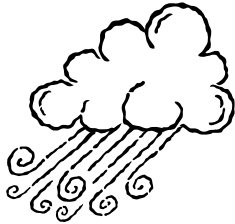


Feng Shui - The Chinese Art of Placement

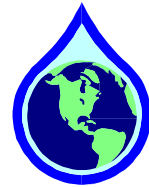
(Pronounced “fung schway”)

Feng Shui originated over 3,000 years ago. It is based on the Oriental concept of Chi – the energy force that permeates our world. The Chinese believe in the interrelationship



between the environment and an individual’s health and well being.

Feng Shui means **Wind** and **Water** and addresses Chi in the same manner – how it flows in and around our environment. Its principles are simply an instruction manual for creating *living* space.



1. Healthy Chi flows smoothly similar to a gentle breeze or the calm flow of water
2. Dangerous Chi is moving too fast or too slowly
 - a. Chi flows too fast when it encounters anything straight—corridors, hedges, paths, gutters, open doors facing each other, straight runs of stairs with no bends, chairs or other furniture arranged in straight rows.
 - b. Chi flows too slow as it collides into alcoves, empty corners, dark spaces, dead ends, cluttered spaces.
3. Stagnate conditions are unhealthy
 - a. Stagnant wind is suffocating, stifling, difficulty breathing
 - b. Stagnant water breeds insects and bacteria
 - c. Stagnant chi creates stress, depression, high blood pressure, heart attacks, ulcers, strained relationship, waste, missed opportunities, loveless, joyless life, and on and on...

“The question you should ask yourself,” states Stephen Devine, Feng Shui Practitioner from Boston, “is this: Is your house supporting your life?”

In other words – do your possessions possess you? Who has control?

And Furthermore...

MORE

Remember, the more stuff you have...

The more you have to worry about,

The more you have to clean,

The more you have to repair,

The more you have to store,

The more you have to dust,

The more you have to work,

The more you have to have!

And, if you ever move...

~Pipi Campbell Peterson

Ready, Set Organize!

Clutter is the by-product of indecision.

The best device for decluttering is the trashcan!

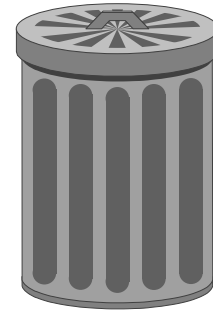
Don't forget to recycle as much as possible.

Paper, plastic, cans

Soda cans

Newspapers, magazines

All those things tucked in the back of your closets and drawers. They are not helping others if you are hoarding them in the closet, attic, garage, basement...



When the clutter is cleared you can begin using Feng Shui enhancements to encourage a smooth flowing Chi

Summary

Feng Shui embraces principles of harmony and balance – an interconnection between the environment and body. If there is an imbalance in one, it is reflected in the other. Clutter breeds unhealthy minds and bodies. Unhealthy minds and bodies affect the environment. Life balance is lost.

It is up to you to create an environment that reflects who you are and what you believe. There are many tools or 'cures' used to enhance positive energy, however the most power tool of all is decluttering and ultimately finding the space to allow the chi to flow naturally.

If there is harmony in the house,

There is order in the nation.

If there is order in the nation,

There will be peace in the world.

Chinese Proverb



Judith Ann Kirk
Organizing Resources



Email: Info@JudithKirk.com

Website: <https://judithkirk.com/>

Judith Ann Kirk founded ***Organizing Resources*** in 1994 in order to provide organizing and coaching services to individuals searching for a simpler life. With educational credentials in business and healthcare administration, Judith brings years of experience to professional organizing. She teaches the concepts of being proactive – living a life on purpose. Clients learn to use life management skills to save time and money, increase productivity, reduce stress and enjoy life. She empowers her clients to take action and accomplish more than they ever dreamed possible.

It has been written that there is an immediate physical, emotional and psychological payoff the moment one's surroundings are in order. The impact of simplifying and organizing renews the spirit and builds confidence. Order is the basic foundation upon which to obtain and sustain inner peace, contentment and joy in life.

