



Garage storage systems and shelving units can help keep your items organized and avoid encroaching clutter.

7. Next, organize your master bedroom, bath and closets, creating a vision for what should be sacred adult space. Repeat all the above steps. From a feng shui perspective, if we make improvements in the master bedroom power area, where rest and romance nurture the keepers of the castle, that positive energy will spread to the rest of your home. No room in a home is more important to a couple or an individual than their bedroom.

8. Next do the kitchen, children's rooms, family room.

Decluttering must begin with your mind and heart's sincere and honest invitation for vitality, happiness, confidence, creativity and abundance to come into your space and life. With a firm mental commitment to start where you are, start small, and build upon your successes, the follow through will be there. If you are worried about letting go of sentimental items or family heirlooms, consider storing them elsewhere and freeing up your space for the living we are meant to do. If you cannot tackle it yourself, consider asking for help from professionals who can assist you in at least getting the ball rolling.

Meditate honestly about any attachments to your stuff and remember the age-old wisdom that if we cling too tightly to anything we are not allowing ourselves to be open to accepting the new gifts we are meant to receive from the universe.

Now please go scan this article, then throw *it away!* Happy New Year!



Although shelving is used in this garage, the amount of boxes and items on and near the shelves has led to disorganization and a sense of chaos.



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