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Articles by Consy Malasoma

Kiss Clutter Good-bye

Using my background in Feng Shui, home staging, Chakra healing and real estate, I decided one can never write enough about clearing our clutter. Recently my Pilates teacher was commenting on a new diet that includes taking daily shots and drastically reducing her caloric intake. She has lost almost 7 lbs in nine days and she wasn't a big person to start with. But what caught my attention was her comment "I seem to want to purge my belongings". She had spent an afternoon clearing out her closet. This woman has a Pilates studio out of her home, has her spouse working from a home office and three young children AND flies for an airline now and again. But I always notice all the clutter around her patio and her garage to get to her studio. I believe that as her diet progresses so will the elimination of her clutter. This is a great example of when you make a "shift" in your life whether it be starting a new diet, or making a career change and feeling the need/desire to clean up your space.

Here are even more tips to help you along with whatever "shift" is happening in your life and to realize the benefits of reducing your "stuff" and kissing your clutter good-bye. So here we go: first thing is to act like you are moving. Start with things like your pots and pans, or cookbooks that may be dated or thread worn (unless the family favorites are in there). Purge your bookshelves and self-help books that haven't been used and have a garage sale or donate them to your local library.

Secondly, assess the usage in your main living spaces. Walk through your home with a discerning eye and make a mental note or better yet, write down how you use these spaces. Look around and determine if your furniture placement, knick-knacks, wall paintings and clutter support this activity. Do not allow your stuff to gather on the floor. Run, don't walk to your nearest organizer store and pick up plastic bins to keep things in. If you never seem to use it, then move it on to a consignment store or Goodwill/Salvation Army facility. For example, if you have things on your bedroom closet floor (other than shoes) and around your bed and they have nothing to do with sleeping, get them out. If this becomes a daunting task, work on one room at a time or you will feel overwhelmed and discouraged.

Thirdly, think of the benefit you will bring someone less fortunate and place that positive energy out into the world. Whatever you eliminate that no longer serves you or brings in revenue for you will manifest allowing something else that does. Just recently I purged an upstairs guestroom closet and called the Salvation Army to pick everything up at a designated time. That way I was prepared and had gathered up all the things that weren't serving me any longer. Be sure to check that they will pick up what you donate.

Fourth, try to "edit" your rooms much the same as you would edit an article. Look from top to bottom, left to right and remember to toss it or remove it from that space. (Keep thinking of plastic bins).

Fifth, make a day of this when you feel good and are not tempted to hang onto everything. Invite your friends over, open some wine and make a party out of it. Most friends will cut through your clutter much quicker and with less emotional pain. Get your kids involved if you have a lot of toys and broken pieces spread out. This will send a message out to your family that leaving clutter around until it builds up is no longer the status quo.

Sixth, when tackling your closet be prepared to try on all your clothes to determine what fits and what is way too small. I recently had a full bag of about a dozen black slacks that I finally realized had been moved from my seasonal closets and I never used. I set these aside for a local women's shelter. It felt so liberating!!

And last of all, take stock of what you own and put like things together. It will amaze you to realize you have two dozen white shirts or way too many T-shirts. Statistically, we only use 20% of what we have anyway. This is especially true in our kitchen where we may have attained 6 spatulas or too many serving spoons that don't match. And just imagine how your home will feel after you have done this. See what changes come into your life after you have "purged" and be open to the Law of Abundance. I came across a book called *The Emotional House* by Dawn Ritchie and Kathryn Robyn. The quotation written in an article given their credit was "It's about bringing a little soul into the rooms we spend time in". I also found a quote in an article given by Carol Venolia, an architect who wrote, "we've gotten to a place where we don't think of ourselves as dwelling in nature. We need to blur the boundaries between indoors and out and realize we're part of rather than separated from the larger environment beyond our own four walls". I believe that if we can purge our stuff it will help to eliminate the time and energy to maintain and worry about things. After you have purged and reassigned your clutter take a nice Epsom salt bath to "cleanse" your body of all the stagnant energy you were removing or eliminating. Feel the difference when you enter your home after you, "kiss your clutter goodbye".

Consy Malasoma is a Feng Shui practitioner, color consultant, home stager, astrologer and speaker. She shares her time between Las Vegas at **702-245-6855** and Snoqualmie, WA in the Cascade foothills at number **425-891-9018**.