



EDITING YOUR ENVIRONMENT

We experience our personal possessions as either precious or burdensome, and sometimes it is difficult to tell which. The accumulation of “stuff” grows daily and the process of editing, sorting, repairing, containerizing, filing, recycling and tossing can seem daunting if you have been a “saver.”

Caring for your belongings refreshes the chi (energy, life-force) and causes a sparkle that extends personally to you. Areas of your environment that go untouched for years cause stagnant chi and directly affect your health. Your relationship with your things extends beyond your most frequented rooms. It also includes things in your closets, drawers, attic, basement, garage, out buildings and storage lockers. If you own it, you are in direct relationship with it. All of your spaces count.

The most important premise of editing is **EVERYTHING MATTERS!!!**

- ➔ Everything has chi — every pencil, bed, photo, rug, sock, paperclip — E-V-E-R-Y-T-H-I-N-G.
- ➔ Nothing is neutral; it all counts. It either dips your chi or it lifts your chi.
- ➔ Feelings of happiness, enjoyment, calm, worry, depression, etc. can be caused by the chi of the things around you.
- ➔ You are in emotional, psychological and spiritual relationship with ALL of your possessions whether you are consciously aware of it or not.
- ➔ This relationship affects your health, your wealth, your relationships, your productivity, your sleep and your ability to relax and enjoy your life.
- ➔ **EVERYTHING** matters.

(Examples of clutter are broken items, stacks of unfiled papers, piles of shoes, boxes in the basement, old food and things stored for other people.)

Decluttering creates space. It opens your mind and your point of view. The process of letting go of things you don't need creates a psychological letting go and in turn, creates a physiological letting go. Creating space in your closets and home creates space in your mind and body. It's like a breath of fresh air. Consider it as a beautiful gift to yourself.

Your awareness of creating a loving environment for yourself is growing with every space you edit. Editing is a process that usually takes three times through your space to complete. The first round may take six months or a year to work through your entire environment. That's okay. Just begin. You are in training to feel the relationship between the chi of your objects and your personal chi. The process will get faster as you become better at recognizing the slight dip or lift in your chi when you touch your objects.

The second round you will find it easier to release items that are slightly depleting your chi.

The third round will be a breeze. When you have completed editing, cleaning and organizing your drawers, cabinets and other storage areas, they will have some space in them. Things will be orderly and containerized and you will feel a sense of sparkle when you open a drawer. Your deliberate, loving handling of your things will create a nourishing chi field. Remember that the big picture of your life is created by the small pictures — your moment by moment conscious participation with life.

