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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Clutter and Confusion

By Suzanne Solle

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I am always throwing and giving things away. Clutter has always annoyed me. However, as much as I detest clutter, I am surrounded by it and even contribute to it.

I can now clearly see I'm kind of a clutter snob. I have looked down on people that are pack rats and just can't seem to get it together. Their desks look like a toxic waste dump site and it takes them forever to find one thing buried in the mess.

On closer inspection, however, I create and live in clutter as well. My desk is not threatening to break under the weight of un-dealt with paper, but I have almost 100 E-mails that I need to process. I have a tiny digital recorder so I can record ideas and information at the time I think of them. My plan is to listen to them daily and do whatever needs to be done with the information. Instead, I've used up almost all of the recording time and haven't done much with what I've recorded. Oh my God, I'm suffering from digital clutter! I've updated an age old problem and brought it into the 21st century. You, too?

OK, enough complaining -- time for some action. If we feel overwhelmed and depressed a little too often, getting rid of physical clutter may not cut it for us. It may be time for some judicious life pruning. When I get in this mode, anything that doesn't move me toward my most important goals or recharge my physical, emotional or spiritual batteries is outta here!

If you're feeling the physical and/or emotional weight of clutter of any kind, here's a few ideas to create a clearing in your life. Some of these may seem insignificant, but every little simplification adds up just as every unwanted aspect of clutter does.

= If you keep getting E-mail newsletters that you always delete anyway, use the unsubscribe link and get off their list. If that doesn't work for some reason, use the filtering tools in your E-mail program to automatically send these messages into the E-trash.

= Go through your magazines and catalogs and pull out the pages that you want to save for later, then throw the rest of them away. Put the articles you want to read, the images that speak to your heart, and

the things you want to buy in separate folders.

= If there's something you deal with every day, such as your hair dryer, an unsharpened knife or a crappy pen that just aggravates you unmercifully, throw it away! Or fix it or replace it. These "little" stressors are a major cause of physic clutter.

= For a general life malaise, I prescribe looking at what you're spending your time on and shaking things up. It amazes me how such intelligent creatures as we can be lulled into mindless, joyless, useless repetition. Some things that have worked for me when I get into a funk are to change my morning routine, change the time I get up or go to bed, change what type of exercise I do, call people I haven't talked to in years, do something I haven't done in years (water gun fight, anyone?) In other words, drop something and pick up something new.

Suzanne is a recovering intellectual/technical person who rediscovered her love of truth and writing at the age of 39. She now shares her quirky views on life with anyone that cares to read them. Her main project of the moment can beexplored at

2 Easy Steps To Stop Clutter

By Alison Perry

Don't Let The Clutter In!

2 Steps to Stop Clutter Collecting

How do we collect clutter in the first place? After all we came into the world possession free!

Its all in the Be Clutter Free Equation

Items In minus Items Out

If you are happily removing clutter but are adding things just as fast then you won't ever feel clutter free.

Step One

Identify where the clutter is coming from. Observe your life and you will find your clutter collection spots:

Junk Mail: Do you have a pile which contains things you will look at `one day'? When was the last time you looked at anything in the pile?

Email: Do you get lot's of unwanted email? Or are you inundated with Newsletters (!!!???) that you thought would be a good idea?

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Gifts: When you receive unwanted gifts do they lurk at the bottom of a cupboard?

Shopping: Are you always tempted to purchase things: books, clothes, storage solutions, etc and then find that you don't really use or enjoy them?

Undone Tasks: Is your mind cluttered with tasks 'to be done' that never seem to get to the top of the list?

Ideas: Are you a creative person whose head is always so full of ideas that it drives you crazy?

Step Two

Stop and Create Systems that work for you! Here are some ideas:

- One in one out. If you buy a new item then another can go
- Purchase only consumables for a set amount of time
- When you are about to make a purchase ask yourself: 'Do I really need this? Do I really want this? Will this add value to my life?'
- Unsubscribe to unread newsletters - cut the clutter in your inbox
- Get taken off the junk mailing contact lists
- Put all your ideas on paper, into a folder and off your mind
- Open your mail by the waste bin - dispose of junk mail straight away
- Talk to friends and family about gifting to charity on your behalf or be brave and let them know what you'd really like

for your birthday!

Rejoice!

Enjoy what you have and..... work towards a vision of your perfect environment.

Shed your physical and emotional clutter and find your true self and unlimited potential. Happiness starts with being the real, authentic you. I help clients access their, sometimes lost, authentic selves and realize their desires. To start your journey straightaway:

2 Easy Steps To Stop Clutter

7 Ways to Leave Your Clutter

3 Methods for Clearing Mental Clutter

Letting Go of Clutter In Your Office

Creating Powerful Change with Feng Shui

Time Stretching Tips

JavaScript Magic

Speaking in Tongues – explained!!

Control your Headache!

Profitable Crafts Vol 1



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