

Picture Your Clutter Gone!

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By Janet L. Hall

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In Catherine Ponders book, The Prosperity Secrets of the Ages, she says, "Psychologists tell us that the picturing power of the mind is one of man's strongest powers for success. They say that any picture firmly held in mind is bound to come forth as a result."

She goes on to tell us "...that you should picture what you WANT instead of what you do NOT want because what you constantly picture you will get!" Imagine that! You could be making your life or clutter worse because you are "seeing it" as chaotic and cluttered.

Do you believe that? I SURE DO!

Mental pictures, picture power, creative visualization, imaging – whatever you refer to as the practice of "...vividly picturing, in your conscious mind, a desired goal or objective, and holding that image until it sinks into your unconscious mind, where it releases great, untapped energies" (Norman Vincent Peale) is VERY powerful. I know VERY successful people, including myself that have practiced imaging to get the life we wanted.

Why don't you give it a try right now? Take two minutes and picture yourself taking control over your clutter and life.

Picture Your Clutter Gone!

Close your eyes, get quiet, take some deep belly breaths, and...

Picture yourself becoming more active and taking action against your clutter, going through the piles, the stacks, the boxes, closets, drawers, cabinets, and anywhere you see clutter!

Become calm and quiet, and see yourself rising up from your seat or bed.

See yourself starting to sort through "Fill In the Blank."

Feel the items in your hands. Examine each item you touch with your eyes, brain, and heart.

Feel the feelings that are whelming up inside you. Let them in. Is it a sigh of relief that you are finally starting to get organized? Is it scary? Is it overwhelming? Is it Tiring? Is it frustrating? That's okay; stand up to your feelings. Ride with those bad or good feelings – like you're floating on your back in a rocking ocean. Ride the small and large waves up and down. Lie there and float with the rhythm – your rhythm– soon it will calm and you'll be okay – just go with the feelings until you are calm once again.

Now see the clutter sorted, put away, and gone. See that you were successful. (If you saw someone assisting you, in which you needed to pay, picture the right and perfect person coming to you, and the money needed coming to you also. Hold this picture in your mind and see how you feel now.

Are you: relieved, happy, proud, or exhausted? Feel it and enjoy the feelings.

Sit for another minute. Take another DEEP belly breath. Slowly open your eyes and REALLY start to take the actions you just pictured.

Now I know many of you might be thinking this is crazy or off the wall. I also know many have excuses for their clutter – why things are the way they are – or their fear of letting go. I know many get attached to not just their "things" but also their attitudes and their picture of the world, as they see it. I

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know many don't take any action, nor never will, as they sit and watch stuff pile up around them.

I know many don't have the know how to get organized. Many just don't have any organizing skills; just don't have a clue as to what to keep or not. Some need permission, to be held accountable by a friend or mentor, or take a class or get some coaching. Some need motivated or a good friend. There is certainly nothing wrong with not having or wanting and needing any of the above; however if you don't make the choice to take some kind of action against your clutter I guarantee you you will have bigger problems and more severe clutter problems in the coming years. And it's never too late if you start right now.

Continue to practice your imaging throughout the days and weeks ahead. It takes little effort, but you must work on your

picturing power everyday until your action kicks in.

Make a commitment to yourself TODAY. Start TODAY!
Stand up and chose to take whatever action you need.

Dr. Peale, author of *Positive Imaging: The Powerful Way to Change Your Life*, tells us that whatever our minds can conceive and believe, and your heart desires, you can achieve.

For those of you that read the Bible, you can even read in Mark 11:24 that Jesus says, "What things so ever ye desire, when ye pray, believe that ye receive them and ye shall have them."

So why not try, practice, and work at picturing your clutter gone – what have you got to lose except some clutter?

Smiles, not Piles,

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The Organizing Wizard, Janet L. Hall, is a Professional Organizer, Speaker, and Author of 'Secrets of a Professional Organizer and How-To Become One.' She is the owner of OverHall Consulting and Organizing By Phone. Subscribe to her FREE organizing newsletter at <http://www.overhall.com/newsletter.htm> or visit her web site at <http://www.overhall.com>

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?

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

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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:



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