

# Simple Tips To Allow Change In Your Home, Office and Space



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**H**ave you ever stopped to think how unnecessary clutter in your space will impact the flow of energy in your home and cause blockages?

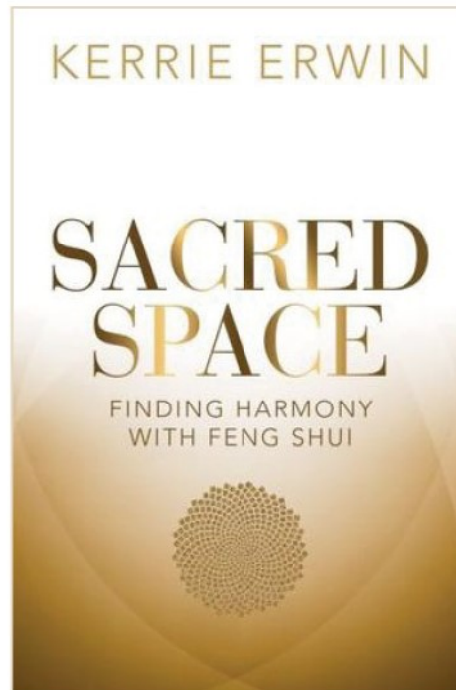
A blockage of energy will slow down the natural chi energies in your space, as well as the free flow of universal energy. This will result in consequences such as tiredness; lack of awareness, discomfort and the energy in the space will feel heavy and unpleasant to live in.

The good thing is you don't have to move or spend too much money to make changes. Just like spring cleaning but on an energetic level, space clearing releases negative energy and encourages positive energy to enter our lives. The more time and energy you spend tuning your awareness in your space and home, the better you and your family will feel, as you are not only creating peace and harmony but also inviting success into your world.

Whatever makes you feel good is always the best way to go. If you are having problems in your life, or would just like a change, begin by clearing your home, office or space. Smoking is also a good way to clear stuck and negative energy. You can also use dried gum leaves, by placing them in a big metal or stone bowl and burning them, allowing the smoke to do its thing by cleansing the room. Once you have done this, open up all your windows to let the old out and the new in.

### CLEAR OUT THAT CLUTTER

Your home is your foundation in life and when it is in harmony it's a wonderful base to work from to make your dreams a reality. When you have a safe and solid foundation in the world, nothing is impossible. By doing this easy life change, you can bring changes in your life for the better, which is often magical. Begin by clearing out all the clutter in your home or working space and this means everything.



### OLD CLOTHES AND OLD FAVOURITES

Believe it or not this is actually hard to do. Old, worn out shoes, slippers, hats, odd socks, scarves, gloves, pajamas and underwear may have been expensive or comfortable in their heyday, but if they are past their use by date its time for them to go.

### OLD MAKEUP

Check out the use-by dates on your makeup, your well-loved products may be out of date and could be causing havoc on your skin.

### OLD PAPERS

Go to your desk, cupboards and drawers and start to go through all the old papers and throw out any items that you no longer need. Also, throw out those piles of newspapers that keep stacking up unnecessarily in the corner of your room.

### ACCESSORIES

This means belts, scarves and jewellery that may be from the older you and are out of date and dowdy.

### OLD FURNITURE

Sell it today or get rid of it because why are you saving it?

### UNINSPIRING ART

Wall art can reflect how you see yourself in the world so your pieces should be inspiring.

### FRAYED OLD LINEN

Always remember to get rid of old frayed towels, washers with holes and sheets you no longer need or are ever going to use.

### BROKEN KITCHEN UTENSILS

Make sure that all your appliances are clean, up to date and functional. Watch out for leaks with gas, broken electrical cords and never leave dirty plates lying in the sink for days.

### OUT OF DATE FOOD

Make sure you always check the use by dates and throw out anything that's past its time.

### PAINT TINS AND OLD TOOLS

Old paint tins that sit in the same cupboard need to go. There are special disposal methods that the local council want you to follow if the paint is toxic, so do us all a favour and look this up.

### OLD TOYS AND TRINKETS

These precious things are just items you have collected and are never going to use. Some old trinkets can also hold energy that may not be in your best interest.

### PLASTIC, FAKE OR DEAD PLANTS

If there is one thing I don't tolerate when clearing a space that's dead and fake plants. Not only are they ugly, drab and sad, they also look shabby. Healthy green plants bring in good chi energy for all the people and inhabitants living in your home.

### HOUSEHOLD REPAIRS

Never ignore leaking taps, blocked drains and blown light bulbs.

