

De-clutter your life NOW!



How often do we hang on to old memories and unwanted junk in a bid to find happiness? We all are hoping that someday our lives will take us back to where we started, when things were uncomplicated and we were happy. So we keep buying new things and hang onto the old ones. Just like life; where we keep having new experiences but are not willing to let go of the old emotional excess baggage. And why is that? Is it because we are fearful that if we let go, we might never find happiness again or is it because we are just lazy? Cleansing is needed on all levels to move on and to embrace the future, says Shivani Adalja.

That is one of the reasons why in different cultures people are required to clean up before an important festival or arrival of the New Year. The aim is to invite the new energy in our lives and let go of the old. Moving forward is the key to embracing the New Year. Be it Eid, Diwali or Christmas; house cleaning is a big part of our celebrations. Just by getting rid of the unwanted things we are making room for the new things and experiences to enrich our lives. Many wellbeing and holistic practices across the world focus on cleansing and de-cluttering.

Having said that, cleansing can occur on many levels – physical as well as emotional. It can help you to rearrange and organise your life for the better. Letting go of the old junk can open up space in your home and create much needed energy movement for better quality of life. The key is to be focused and be ready to embrace the change.

So how do we declutter our personal space?

The general rule of the thumb is to go through all your clothes and belongings and if there is anything you have not used for over a year, its time to let it go. One year has all the seasons and if the items have found no use in any of the seasons then you are probably not going to use them at all.

Secondly if you are surrounded by old books and DVDs that you are not going to use, then give them away. Your living room and bedroom should be clutter free so that energy can move freely and easily.

Old electronics, which are not working, need to be thrown away as it only hampers energy flow. Broken chinaware and torn curtains should not be in your home. You need to embrace the New Year with a clutter free home.

At a physical level the space around you needs to be organized and balanced. This will help in seeking new opportunities or relationships. It also improves health and makes you feel light mentally. Just remember, less is more.

But along with physical cleansing, also comes mental de-cluttering. Unless you let go of things emotionally, your physical space will always remain cluttered. Look around you; are there

old photographs in every corner? Do old memories invade your emotions at all times? Are you living in your past? If so, then let 2017 be the year of change. Keep a few old photographs to remind you of good times and pack away the rest.

The most effective technique for emotional cleansing is to write down all the negative emotions on a piece of paper and then burn the paper in the sink. Fire is a very strong suggestion to your mind and it will help you to let go all the unwanted memories. Repeat this exercise several times if required. Seek help if you are stuck emotionally and nothing else is helping. See a hypnotherapist or a life coach. But get help so that you can move onto greener pastures.

Simultaneously, make space in your surroundings for that special someone to come if you are seeking a relationship or de-clutter your office desk to invite new opportunities in your professional life. Possibilities are limitless. Question is, ARE YOU READY? Now is the time to say goodbye to the old and embrace the new!

Whatever you may choose to do, just take a step forward and be free of your own limiting beliefs.

Declutter your life, to invite that beautiful life you always wanted but were too afraid to seek. ✨

