrooms** ~see below.

**Living Room** ~ similar to Family Room; related to your FAME and REPUTATION, make sure you use it and LOVE it.

**Basements and Attics** ~ a big job, but the principles remain the same...Storage should be neat, labeled and if it all looks the same (except for the labels) it will not look like clutter.

## Kids Bedrooms

Remember when YOU were a kid...remember that you loved someone to just be with you, be nice to you, listen to your meanderings or just stand there and say, "you are great!" That's what your kids want, so be gentle with both of you.

If your clutter clearing skills weren't good before the Challenge, it's a good bet you inherited YOUR skills from your parents. Here's your opportunity to give your children a life-long gift: the ability to keep their spaces clean, organized and neat will help them in ways that you are only beginning to experience for yourself.

**We are building life skills, not life sentences.** Make this as fun as you can and ask your kids to spend only 1 minute per year of their age...otherwise you are defeating yourself and them.

**Give them some advance notice:** for instance in the morning say, "after lunch we are going to sort your toys to see which ones you are done with and which ones might need to be fixed." This helps them get on board with the project and gives them a sense of control, allows them to budget their emotional resources and makes it about them, too.

**Approach this room with care and allow them to learn how to make good choices.** The decision boxes will be:

- throw it away,
- store it for later,
- donate or return to owner
- misc. toy parts (*this one is **a must:** that way, when a game piece or toy piece is found and lost, you'll know where to find it. Keep this one in your active storage area.*)

Agree on the rule that the toys need to be put away before bedtime or better yet, before you begin to play with another. This will help focus and cut down on the tendency to be scattered and easily distracted.

Clothing: It may be best if you go through this one alone, but if you know that your child is particular about their clothing, be sure to include them. Use the same guidelines as for your clothing. To review that, download: [Tips for Organizing Your Wardrobe.](#)

**For a complete room redo:** wait until after the personal items have been sorted. Let your child know that you'll be doing this, engage them only if it will be advantageous to both of you. The promise of a new color of paint (that they choose) will always help brighten the reason for a cleaning. Then use the same bedroom [guidelines for your bedroom from Week 1](#) for clearing your child's space.

It will be up to you to keep it clean at first. Enlist them with games (my kids loved this one: when we were picking up toys, I would say, "I got that one" "I got this one." They took the challenge and forgot that they were cleaning!)

**TV/Electronics:** a feng shui bedroom "don't". Especially in kids rooms...**through the TV and the Computer you will invite anyone in the world into your children's lives.** It's important that you monitor who is filling them with ideas and spinning their reality; not to mention taking liberties with your children that have included abduction and worse.

**Laundry:** I remove all my laundry from our bedrooms before we go to sleep. It's a good practice. That way, you aren't sleeping with the stress of the day.

**Day 7:** You are amazing. Here's your To Do for To Day!

Now, write a list of 10 things that you 'always wanted to do'. Make it accessible things, like: learn more about Feng Shui, play the piano, learn photography, French, Spanish or Chinese, read all my favorite magazine, travel to Europe, learn to scuba dive.

Hold on to that list, and in the next week, do one thing (gather information, make the phone call, sign up, book the tour) toward making that happen. When you do, know that the forces of the Universe are aligning themselves to make it happen for you...the time, the funds, the people are all coming to you right now.

**TIP:** [Click here](#) to discover the pit-falls of asking 'Why'. This is a great article (and a site for great Parenting information...even if you are re-parenting yourself!) If the link fails, go to [http://www.janebluestein.com/handouts/bound\\_why.html#](http://www.janebluestein.com/handouts/bound_why.html#)

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Next, let's get your home to work for you too. Armed with the new clearing skills you have, the fresh new spaces, you are ready to start to activate those spaces in a feng shui way to get more of what you want.

[Come to a Workshop or call me to schedule your own workshop.](#)

**Be your best self!**

**Be what you think you want to be: just start being it. It is the way you will walk into your best you.**

I am always here to help you! I would love to meet you, hear your successes and help you whenever you need it. Just email me or call me.

"Be careful what you pretend to be because you are what you pretend to be."

*Kurt Vonnegut*

"Everything you can imagine is real."

*Pablo Picasso*

"It's YOUR life, go out and make it the one you've always wanted."

*Dustin Hoffman to Will Farrell in "Stranger Than Fiction"*

Stay with your organized self: this evening, plan your week, stay connected to your new habits and begin to ahead.

Email me with ANY questions, comments or successes!

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All my best to you,

*Fawn*