



# Organizing is Spiritual and Can Lead to Wellness

Did you ever think about how much time it takes to organize and take care of your stuff? Every purchase you bring through the front door has strings attached and demands attention. Organizing the spaces in your home can be spiritual and is an important part of your journey to wellness and living your best life. Make more time for you, not the stuff in your home. Let's break it down:

First, organizing takes you on a spiritual journey because organizing:

- ...brings order and balance to the chaos of life. Change is inevitable and it can be good and bad; organizing honors the organic flow of life.
- ...honors the sacred importance of our daily lives: every moment, every detail of our lives is precious and shouldn't be wasted.
- ...honors the sacredness of the spaces in which we live; they are containers of our lives. Every home should have a personal space away from the outside world.
- ...honors ourselves when we respect our time and get organized. When we take the time to organize, we are saying "I'm important, I matter, my spaces matter, and I respect both."

Second, the benefits of organizing can contribute to your well-being and to your life in several ways:

- Organizing saves time. Uncluttering simplifies life; you don't waste time looking for things and when you go to find something, it's there because everything has a "home".
- Organizing saves money. When you take stock of what you have or make a list of what you need, you save money. Have you ever bought something twice because you couldn't find it or bought something and realized you already had it?
- Organizing improves health. Having a lot of clutter can be stressful—mentally and physically. Physical clutter is overwhelming and it's a magnet for dust. Mental clutter stops us from moving forward and living in the present.
- Organizing improves relationships. When everything has a home, you won't be arguing with your mate about where the keys are and family and neighbors can stop by unannounced because there's no need to hide the clutter!
- Organizing improves the quality of life. Having just enough of the right things is a privilege rather than a compromise and when you remove the clutter or CRAP (Clutter that Robs Anyone of Pleasure), the Chi can flow freely and you have time to go forward and make new plans.

The word Chi means an unobstructed movement of cosmic energy. If your home is full of clutter, this Chi or energy cannot flow freely in your home. Our homes should be a sanctuary from the outside world and make us feel welcome, not stressed.

2021

*"The less clutter you have, the more your favorite items can be featured and radiate their life-enhancing energies."* Jami Lin, feng shui consultant.