



# Western School of Feng Shui.

## ESSENTIAL FENG SHUI® DE-CLUTTERING GUIDELINES

**Clutter =**

**Items that are disliked, unused, in excess, and/or disorganized.**

Choose a space that you consider cluttered, such as a closet, storeroom, cabinet, desk drawer, table top, or kitchen cupboard.

Label 3 boxes or bags:

1. Throwaway
2. Giveaway
3. Stowaway

Ask yourself these questions about each item, and place it in the appropriate container until the space is empty:

- Do I love it?
- Do I need it?
- Does it support who I am now?
- Are there positive or negative thoughts, memories or emotions that I associate with it?
- Does it need to be fixed or repaired, and am I willing to do so now?
- If it's time to let it go, when and where is it going?

When you have separated all items into one of the 3 categories:

1. Put the Throwaways in the trash immediately!
2. Prepare and label the Giveaways to go to their new home - friends, family, charity, etc. - and make sure to remove them from your space within a week.
3. Stowaway the items you are keeping to their proper places with love and gratitude.

**Congratulations!**

**Watch for the helpful people, opportunities, and things that flow into your life because you have let go of the old and made room for the new.**