



July 2008  
Month of the Goat (Earth) Year of the Rat (Water)

## July Newsletter

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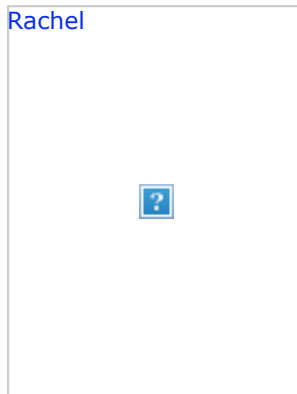
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Rachel



### Greetings!

I'm a little late getting the July newsletter out this month because I have been busy preparing for a 3-month stay in Far North Queensland. It's been a funny year so far. I've been unable to find a place to call 'home', which has been very difficult for me considering what I do for a living! It has also been a huge lesson in just letting go and trusting myself. Since I have done so, I have actually started to enjoy my life so much more. Up here in Cairns I have really stripped back my lifestyle to the bare essentials: - food, family and fresh air. I'm now getting about on my bike instead of a car and I am loving the feeling of whizzing round town with the warm wind on my skin. At a time when our modern

lifestyles and all its trappings are having such a huge impact on the environment and our wellbeing, I have realised how little we actually need to survive and how enriching life can be when you keep things simple.

There seems to be a bit of a theme to this month's newsletter - see if you can pick it. Enjoy!

## Lacking Clarity?

We are now in the month of the goat, which is a strong earth month in a water year. This month should provide a period of respite after the clash month of June, but can you feel the momentum building? I was speaking with some fellow students and colleagues recently and we were discussing how the energy at the moment feels as though we are quite literally on the edge of something big. I have spoken with a lot of people lately and there seems to be a clear theme at the moment: uncertainty. This is a time when things may be very unclear. Usually we can anticipate what 'might' happen or what 'might' be around the corner, however, the energy at the moment (and probably for the rest of the year) is seriously not giving any clues.

As I have discussed previously, the year of the rat represents energy at its most yin point. As the law of yin and yang states, when energy reaches it's deepest, darkest manifestation, the seed of a new cycle, or 'yang' energy presents itself (symbolised by the white dot in the black segment). This is why something good always comes from something bad, why death and rebirth are intertwined and why the cycle of nature and the seasons are ever evolving creating new directions, opportunities, activity and change.

For the remainder of this year the yin energy of water will strengthen to it's absolute capacity before finally transforming into a new

beginning. Globally, socially, personally. August and September are metal months, which strengthen the water of the year of the rat, followed by the strong water months of November and December. By the time we make it to January and February next year, what ever has been stagnant, lingering or unclear in your life will finally get it's new beginning and our future directions will become very clear indeed.

#### fork in the road



#### What might this mean for you?

For the rest of this year, give yourself permission to consider all possibilities that may be available to you, but don't become attached to any one outcome as at this point anything could happen! Try not to go ahead with something

you are unsure about, just because you are desperate to create change. Take some time out, check in with yourself regularly and most of all ENJOY not taking action. For some of us, this will test our patience!! We are being asked to surrender to the natural flow of things in our life. Allow yourself to slowly become clear about things and try not to get caught up in what may or may not happen. If there is a time that it's ok for you to do nothing, then this is it! However whilst you are in this phase of external inaction, be actively looking out for possible future directions. Soon one will begin to shine more brightly than the other and you'll become very clear about what to do next.

#### blossom



#### The Phenomenon of Clutter.

When I first started reading about Feng Shui I picked up a little book called *'Clear your clutter with Feng Shui'* by Karen Kingston. She spoke about how clutter represents pieces of our past that we may need to let go of in order to move forward in our lives, to create a

space for new opportunities and experiences to occur. For many people the process of going through clutter can be quite an emotional and healing experience.

For the last month the phenomenon of clutter clearing has really hit home (pardon the pun) and re-inspired me. I've successfully helped my mum clear through four rooms in her house, each with clutter and junk cleverly disguised behind a pair of menacing wardrobe doors. Mum shared with me how she felt anxious and overwhelmed every time she walked into those rooms because she simply didn't know what was behind those doors, nor could she find anything! She was reluctant to even start the process because she felt anxious and overwhelmed by the (seemingly) huge job ahead of her. With a little pushing soon we had the whole place covered in clothes, toys, junk, unused Christmas presents, photos...you name it. The place looked like a bomb had hit it, but underneath the chaos we were sorting things into categories and working out what to hold onto and what to let go of. Five bags of rubbish later, we gathered momentum and our energy levels began to lift.

#### The red coat

As we were going through some of Mum's old clothes we came across a very old red woollen coat (with shoulder pads, I might add). Feeling pretty certain that shoulder pads were unlikely to come back in style, I encouraged mum to donate it to the op-shop or salvos - but she wouldn't have it. She explained how she had put that coat on lay-by back when, with 4 children; things were a very strapped financially. She remembered working really hard to save up so she could afford to buy it. That jacket reminded her of when times were harder but more so, the sense of achievement she felt paying the coat off bit by bit until it was hers. There were a few tears as she revisited those memories. The red coat went back into the cupboard.

**It's all about mindset**

The red coat incident made me realise how we identify with the things we own on so many different levels. How often they aren't just 'things we own', but very much a part of who we have become. For Mum, the red coat highlighted her mindset around money, how it has always involved hard work for her and also how that belief may be holding her back from a freer, more prosperous future.

As different memories and emotions come up during the process of clutter clearing, think about the relevance of your mindset around certain issues. Ask yourself what experience in your past established this way of thinking? Is it still relevant for the person you are today? How is that mindset affecting the future you are living into? Or more specifically, in what way is it holding you back?

**External reality = internal reality**

When you clear clutter and create order in your external environment, it will always reflect on your internal environment in some way. Often you're not only purging physically, but emotionally, mentally and spiritually as well. This is what I find so inspiring about Feng Shui. How your home can be used as a tool for healing and growth, but most of all, as a metaphor for what you want to create in your life.

When people move on from a house, it usually means that they have outgrown certain aspects of themselves. The next area they need to address in order to continue growing will be waiting for them in the next home! There are no accidents as to why you live in the house you live in, it will always encourage you to grow on some level simply because of the experiences it attracts into your life. Feng Shui can therefore be used as a tool for getting to know your house and consequently yourself, on a whole new level, but most of all it can provide you with a sense of power enabling you to understand your current situation from a much deeper perspective.

**How clearing clutter relates to Feng Shui.**

When our spaces are filled with too many things then energy or 'chi' cannot flow easily and evenly throughout a home. In cluttered houses energy often becomes confused and unclear because it has nowhere to go and cannot move around. This results in energy that becomes stuck and stagnant. As a result our spaces start to feel heavy and uncomfortable as opposed to light and free flowing. Whilst this is happening on a physical level in our homes it also begins to reflect on the state of our lives. We can start to feel tired, unmotivated and pessimistic. Often the area/s of clutter in our home can bring out difficult aspects in the energy that is present there, or it may block positive energy from fully manifesting. Certain themes and experiences can start to occur that are consistent with the energy in certain trouble spots in your home.

Clearing clutter can create enormous shifts in your thinking, attitude and wellbeing. Your house will begin to feel lighter, clearer and more positive. Energy will be free to circulate, enhancing the feel of your home and encouraging positive, new opportunities and experiences into your life.

**Tips for clutter clearing.**

1. If you don't love it, use it or if it no longer holds meaning for you, then discard it.
2. If you can't decide if you want to keep something focus on how it makes you feel and what memories it invokes. Does it make you feel good or does it bring you down? If it's the later, then remove it from your life.
3. Try to clear clutter with at least one other willing participant. A second person on the job will help you to make objective decisions about what to keep and what to let go of - it's quicker too.
4. Recycle! Some things we decide to get rid of are too sentimental to just give away to the op-shop. Think about someone you know who may appreciate and use the item. You'll feel much better knowing that it is creating joy for someone else.
5. Consider a professional organiser if you really want to get things sorted. They are professionals at getting the job done and will help you

create new systems and techniques for keeping things in order. Useful if you simply don't know where to start.

### **References**

#### Recommended Books

*'Clear you clutter with Feng Shui'* by Karen Kingston  
(Her Feng Shui is quite simplistic, but clutter clearing philosophy is great)

*'Organising from the Inside Out'* by Julie Morgenstein

#### Professional Organisers

##### *Melbourne*

Jane Spillane

Mindset Makeover

[www.mindsetmakeover.com.au](http://www.mindsetmakeover.com.au)

##### *Cairns*

Roz Howland

InOrder Organising

[www.inorderorganising.com.au](http://www.inorderorganising.com.au)

Have a great month

**Warm Wishes,**

Rachel Ross

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