

Chaotic Times

Organised Chaos Newsletter

"Helping you to
clear clutter and
feel -

Better!"

Issue 35 - January 2012
'Ring out the old'

Dear Friends of Organised Chaos

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

What does this time of year mean to you?

Personally, I enjoy the last few days of December. They tend to be quiet and unhurried, giving some time for reflection. There is a sense of preparation for a new phase, which is the new year.



Family, friends and marketing men will have urged you to make New Year's resolutions in order to lose weight, give up smoking, take more exercise, etc, etc.

Whilst it can be good to be held accountable, I do sometimes wonder if the pressure of those resolutions made at New Year's Eve parties is just too much. You'll know if you're the kind of person who will respond well to this kind of 'contract'.

By the time you receive this newsletter, New Year's Eve 2011 will already be a memory; but the New Year will still be young enough to hold promise and a little mystery.

Christmas decorations will soon be packed away. Will you find your home a bit bare and bleak, when all the tinsel has gone? Or, maybe, you'll be relieved to claim back the space?

I invite you to consider this for a moment

If you feel a bit 'flat' without your decorations, is this because they were covering up things you normally prefer not to notice?

Will your home look jaded and untidy? This could just be that days are still quite dark, guaranteed to make the brightest decor look dreary.



Or, could it be the realisation that you need to do something about your environment?

At this time of the year we spend more time indoors, so it makes sense to make your surroundings as pleasant as possible. If you find you can't relax in your sitting/living areas, then chances are that your subconscious mind is being bombarded by messages from all your clutter. This might sound a bit odd, but trust me, this stuff will demand your attention at some level.

Even the stuff you've hoarded away into cupboards. Unfortunately, 'out of sight' is most definitely *not* 'out of mind'.

You'll notice it as a lack of concentration and an inability to relax.



Clients who undergo radical decluttering, all look visibly lighter and more relaxed by the end of their session.

Take a look at my Testimonials, to [see what clients say about the beneficial effects of decluttering with Organised Chaos.](#)

Wouldn't you like a little 'lightness' in your life?

Admittedly this is hard to quantify; but I think there is some kind of law that I have uncovered. The lighter you feel - the lighter you *want* to feel!

Don't you find that quite intriguing?

OK, so you really don't feel you can summon up the energy to do loads of decluttering - and even if you could, you wouldn't know where to start.

The good news is - you don't have to!

Simply start one small decluttering job - say, you tidy out one small drawer today. This will involve parting with a few things and putting the remainder back into the drawer in a tidy way.

Now, every time you use that drawer you will feel pleased at the effect. In a few days, try another slightly larger area, maybe just one cupboard. This time there will be more to throw away or recycle, but stick with it.

I'm pretty confident, that before you know it, you'll be engaged in a full-scale declutter which will be more or less guaranteed to make you feel *tons* lighter.

So, you see, no need for strict resolutions. All you need is a desire for feeling lighter and the will to give it a try.



Best of all, you will have set the standard for 2012.

Why not choose to make your clutter a thing of 2011 and consign it to the past?

Don't forget, I'm here to help!

*Best regards,
Judith*

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