

*Feng Shui*  
M A S T E R Y  
WITH CATHI HARGADEN

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IN ORDER NOW

THE SECRET INGREDIENT TO YOUR  
SUCCESS: DE-CLUTTER IN 7 EASY STEPS.





## CLUTTER

### INTRODUCTION

Have you ever found yourself not being able to think clearly because there is too much going around and around in your head. Yes, possibly because it is cluttered with many different kinds of thoughts. Whatever is inside of you is reflected on the outside and vice-versa. The clutter of your environment stops you from moving and flowing easily through your home, work or place. Obstructions that are obvious (like a bag or shoes in the way) can clearly cause accidents. But sometimes these obstructions in our homes and lives are not always that obvious. They can be far more subtle to the point that we are really not that aware that they exist.

Sometimes using the analogy of acupuncture helps to illustrate the principles of energy being able to flow freely in and around your home. Like the blood and lymphatic system circulating around our body, it is important to keep the arteries and veins clear from any obstructions. This enables the oxygen to be transported to all regions of the body and likewise transport the toxins back to where they need to leave the body. It is only when it is too late that we realize the clotting or clogging of this circulation system can result in disease and death. Likewise, if we have too much surrounding us in environments it is almost impossible to breathe, move freely, adapt and hence we become restricted, rigid and ultimately frozen both physically, mentally and emotionally.

Acupuncture is designed, by the use of needles, to restrict blockages internally and allow the natural flow of the chi to move around as normal. Likewise, the removal of blockages within your home of clutter, hoarded materials burdened with memories long gone, items no longer functional and yet you hang on, you hang on, you hang on...Yes, this is the problem. It is so hard to let go within and without.

There is a list overleaf of what can be considered to be clutter but only you know for yourself the meaning of what you have. I am not suggesting getting rid of sentimental items but you may wish to consider the more you hold onto things of the past the less room and space there is for new things to come in to the now and future. We all have clutter and we are unable to dispense with it overnight. That is why it is a process, which you remind yourself to do frequently allowing more space into your life to maneuver into areas you never dreamt you would go.



It is not necessarily just about being neat. People who do not have any obvious disarray on the outside can often disguise their erratic behavior/way of thinking by throwing all kinds into cupboards or stuffing things into drawers.

As a health professional I have entered over 1000 homes throughout the UK, USA and Australia, Ireland & India and I can tell you that people have stuffed into their homes so much stuff that their clarity of thinking is impaired, creativity is blocked and in some cases people physically could not move from one room to the next with any ease. The nature of the work I did allowed me access to every room of the home so I saw the insides of peoples lives. People wonder why they are unable to keep any of the money they have earned, or why nobody new has come into their space and then they look around and see the reflections of where they live.

#### **Here are some examples:**

In Ireland one guy had been left a huge rectory where every room was crammed to the brim of all his mother's belongings. He reached such depths of despair as he just did not know where to begin. So, sorting out where is the first point to start and then how to proceed was the priority in this case. I have to say we had huge bouts of laughter with the Irish music in the background for effect and whilst this was an extreme case sometimes just taking the first step is often all people require.

How about the people who had a very sick child in the home associated with energy loss but when I entered the home the living room was jammed full of boxes and the parents explained they were about to decorate. They were also running a health business which is why the boxes were choking up the whole downstairs.

When I returned three weeks later the place was still the same; to survive in that kind of environment is injurious especially to the energies of young children-the child resorted to staying upstairs and rarely did he come out of his bedroom. Do not get me wrong – this was not some mess or clutter this was established chaos masked as a business with manifestations of ill health in the family.

What about the man in the wheelchair who surrounded himself with his collectors magazines, trains sets etc that he could no longer mobilise in the chair because there was no direction he could go in as everywhere was jam packed with self hostage status.



What about the elderly couple in their 80's I turned up to visit them and they were sitting outside in deck chairs – they seemed to be having a great time and the sunshine was out. However, when I went inside they both confessed that the reason why they were sitting outside was because there was nowhere for them to sit inside- they had acquired clutter over 60 years and had no intention of sorting it.

The list is endless of peoples' lives being thwarted either for health, wealth or relationship reasons predominantly due to the energetic fog they chose to surround themselves in. We all know someone with mental health problems where their environments self sabotage any kind of healing for them.

Clutter is often very uncomfortable and a source of great embarrassment to many; its as though people will look into their very heart and view the disturbances, conflicts, sadnesses and memories all in one go. That is often the response but when going into many homes there is an assurance that as the consultant I am not attached and it's the best way to assist someone who is. Above all, what really trips people up metaphorically is the degree of procrastination in their lives. The environment supports this constant hesitancy and delay. Clutter distracts focus and then we realize time has ticked on and we are in the same place with a different set of clutter.

Clutter robs your time; think of all the obstacles you have to negotiate when the home, workspace or business is not clear and simple. Time is money – it's the ultimate commodity the asset that no one can buy back and so the mire you find yourself within the cluttered environment is actually negotiating time you choose to lose in your life-in effect it is costing you money from either yourself, personal wallet, business or career to have this clutter around you.



I have worked in many offices as a locum and one particular office people knew I was entrepreneurial and looked at me as if I was some magical wizard. One woman came over to me and asked if I knew of anyway she could make extra money as her job was not paying her enough – I said yes but before I tell you what does your home look like? She told me it was totally cluttered and felt she couldn't do anything with it. I said go back and clear it; some months later I asked how did it go- reportedly the place was still the same. So lack of money was still going to be an issue – if the person cant do the basics how are they going to cope with other things. So the clutter created a self fulfilling prophecy of being stuck, being stuck in the stuckness until the stuckness becomes an identity.





To understand what I am about to write you have to look at your life in terms of metaphor and symbol, archetype and mythology - because often this is the only way we can not only get to understand our worlds but also use what lies within us in order not only to enjoy the rich textures of life but make the best of who we are. Our home contains everything we think we are; it often defines who we are and that is why what is in it makes the difference between your quality of life in health, wealth, relationships, and so much more.

So start today and all I can say is try it for yourself and see what happens! Good Luck!

*Cathi Hargaden*



## CHAPTERS

### 1. Preparation

Why Do you have Clutter; what is it Doing to Your Life,

### 2. Make a date

### 3. To Flow or To Freeze

### 4. Letting Go, letting flow and space

### 5. Other Hidden Areas of Stagnancy; purse, bag, car, inboxes on computer, laptop,iphone

### 6. Now That You Found Space - What Do You Do With It?

### 7. Your Life Does Not Improve by Chance, But by Change, Feng Shui Change





## 1 STEP ONE - PREPARATION

Before throwing out everything or anything and creating even more chaos be alert to pre-planning how do you intend to start.

In the sessions I have taught I get people to draw out a plan of their space; whether it be home, business or workplace. Once drawn colour the areas that need attention most. Often it can be the entrance, the functional rooms of bathroom and kitchen. Prioritise what is the first, second and so on.

Before initiating this process there is a mental, emotional and functional preparation and dimension to a task like clearing away visible, invisible obstructions. I have also noticed that people are often terrified of space; because in the space they have to be something-whereas goods, material items help define who a person is. But when space is finally made peoples' health, mental clarity often improve and they can breathe much deeper there is often a release. Be aware that in such a process as this there comes a healing crisis – that is a feeling of strangeness but eventually you grow into the new space.

- So, paper and pen;
- draw the area;
- prioritise which area is the most important and not forgetting that this is a process. See list below and identify what you no longer need;
- that includes mementoes, non functional, no use of any more and there is no one day I will.....
- .....one day you will be forced to let go of everything so it may as well be with your blessing that it is let go of in the way you want as opposed to someone dashing it away in a skip!

How do I know? because I have seen it happen hundreds of times...no one cares about your mementoes, photos it will be binned and the precious items resold back into the earth's energy. Even family members' often don't relate to "things" left behind and because of their own grieving process are not always fully aware of what and how to let go on behalf of others. So, in the end The choice is yours!!



## WHY DO YOU HAVE CLUTTER & WHAT IS IT DOING

**WHAT CLUTTER IS**, -anything physical or non physical that is around in your environment and no longer has a function, is being used for purpose, holds energies that are not supportive of who you are today, creates distress if looked at, excess matter that serves no purpose, storage of goods for the one day syndrome.....

**WHY YOU HAVE CLUTTER**.....there are many reasons and it is also generational. People brought up through scarce times like my mums generation were creative with what they had and throwing things away was a difficult thing to do because they were brought up with a scarcity mentality. That generation is starting to die away now but the other extreme is the throw away society whereby things are bought, discarded and new things brought in. However both have the same results; clutter. The latter does not get rid of their previous acquisitions but just keeps buying more and more updates these goods, things start to encroach on what is also reduced amounts of living space for many people across the world.

Architecture of the inner cities has bundled people into smaller and smaller living spaces so the ability to move freely is far less when you keep acquiring more and more. Not forgetting that we as a consumer population want to consume more and more bringing it into our lives.



There are psychological reasons in terms of safety, support, a feeling of not having enough, comfort and control. At the same time people can often feel held in a hostage atmosphere surrounded by things and not know how to get away from them.

**WHAT IS IT DOING TO YOUR LIFE**, Already mentioned above but affects peoples:

**Health** – as the chaos causes mental instability aswell as tripping over stuff. I once lived in a house with a family where the first room from the entrance was where everything was just thrown in and I mean EVERYTHING!

When I went into that room to iron I felt chaotic, disturbed almost and I could see this manifesting in the personalities of the household.





**Wealth** – if you are creating a business from home or studying for a career you have to have clarity and discipline – these two qualities enable people to go forward with their ideas and execute them. If there are too many distractions because of the environment the energy becomes cluttered, ideas are dissipated easily and the thinking confused.

**Relationships** – two people living together in close confines have to compromise in how they choose to live in that space. One person over riding another's space epitomizes the relationship and the amount of freedom each affords the other.



High-rise existence: The 'living cubicles' were built as seven million inhabit the small island



<b>WHAT IS IT?</b>	
Magazines	
Clothes	
Shoes	
Unwanted Presents	
Books	
Photos	
Old Crockery	
Other people's clutter	
Broken Items	
PC hard/floppy discs	
Bad Friends	
Mental Clutters	
Letters & Phone Calls	
Old Mail	
Colon	
"Just in Case"	"Might this be useful one day??" is a bad question.

<b>WHERE IS IT?</b>	
Junk Room	
Basement/cellar	
Loft	
Garage	
Shed	
Behind Doors	
Passage Ways	
Cupboards/Kitchen	
Under Beds	
On Wardrobes	
In Wardrobes	
Handbag/Pockets	
Car	
Office	
Fridge	
Food Cupboards	





## 2 STEP TWO – MAKE A DATE

Clearing away matter is by no means just a physical activity. It requires a mental and emotional awareness because decisions have to be made about the small minutiae details to the bigger obstructions in the space.

Making excruciatingly painful or simple decisions all requires energy no matter its importance. So, mentally gearing yourself up for the task is essential;

- pinpoint a date and time to start; do you need others to help or is it a lone sojourn;
- energy is everything so ensuring you have psychological apparatus to get started is important too.
- Eat properly before tackling as what you eat and how you feel determines decisions that you make in life and that includes what you get rid of and what you keep.
- Once decided which area you are going to tackle;
- Deal with things in small chunks; whether it is one side of the room or dealing purely with all clothes, then paper but either way categorise your items into small piles so you soon start to see a clarity shining through.
- When you start to let go of those items that are not so highly emotionally charged it becomes easy to let go.
- Its when you have things, that are emotionally charged with feelings, memories, parts of our lives you have to let go.

Gratitude is one way of over coming some of these emotional obstacles. Being thankful for whatever it is you did have and it served its purpose and now its time to create more space for new things or new people to be thankful for. If there is a lot of painful memories attached then the emotional energy attached to that is better out of the environment. Once you start to let go of these THINGS the power comes to YOU. You are no longer allowing this energy stored to consume your space, time and energy and being able to let go of it brings the POWER of choosing and deciding back to you. Many people are the slaves of their matter allowing everything and anything into their domain. This is an ideal opportunity for you to become the King or Queen of your own Home.



- Be aware of how you feel as you bag up those old memories; the unnecessary items you have stored for yourself and others and let go of them. It is often accompanied with a mild loss but also a feeling of letting go and being light within you. It is not difficult to accrue clutter in this age of mass consumption and junk mail.
- Therefore, prioritise by categorizing and chunk into small piles and small time frames;
  1. for paper shred,
  2. for clothes put in bags for charity shops,
  3. for specialized areas like textiles, ceramics, beads pile up for schools or art classes.
  4. Items of value put to one side to be sold to Antique Dealers
  5. Be aware of not holding onto items whilst waiting for them to be sold on the internet-you can offer them as free to be collected but you don't want the items staying any longer than required as this creates frustration and disheartenment.
  6. Time frames; set one hour to focus totally and take 15 mins for a rest. Repeat
  7. When you give things away you are creating more space within.
  8. Deposit goods you are letting go of by the front door: this is a way of reminding yourself to let go; you will be constantly reminded of these goods needing to let go as you come in and out of the front entrance.
- Extraordinary Change requires extraordinary Action: if the weather permits and your home is literally jam packed of goods, creating a temporary marquis outside (space and weather permitting) and literally take goods outside and let go in this manner. The goods make an exit making a more discriminatory decision to allow only the "musts" re-enter the home. Of course this step is dependent on where you live in the world; many of my colleagues in Australia, Canada, US & Africa can undertake such arrangements so work with the bigger environment.





### 3 STEP THREE – TO FLOW OR TO FREEZE?

When moving house or clearing out the house people have a great idea; they say lets put those things I value into storage until such times we can move them into a new home or use them again.

Having done this myself I spent £3000 in three years and I don't know where any of the stuff is. I recently had one client; his mother died 10 years ago and because the furniture was sacred he put it in storage. He has spent approx.. £20.000 in storage fees and guess what: he is homeless. He has no fixed abode, as a taxi cab driver he often sleeps in his car!

I pointed out that he needed to let go not only of the furniture but the sadness around the loss of his mother. I totally understand how difficult it is; I have been there and cleared out a house full of memories for a family 44 years living in one place.

This man's life had not moved on-he was going from pillar to post but would not surrender the storage even though the fees were crippling him. Now not everybody has this issue but often we have a small aspect of it. Not wanting to let go of tangible items because somehow we have morphed into them, they are our memories, our childhood, our identities-is it almost WHO WE ARE!



Another guy had his garaged so jammed packed but some of the belongings were his x wife's – he wanted to meet someone new but he could not bear to clear out the garage and deal with the feelings associated with the content.

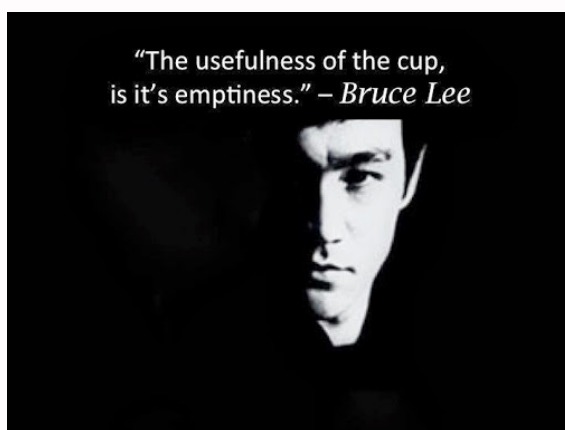
Nikla Tesla said that everything is energy; all our acquisitions have an energy to them however, when they start to gather dust, non used, non functional, broken they also exude an energy of



brokenness, stagnancy and that very energy blocks us from moving into new spaces, new places not necessarily outside but experiences within us.

As I frequently write that the most strongest influences on our lives are those that are invisible! The energy around and in corners, whole rooms and houses intricately weaves their way into our sub conscious & creates patterns which are called habits which become our lives.

Remember it's the Space that defines Who You Are!



Churchill once said;  
“We design our Buildings and thereafter they design us”.

We all know what it is like as a child to go into a place or a space that is expansive makes us feel wow and then the opposite. As children we are a softer and finer energy and pick up the essence of where we are and how it makes us feel.

So, this step is **NO MORE STORAGE**. Do not entertain the idea of storing something so out of sight is out of mind because it certainly is not out of your bank balance. Also you are storing a part of yourself; and we do crystallise if we psychologically know that a part of our identity (or what we deem to be us) is put away in a cold and darkened room. Its almost like being frozen for some time.

I had a client who fedback how much she had cleared her home including all the meat in the freezer that had been there for seven years! Is this what we are doing to ourselves? Storing away and freezing who we are?



**“The Mind Is Fast Like A Knife And Will Do Anything To Sabotage The Beauty Of Creating Space On The Inside And On The Outside”**

**Many people put their lives into storage;** they leave their lives in a cold hard place and don't retrieve it for many years later. The greater and longer the energetic debris has been around is a reflection of our own inner architecture. It often represents all our sadnesses, memories, dreams, creativity suppressed and repressed hidden secrets.

I would also like to remind you of how full our heads, and homes are of messages exuded by monitors, computers smartphones; our space is filled with invisible lines of communication and the impact on some people is that it fogs the mind causing confusion and conflict.

Our minds are full of information, decisions and we become easily distracted by anything whether it is sounds, or words and forget what is most important; how we feel inside!! Peace cannot be bought but we can create that within us.

**Energetically we have become frozen in time;** our emotions, memories have resisted change. I know it is difficult to change for many but the only one thing that is constant is change – going with the flow but how can you do that when there is nowhere or no space to flow to?

**Think of it like this:** if you have a bad day or not feeling well and you wanted to get better would you go into hospital surrounded by clutter everywhere so all you looked at was confusion and chaos? No you wouldn't and our health is paramount when creating an environment for us to live and heal.

If you store stuff in the loft it represents the mind and the lack of clarity that exists. Stored in the cellar represents our deepest fears we choose not to address and tackle. Just clearing out these areas alone releases an energy that gives birth to movement and creativity – almost like a rebirth.



**Once you have cleared a space sit back and congratulate yourself;** after all you will have the space to see just how far you have come. Acknowledge that as difficult a task it is to undertake you have made progress! You will also feel as light as a feather.





#### 4 STEP FOUR – LETTING GO, LETTING FLOW, FINDING SPACE

Throughout the whole process of letting go it is about being conscious of how it affects you. The nature of the mind is that it wants to often bring more things in once the space has been created. This is about being awake and paying attention to how you are feeling, thinking and relaxing into the new space.

Where does all your “stuff” go? It can go to assist others in the charity shops, people who don’t have as much as you.

Letting go is yet again another habit that has to be created but have you noticed that once you have thrown one difficult thing out its becomes so much easier to keep throwing and letting the things go go go..... In face, you start to throw everything out because having space makes you feel great and free!

As T. Harv Ecker says

“How you do ANYTHING is how you do EVERYTHING”

So if you are operating a life full of clutter that tends to infect all other areas of your life. Letting go of one thing helps to let go of everything that needs to go.

Be Mindful Also That The Mind Creates Distractions, The Mind Is Fast Like A Knife And Will Do Anything To Sabotage The Beauty Of Creating Space On The Inside And On The Outside. So The More Aware Of How Your Thinking Can Self Defeat Or Self Sabotage When You See It Happening You Can Say”Thanks For Sharing But This Clearing Away Is Going To Happen **Irregardless**”

#### **Watch Out For Distractions Such As**

- I Could Put Stuff On Ebay But Computer Is Broken So Cant Do That
- I Am Waiting For Someone With A Car To Take It But They Are Never Available
- I Need Others’ To Make Decisions When In Reality They Wont Even Miss The Stuff
- I Am Tired, I Am Hungry, We All Find 1000 Excuses And More Not To Do The

Unthinkable.....Let Go....



I Can Promise you that if you undertake this journey of letting go internally and externally that you will feel lighter, have greater clarity, more focus, greater creativity and more room to maneuver and space to invite greater things into your life. Not to mention that you will actually have more Time to do the things you really want to do; you spend less time negotiating the clutter and being fogged by what surrounds you.



## 5 STEP 5 – NOW THAT WE FOUND SPACE-WHAT DO WE DO WITH IT?

Its one thing to create the space; its another to maintain it.

Now that you have merged into an amazing space you have to continue to be mindful of what it is you are bringing in; how you change the habits and patterns of how you reside in your space. What will you do with the greater clarity, space, room for more creativity? In this space comes a reflection of taking responsibility for your life; what you put into your space, how you use it and how you process it. It is the same for your mind-what do you feed your mind with; endless gossip, criticism, self torture or beauty, kindness, compassion?

The most important component in any change is creating a habit of self-discipline. As Robert Kiyosaki says, "Discipline delivers a higher quality of life."



Is that what you are looking for? Or is it peace of mind, and some place to return to that is tranquil, calm and resting.

No matter what level of quality of life you prefer it is the same for all areas of your existence; self discipline in what you do, eat, absorb and create.

At this stage I would also like to err on the side of caution that whilst minimalism can be very alluring this whole subject of clutter is about maintaining balance within and without. So, to go to the total opposite is not balanced neither. Let me tell you why. I have also entered homes where I felt nobody lived there at all. There was no colour, no hint of life and yet these individuals did live there but were devoid of an emotional balance.

Total white with no texture, no aroma, no identity at all is fine but its about balance; white in the chinese philosophy of the 5 elements denotes death and it also represents the metal element which is the mind and how we think. So in our age when we over use the mental capabilities through I.T. particularly we need to climb out of the mind and be with nature and nurture. Having a relationship with something in the environment is important; whether it be a picture, a plant or fountain. More on this subject in my webinars and other ebooks.

## 6 STEP 6 – OTHER HIDDEN AREAS OF STAGNANCY

Besides the physical area we live in here are some other areas that subconsciously can affect our clarity of thinking and organization.

- PURSE – or wallet somehow we become endowed with receipts, slips of paper, articles and the next thing is its bulging and its not always with money. When you do a cleanse of all these items you feel lighter in yourself.
- BAG – how many of us have carried our lives around us in one bag or two. If you go the gym, go running have children with their needs considered you can often have the whole house in there. I have been committed to just emptying everything out in one space; then only that which is pertinent is allowed back inside.
- CAR – we don't realize how much we carry with us but operating out of a clear and undistracted car once again relaxes our muscles, mind and overall we feel we are not carrying the world on our shoulders.





- **COMPUTER INBOX** – I managed to clear out thousands of emails from my inboxes and just doing that as a process was a sense of freedom from being tied to all the correspondence stored. Whether it be relationship, financial, work related-most of it went. Matters regarding legal were archived for obvious reasons.
- **PHONE** –the amount of interaction we carry with us just within our phones. Sometimes its good to let go of the computer and the phones and be aware of how your responses and reactions change. You slowly let go of the instant reaction to look, hear and respond. Do we really need the ghosts of peoples telephone numbers knowing that they are no longer in our life or are we pretending to think that one day.....or we are more important than we think we are.
- **CHILDRENS ROOMS-ALLOW FOR CREATIVITY.** Creativity is not ordered and why should it be. Why not give a space purely for that purpose to create but once again you still require space for painting, sewing or any other artistic pursuit. To have that space to create it still requires letting go of stuff and clutter to provide space for creating!

## **7 YOUR LIFE DOES NOT IMPROVE BY CHANCE, BUT BY CHANGE, FENG SHUI CHANGE**

When you have created space on the outside it has a direct correspondence with how you feel within. When there is space then there is less emotional, mental, materialistic din influencing your decisions. You have clarity to see and feel exactly what you want and where you want to go or how you want to feel.

Using your new found space is like handing you a million dollars-why? Because everything around you from the invisible to the visible whether sounds, colours, orientation of space, pictures, aroma are obviously and subtly are influencing how you feel about yourself; what you feel you are capable of; how you live your life, aspirations, possibilities and much more.....who is in your life is also part of that environment so be sure that you have chosen exactly who you want in that SPACE!

**That is why:** “Image precedes matter. Embrace possibility”

Whatever you are setting up for yourself in Your Environment will precede all that will Manifest later on. Therefore, set up your environment so it points you in the direction or place or feeling you want the most.



## SUMMARISE

Once you have created your space by going through the process above and you have cleared the decks come back to me, [Cathi Hargaden](http://www.wealthyspaces.com), because the next step is to clear the invisible patterns of feeling and thoughts when you go into any home or workplace : through the Power of Space Cleansing you can prepare even more for the success, focus and delivery of your health, wealth and relationships.

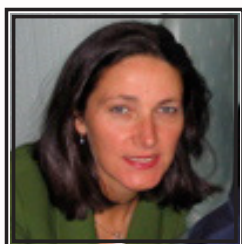
By the time you have cleared away your clutter you will have noticed an increased amount in energy from within, space to go forward and visualize a life you want to create on a horizon that was cluttered before but now has space for that vision to manifest.

In the event that your process has been faltered in some way I have now started consulting on skype – some people need the hands on assistance approach but you can find out more on my website <http://www.wealthyspaces.com>

The next step is a little less known process that few people in the west now practice; it is the power of cleansing your property so that unwanted and predecessor patterns are cleared away for you to acquire even more focus, clarity and creativity in your life.

These techniques are an essential ingredient for anyone moving into a new property especially when they have just got married or living together; running a business from home, bringing up a family or have any health or healing issues.

**Find out more in my new ebook:**  
**5 Steps on How To Create**  
**Successful Patterns in Your Home/Business.**  
[http://wealthyspaces.com/space\\_clearing](http://wealthyspaces.com/space_clearing)



See you on the next program;  
Space-Clearing

