

The Secret Life of Clutter

We are looking at the essence of clutter. We need to understand what actually is clutter. Why does it accumulate in your home? Where does it accumulate in your home? You know there's a saying, you need to know the enemy before you win, so we'll do that, and we'll do that with compassion.

So, the secret life of clutter. Why, why? Why some homes, some people accumulate so much clutter? We're looking at the essence of clutter. We need to understand why, I keep saying like a child, "Why, why, why?" Why, and where it tends to accumulate in your home.

What is clutter? It's stagnant, blocked, sick energy. Si Chi, it has a specific quality to it that is sickening. It's the opposite of health. Now, here's another definition of clutter.

It's any item you do not need, you do not use. Any item that has no space, the items that have no space for it in your home. And another definition of clutter is, you know there are those items that you just don't love, but you feel obliged to keep. And you can feel that sometimes in people's home, there's this, like, you don't really love it, but for some reason you keep it.

So this is another definition of clutter, a bit more subtle, slightly more subtle. I want to go over the effects of clutter, just so that you actually connect and see how serious this is, because it is serious.

The anxiety, the fear, the depression, the low energy, the weight issues, they can be so tied to it, because as we know, everything is energy.

And more than that, clutter also creates some kind of a brain fog or brain chaos. It's chaos outside you and it chaos inside you And this chaos leads to a quiet

despair, a dreadful feeling that many people live in. It leads to a feeling of being powerless and out of control because, of course, you feel powerless and out of control if you have no control over your own home, and it's taken over. It's not good energy to have in your home or to tolerate in your home.

Now, I want us to look at the essence of clutter. It's not like we're judging it or we're against it. We created it. What is the essence of clutter? So, clutter is essentially a lack of belonging. If you look at your clutter, those are items that don't belong there. So the essence, if you look a bit deeper, it's lack of belonging.

It's the opposite of order. It's disorder. It's the opposite of ease. It's dis-ease. It's the opposite of caring 'cause when you care, you care. There's a specific energy, it's uncaring.

So here we're connecting deeper. We know that everything is energy. Everything exchanges energy, and you know the law of entrainment.

The law of entrainment where you can absorb everything around you. Well, think about clutter in specific ways. you know, everyone and everything wants to belong. So it's almost like you're surrounded by this energy of unhappiness and crying and, and look at this baby, just extremely unhappy.

You are surrounded by this energy. Remember these hugs, the energy exchange, the law of entrainment? This is what you surround yourself with. It's not the best energy to be embraced with all the time.

So everyone and everything wants to belong, and that includes your clutter. Now, we'll go back to you 'cause you created the clutter, and I do not mean to point at you, you, you, but if, let's say, you have a lot

of clutter, you are responsible for what you bring into your home, and you're also responsible for what you accept in your home. Let's say if people give you, whatever excuses are there, if it's in your home, you are responsible for it. So why do we accumulate clutter? Let's look at more specific reasons.

I see them as three main reasons.

One of them is the lifestyle, and it's a very broad category, which includes us being very busy. That includes us being, you know, programmed to buy things and programmed to have certain things, and that includes a few other things, but let's say lifestyle is one of the main reasons. That may include your house. Maybe your house is not as big as you would want, and you have more stuff, so to speak, than the house can accommodate.

And the other one is lack of discipline, let's be honest, lack of discipline. Clutter is often, if not

always, or most of the time, a reflection of inner chaos. So what I'm helping you here is I'm helping you to make lifestyle changes that can get rid of clutter.

And the other very important reason is inner chaos. It's something that you might have to look into, to get to know your inner world. There are millions of tools out there to get to know your inner world and, just honestly ask yourself why. Why, first of all, why do you tolerate clutter, and why do you keep accumulating it? Two questions.

So where does clutter tend to accumulate in your home is also important to look at. From my experience, from what I see with clients, there is definitely some areas where clutter is almost always present.

Garages, attics, and basement, it's almost like a given. I've rarely seen really clean energy in those

spaces. Now, look at what comes next, the bedroom. Your bedroom should never have clutter. Makes you sick to have clutter, sick on a very subtle level. One might say, "Oh, no, I'm healthy." Well, no, I am pretty sure your energy is cluttered very much if you live in a cluttered bedroom.

So bedroom should not be on this list, that's what I'm saying. Closets should also not be on this list unless they're specifically and very clearly organized to hold things. Bathroom, kitchen, home office, no. So here's how I see things. Let's say garages, attics, and basements, they speak to me of the need for better organization because logically, yes, you would want put things there, but they have to be clearly organized and cared for.

They have to be there for a reason, for a conscious choice. And when I see clutter, my goodness, in the bedroom or in the kitchen or closets or bathroom,

that speaks to me of deeper issues, and it speaks to me of the clear need for introspection, for honesty, time with yourself, and of course, better organization too.

So let's start.