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CLUTTER'S SIDE EFFECTS: How the State of Your Home Affects Your Life

By Stephanie Roberts

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by: **Stephanie Roberts**

Each area of your home has a symbolic meaning with which you resonate on a subconscious level. Clutter and untidiness within each of these areas causes constriction and inertia in the corresponding aspects of your life.

CLUTTER IN THE KITCHEN

The kitchen has been called the "heart of the home," and with good reason. Here we are nourished and provided for, even if we are dining on a frozen entrée zapped in the microwave rather than a homemade meal lovingly presented by Mom. An untidy and disorganized kitchen makes it hard to nourish yourself and others, on both physical and metaphysical levels. How you care for your kitchen is a clue about whether you are giving proper attention to your own nourishment and sources of abundance. Cleaning up and de-cluttering your kitchen opens up space for you to receive the support and comfort that you need in life.

LIVING AND DINING ROOM CLUTTER

These are spaces where you mingle with and honor your relationships with family and friends. Here you engage with the world while being at home through watching television, reading the paper, or arguing politics with old friends over dinner. Clutter can turn these social spaces into dens of isolation, especially if the mess is so bad that it has been years since you've invited people over. Look around your living and dining rooms to see what they say about your relationship with the rest of the world. Are you hiding your true self from others, burying it in clutter, or putting it on display here?

CLUTTERED HALLWAYS

Hallways are the arteries and highways of your home. Think of clutter in your hallways as a traffic jam that prevents important connections between different areas of your home and your life. Look at your

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hallways to see how you feel about your life's path: are they well lit and easily navigable, or do they trip you up? If you feel a disconnect between work and family, self and others, what you need and your obligations, it may be time to give your hallways a good clearing out.

BATHROOM CLUTTER

Bathing and anointing the body is a preparatory ritual for many religious rites both ancient and contemporary. On a daily basis we use this space to prepare ourselves to meet the world. Clutter in the bathroom can indicate a devaluation of self-worth, a lack of attention to self that goes beyond the physical. A clean, well-decorated bathroom can become a tranquil sanctuary for rejuvenation and self-care. Scented soaps, attractive accessories, and fragrant candles have a place here. Beautifying your bathroom by eliminating clutter and disorder and transforming it into a place of refuge will bring a sense of the sacred into your morning and evening personal-care rituals.

CLUTTER IN THE BEDROOM

Adults' bedrooms are for sleeping and intimacy, and they should function as places of renewal for self and relationships. Clutter in the bedroom is enervating without being restful. If you feel "wired and tired," creating order out of chaos in this most personal space can help you relax and let go of the stress of the day. Then you can get a good night's sleep or enjoy some special time with your partner.

CLUTTERED CLOSETS

Closets represent things that are hidden, unknown, or unrecognized. When we fill our closets with clutter, we stifle our ability to be intuitive and insightful. Cluttered closets can indicate problems that you may not be consciously aware of but which impede your progress through life, work, and relationships nonetheless. Keeping the closet door closed is not an effective solution.

ATTIC AND BASEMENT CLUTTER

A cluttered attic creates a feeling of being under pressure. It's hard to feel optimistic about the future when there's so much stuff "hanging over your head." Ancestor issues reside up there, along with all those boxes and chests holding the detritus of generations. And the basement and other below-ground storage areas are considered abodes of the subconscious, so watch your step and get that clutter cleaned up!

CLUTTER IN YOUR GARAGE

Think of your car as a symbol of your mobility, independence, and ability to be self-directed in life. If there's so much stuff piled up in your garage that you can barely fit the car in there, you may be hampered or overly cautious moving forward in life as well.

Stop thinking of clutter-clearing as a tremendous chore, and start thinking of it as one of the most effective self-improvement tactics available to you. Every magazine and piece of paper you recycle, every book you give to the library, every knick-knack and item of clothing you release to a new owner

creates space in your life for new insight, energy, joy, and experiences to come in!

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[excerpted from "Clutter-Free Forever!", Lotus Pond Press, 2003]

GOT CLUTTER?!? Clearing out clutter is the most important and powerful way to dramatically improve the feng shui of your home. Stephanie Roberts' "CLUTTER-FREE FOREVER!" Home Coaching Program provides all the insight, motivation, and step-by-step guidance you need in an in-depth ebook and 6 weekly lessons. Plus, you can join our Affiliate Program and earn a commission on every referral sale. Find out more at

How Is Leukemia Treated?

By Gray Rollins

Leukemia is a type of cancer that affects the blood and bone marrow. There are two types of leukemia, chronic and acute, which are treated differently and have different symptoms. Acute leukemia rapidly progresses and needs immediate, aggressive treatment. Chronic leukemia can take months or years to show symptoms and may not need immediate treatment but will require ongoing monitoring.

Chemotherapy utilizes chemicals to treat the cancer. It causes many side effects such as hair loss, nausea and decline of the immune system. The complete course of therapy can be from two to five years including maintenance. This is the most common form of treatment for leukemia with the desired result being total remission. Even without symptoms, ongoing monitoring must occur to guard against relapse.

Radiation therapy is another form of treatment. It is painless and in low doses causes very few side effects. Where the radiation is concentrated and the exposure levels will determine the side effects, if any, and the severity of them. Damage to the skin, swelling and infertility are among the possible side effects.

A bone marrow transplant is an effective way to prolong the life of cancer patients. It is, however, a risky surgery and requires a donor which can be difficult in attaining. These surgeries should be performed at state of the art hospitals specializing in cancer treatment. This surgery has a high mortality rate and is therefore used only in life threatening cases.

Immunotherapy is a means to stimulate the immune system so the body can attack the cancer cells. This type of treatment is still in its early stages and continually under development. It is believed that this type of treatment may prove less harmful than chemotherapy or radiation therapy and may someday supplant these treatments as a method for treating cancer.

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Long term effects of leukemia treatments may cause anemia. This side effect can be treated by blood transfusions or platelet transfusions. There are risks with transfusions but it is believed transfusions will help reduce the threat of additional complications such as heart attacks. Doses of antibiotics are also generally prescribed to leukemia patients to help counteract the danger of infection cause by declined immune system or treatment side effects.

There are currently almost 200,000 people in the United States diagnosed with leukemia and an estimated 35,000 new cases will be diagnosed this year. It is the leading cause of death for people under the age of 20. There are many treatment facilities throughout the United States specializing in cancer treatment. Early diagnosis, aggressive treatment, and monitoring will help prolong life and increase chances of a person going into remission.

Gray Rollins is a featured writer for

. To learn more about leukemia,

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