

CLEAR YOUR SPACE AND YOUR MIND - DECLUTTER

By Mary Claybon

It's Spring, and time to refresh your home and your soul. I find the best way to do that is to declutter. Take out three boxes labeled "put away", "give away" and "throw away." Start in one corner of your home and go from room to room tossing or keeping and organizing your stuff. Soon you will find there is more space and less clutter. As you free your home of clutter, you will find that your mind suddenly feels less overwhelmed.

It is amazing how stuff can affect our psyche. When my house is clean and I am organized I focus better. Before every coaching session I clear my desk and have only my client's file in front of me. I take time to relax and focus. Before beginning a writing project it helps to clear the space around me so I can think clearly. Clearing clutter clears my mind. Ahhh, I feel I can breathe and experience the space around me.

Clutter is stuck energy. If there is a place of clutter lurking around you, it may be the reason you feel tired, depressed and less focused. This includes rooms or basements that hold the stuff you pile up to make the rest of your living spaces look clean and organized.

My husband and I just finished a major cleaning project in the basement. I was finally able to throw away papers from projects I worked on years ago. I was saving materials "just in case" the words of wisdom I once organized into a presentation could be used again. Old magazines and articles I just could not part with, finally went into the trash. Anything you need on paper these days can be found on the internet or from a trip to the library.

One of the most difficult clutter issues I have are photographs. I have boxes and boxes of photos. I also have several moldy photograph albums. Also I have downloaded every photo I have taken with my digital camera for the last 3 years. During our basement cleaning project I put all the albums and boxes on one half of our old ping-pong table. The other side is clear and ready for me to organize my photos and create new albums and files.

After sorting your stuff into boxes, the things in the "put away" boxes should have a place. You know what to do with the "throw away" stuff. But what about the "give away" boxes? Several of the veteran's organizations collect boxes and bags of items regularly. When they call, be sure to give them at least one box or bag every time they have a pickup. There is also Goodwill and the Cancer Society as well as St. Vincent DePaul who take used furniture, clothing and small appliances. Remember: One man's junk is another man's treasure.

It is so refreshing to get rid of stuff and clear the space around you. A clear living and working space promotes a clear mind and soul. It's almost time to open the windows and let in the fresh spring air. Take a deep breath and relax in your clean space.

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