

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

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Discover the story of your stuff



Dear Friends of Organised Chaos

Welcome to the February edition of **Chaotic Times!**

This month I've been inspired by my talk to a ladies' business networking group, when I covered various aspects of decluttering and organisation. My audience asked me lots of questions and shared some of their own challenges.

One topic though, came as something of a surprise, and I thought I would take the opportunity to explore it here.

Let's assume you've decided you need to declutter. Basically, you want to reduce the amount of 'stuff' you have in your home.

**You have to make some challenging decisions.
What to keep? What to let go? How do you decide?**

Everyone's reasons are entirely personal of course. Maybe you decide that anything old, worn out, unused, surplus to requirements or plain unappealing, has to go?

But, what if you owned something that was none of those things, something that by its very presence in your life was having a negative impact on your wellbeing?

You'd want to get rid of it, wouldn't you?

There's a problem, though - you may not even realise the power of this object. It may be masquerading as something really useful or attractive.

This is where you have to develop your awareness and tune into how you really feel about your possessions. It's time to dip below the surface of whether you simply 'like' something or maybe find it 'useful'.

You may be wondering how on earth you can do this. It's not easy, but certainly worth the effort.

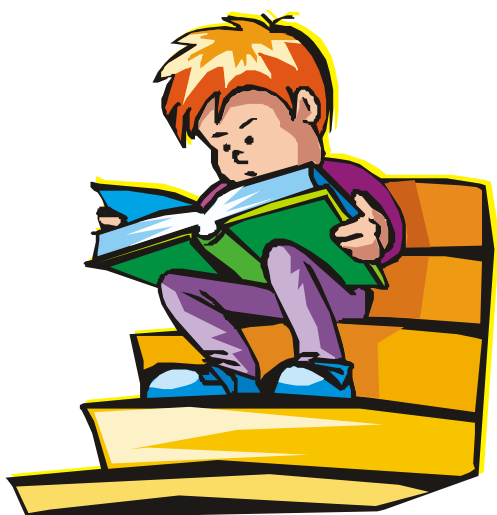
If you consider, many of your possessions will have their own 'story'.



As you move around your home, allow your belongings to tell their story. For instance, you may have inherited some possessions, or received them as gifts.

The circumstances of you acquiring something are part and parcel of the story, as is the history of their use

My own example involves an ornamental Pharaoh's Head brought back from Egypt and given to me as a gift by my mother. Nothing wrong with that, then? My parents had booked the holiday with another couple and it was really my father's choice. Some few months before the holiday my father died and my mother made the decision to go ahead with the holiday. She was very ill whilst she was away and had a terrible time, primarily due to being grief stricken.



I had accepted the gift without any thought as to the negative feelings that had become attached to it

It was many years later when I'd been in business for a while that I had the realisation. I decided to take the ornament to a charity shop immediately. It was interesting to notice that it was on a shelf with other items but pushed to the back out of sight. My subconscious had been trying to tell me something.

A client recently hired me to help her reduce the amount of clothes she owned. Not just a wardrobe full, but several bags full in a spare room also. She was doing really well and had parted with quite a lot of items. When we came to a 'little black dress' in her wardrobe there was no obvious reason why she wouldn't keep it.

The client told me she'd worn it to her friend's birthday party. There was a pause and she then said that the party was the very same day she'd decided to leave her husband and she'd decided not to go to the party. He was quite angry and told her she was letting down her friend, so in fact she did go to the party on her own.

It wasn't for me to decide whether the dress should be kept. The question for my client was to do with how she'd felt that evening. Did she feel empowered? Or did she feel controlled by her husband?

Faced with that question, my client decided the dress needed to go to a charity shop!

I hope these two examples have given you a feel for how seemingly innocent possessions can give off negative vibes, or energy, which are picked up by us at a subconscious level.

How I can help

If you're ready to move on from a divorce or some other challenging life experience then decluttering can clear more than just a bit of much needed space.

Possessions that have played a key role in such events seem to act like a reservoir for unexpressed emotions. In order to claim back your life then it may help to revisit these items and allow yourself to feel the emotion. Then you will be able to decide whether the things are to be kept or not.

I can promise you that I am sensitive to your feelings throughout the process. My aim is to get the best result for you, whatever that might be.

*Best regards,
Judith*

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