
Clear Your Clutter With Feng Shui

Karen Kingston

Clear the Clutter, Find Happiness
Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation
Clearing Emotional Clutter
Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever
One-Minute Tips for Decluttering and Refreshing Your Home and Your Life
The Quick Guide to Decluttering Your Home and Renewing Your Life
High-Vibe Feng Shui
A Guide to Getting Organized for Those Who Love Their Stuff
A Step-by-Step Guide to Improving Wellness in Your Home Sanctuary
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From Clutter to Clarity
Holistic Spaces
Clean Up Your Mindset to Clear Out Your Clutter
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Clutter Busting
How Your Stuff Is Keeping You Stuck
Home Comforts
The Complete Idiot's Guide to Feng Shui
Clean Your Clutter, Clear Your Life
Clutter Intervention
Fast Feng Shui
Clearing Clutter
Your Spacious Self
Hundreds of Tips to Organize Every Room of Your House
Feng Shui Quick Guide For Home and Office
Clear Your Clutter with Feng Shui
A Year to Clear
Feng Shui Your Life
Clear Your Clutter With Feng Shui
Easy Ways to Create a Home That Feels As Good As It Looks
Transforming Your Physical, Mental, And Emotional
Unclutter Your Life

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BYRON HARTMAN

Clear the Clutter, Find Happiness

Feng Shui
Multimedia

A Fresh Start to a Healthy Emotional Life Is emotional clutter blocking success in your personal and professional life?

You've likely heard about the psychological benefits of clearing out the clutter in your surroundings, but how do you handle your emotional clutter — the psychological version of the jam-packed closet or impenetrable garage?

Shutting away and trying to hide old pains and traumas creates toxic patterns that can keep you from having the life of your dreams. Integrating mindfulness and cutting-edge neuroscience, international mindfulness expert Donald Altman teaches how to modify entrenched habits and patterns with only a few minutes of attention daily. Altman first helps you realize what your baggage consists of and how to transform or jettison it. He then shows how to avoid the daily danger of accumulating new emotional clutter. No matter how fraught your life or relationships may

be, you can cleanse, heal, or accept the old wounds, mistakes, and disappointments. With Altman's lifestyle tools, you'll discover how to address your past, better deal with the present, and cultivate the best possible future. Start fresh with *Clearing Emotional Clutter*.

Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation Hierophant Publishing "This is the book we need now...[It] illuminates the deeper "whys" behind each kind of clutter in your home so that you can peacefully release everything you need to and live buoyantly again!"—Sarah Bamford Seidelmann, author of *Swimming with Elephants: My Unexpected Pilgrimage from Physician to Healer* Get to the Heart of Why It's So Hard to Let Go of Your Stuff What's your clutter actually covering up? Once you're aware of the real issue, letting go is simple and decluttering can happen immediately. Using step-by-step instructions and easy-to-understand explanations, Tisha Morris shows you how to move into a new phase of life by ridding yourself of all that's holding you back.

Everything in your home is an extension of your identity, and when you keep old stuff for too long, you get stuck in the past. *Clutter Intervention* teaches you about the psychological, emotional, and energetic components underlying your possessions, making it easier for you to let go and live authentically. Discover ways to clear out items associated with your past relationships, jobs, and unhealed grief. Learn how to handle blind spots, common excuses, and overcompensation. This book isn't about living with less. It's about living in alignment with the life you want. Praise: "Clutter Intervention: How Your Stuff is Keeping You Stuck is a unique self-help guide to freeing oneself from both physical and emotional clutter. Being able to process and let go of pain or difficult memories is an invaluable ability. Chapters outline a declutter program for moving on past mementos from past relationships, previous careers, the glory days of youth, and even helpful tips for clearing out digital clutter. Highly recommended!"—Midwest Book Review [Clearing Emotional Clutter](#) Harmony

A complete yearlong course in clearing yourself of excess stress and stuff, this book features short contemplations, personal stories, tools, tips, one-minute practices, guided meditations, and wonderful questions to help readers create spaciousness in their lives. Stephanie Bennett Vogt will teach you how to unplug, detach, and clear to create more space and serenity in your life, what she describes as “the sacred process of removing clutter from both your house and your mind.” Included are 365 daily lessons organized into 52 weekly segments, with each lesson building on the others to develop one’s clearing muscle and grow new habits that will last a lifetime. The week usually begins with a personal story to introduce the theme and ends on the 7th day with a “Check In” to review and integrate the experience. Sprinkled throughout are meditations, Q&As, and testimonials. At the end of each lesson the author gives the reader an opportunity to “explore” a topic with several open-ended statements designed to bypass the thinking mind and open the channels to one’s

highest wisdom. Weekly themes covered include: Moving Stuck Energy Connecting with Home Being Enough Shining Light on Invisible Clutter Living Imperfectly Waiting It Out Cultivating Stillness Forgiving Flourishing
Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever New World Library
 Discover how to clear clutter in every aspect of your life: physical, mental, and spiritual. Remove junk from your living space with feng shui techniques. Rid yourself of mental clutter and restore balance with meditation exercises. Organize spiritual untidiness and find deeper meaning with tips and guidance from psychic professional Alexandra Chauran. *Clearing Clutter* is your perfect guide to letting go of unnecessary attachments and living in peace and tranquility. With simple steps, you can create change and achieve balance in your life. Through easy yet powerful exercises and techniques, clutter can be permanently cleared, making you happier and more productive in all that you do. Praise: "Clearing

all three aspects—physical, mental, spiritual—is the only way to achieve the balance necessary to live a satisfying life. Written in an upbeat, conversational tone, Chauran's guidance is easy to hear." —Anna Jedrzejewski, *Retailing Insight*
[One-Minute Tips for Decluttering and Refreshing Your Home and Your Life](#) Rockridge Press
 IT'S A JUNGLE . . . IN HERE! Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears. Our clutter often becomes another member of the family that we feed, house, and lug around. In *Your Spacious Self*, author and professional space clearing expert Stephanie Bennett Vogt shows us that it's not our stuff but the holding on to it that creates a force field of stuck-ness that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is anything or thought that prevents us from experiencing who

we truly are. With daily tips, meditations, and a decluttering checklist, *Your Spacious Self* will show you how to: CLEAR THE CLUTTER in your home and in your life REVEL IN YOUR OWN SPACIOUSNESS, a place of stillness and joy LET GO OF THE PEOPLE, PLACES, AND THINGS that no longer serve the joyous being that you are Radical in its message and elegant in its simplicity, *Your Spacious Self* offers a new model that combines the ancient wisdom of space clearing with the modern practicality of clutter clearing. It teaches us that clearing is not just something we do but is also a powerful way to be—one small step, drawer, or moment at a time.

[The Quick Guide to Decluttering Your Home and Renewing Your Life](#)
CICO Books

Learn mystical methods for clearing and uplifting the energy in your home, including feng shui, clearing clutter (physical, emotional, or spiritual), essential oils, and crystals. Space clearing is the art of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel

good but also help those within to feel more positive and energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being. In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!

High-Vibe Feng Shui

Ryland Peters & Small Jayme Bartett, the feng shui consultant to the rich and powerful of Beverly Hills, has written the most comprehensive and life changing book on the subject.

Simon and Schuster The keys to manifesting major life transformation are within reach! In this fresh interpretation of the ancient art of Feng Shui, certified practitioner

Ashley Cantley offers the simple and straightforward guide she wishes she'd had when she started learning about Feng Shui. Cantley's 11-step program demystifies foundational ideas and practices, with guided exercises for creating intention, tapping into intuition, cleaning and decluttering, and balancing and enhancing energy in your home. But this is no rule book!

Cantley's process for eliminating blockages, realizing goals, and "living in the flow" is designed to be customized to anyone's desires, experiences, and style.

A Guide to Getting Organized for Those Who Love Their Stuff

Hay House, Inc

One of the most complete and easy-to-understand book on classical Feng Shui, this revision includes coverage of the next level of a method of classical feng shui called Flying Start. Photographs and floorplans are included.

A Step-by-Step Guide to Improving Wellness in Your Home Sanctuary

Storey Publishing, LLC

Are your counters covered with appliances you had to have but rarely use? Are your cupboards stuffed with clothes that you hope to fit back into

or that you paid a fortune for but only wore once? Have you been hanging on to that hideous teapot your mother gave you 10 years ago only because she gave it to you? Every time you go shopping do you come back with bags of more stuff because that pillow/blouse/cd/mixer will be the one thing that changes your life and then it doesn't change your life because you have nowhere to put it? In It's All Too Much, organisational guru Peter Walsh challenges you to answer a very simple but scary question: Does the stuff you own contribute to the life you hope to achieve or does it get in the way of your vision? Peter helps you assess the state of your home without any sugar coating and will teach you how to confront and conquer the stuff that is holding you back by identifying the purpose of each and every object in your home and assessing your reasons for holding onto it. He shows you how to identify which room is the heart of your home and then shows you why it is so important to keep that space clean and clear of clutter - if the heart of your home is clogged what does that say about you? He then helps you go

room by room to ask the important questions: What is the room? What's its purpose? What is this item? Does it contribute positively to the life you want? The answers to these questions will help you understand your priorities and fix your relationship with your stuff. And in gaining this understanding you can start to clear out the clutter!

Clear Your Clutter with Feng Shui Storey Publishing

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

Clearing the Clutter for Good Feng Shui Hay

House, Inc

Presents tips and strategies for effective house cleaning and organization.

Clean and Clutter-Free in 15 Minutes a Day Mango Media Inc.

Clearing clutter can radically transform your life. Drawing on her wealth of experience as a feng shui, space clearing and clutter clearing consultant, Karen Kingston explains how clutter is stuck energy that has far-reaching physical, mental, emotional and spiritual effects. This book will motivate you to clutter-clear as never before, once you realise just how much your junk has been holding you back! Learn: - Why people keep clutter - How clutter causes stagnation in every area of your life - Why clearing clutter is essential for effective feng shui - How to clear clutter quickly and effectively - Karen Kingston's top ten clutter clearing tips

Liberate your space, clear your mind and bring in success Hierophant Publishing

In the first section, use simple feng shui techniques to under your connection to your junk

and why it can be so hard to get rid of it. Learn how to clear out what you don't need, room by room, with step-by-step methods to declutter using just five refuse bags, so you'll soon have a clear and tidy living space. Cleanse and energize the atmosphere with powerful and ancient space-clearing techniques, such as working with crystals and create a positive environment that inspires your confidence, health, relationships, and career. The second section is project-based with specific clutter-clearing tasks. Each one is timed so that you can choose what to do according to how much time you have.

Questionnaires help you identify clutter overload areas, while sample room plans highlight how typical energy flow is obstructed by clutter. This guide is packed with ideas for storing your treasured objects and getting really organized so the junk stays away from your home for good!

The House That Cleans Itself Clear Your Clutter with Feng Shui

Accessible ancient wisdom for a happy modern home. Creating a powerful and healing

home sanctuary is the essence of feng shui--the Chinese system of designing a space based on how energy flows. Feng Shui for Healing is a modern interpretation of this ancient wisdom, presented with empowering advice and step-by-step guidance for using your own space to nurture wellness and vitality. Improper feng shui can keep you from feeling comfortable in your home and keep you stuck in old thoughts, stubborn habits, and stalled health goals. But with this book, you can learn to free up that energy with simple, time-tested feng shui home edits--like adding imagery that fosters a lighter mood and happier relationships. When the energy in your space moves freely, you'll feel better inside and out. Feng Shui for Healing is your accessible guide to: Practical exercises-- Discover simple rituals to sanctify your time and space, with actionable steps you can take right away. Mindful pauses-- Simple breathing exercises are included throughout to help you slow down and check in with yourself as you take on this powerful home energy work. The 9 life

areas--See how feng shui can enhance and protect family, friends, prosperity, health, reputation, career, creativity, relationships, and knowledge. Make your home more comfortable and restorative with this fun and easy start to feng shui.

Feng Shui for Healing Learning Tree

The Way to a Perpetually Organized Lifestyle There are many valid

approaches to creating neat and tidy spaces, but these approaches tend to fail over time because

they suggest that we dispose of our stuff, and most of us love our stuff!

Marla Stone's fresh and friendly approach, based on her work as both a professional organizer and a former psychotherapist, goes beyond tidying up to offer the Clutter Remedy strategy that will create spaces you love and keep you perpetually organized. Marla walks

you through a process of getting to know yourself and your values and then visualizing your ideal lifestyle and optimal surroundings. From that perspective, you'll learn

step by step (and room by room) how to create your ideal lifestyle and organize your space to support it.

Uncover the Message in the Mess and Reclaim Your Life

Simon and Schuster

Rule the world and take control of your emotional and mental health from where you sit, stand, and sleep. The Holistic Home is based on an original lifestyle concept focused on creating a dynamic, healthy, and thoughtful space within yourself and your home by combining three planes of action—mind, body, and spirit—that result in profound change. The condition of the mind affects the psychology of how you dwell: subconscious influences, decorating with intention, and allowing your emotional issues and challenges to manifest in your space. The physical aspects of your design space, such as furniture positioning, design elements, sustainability, wellness, and organization, are representative of your relationship with your body. And finally, the spirit refers to all the invisible energies within you and your home—feng shui, atmosphere, and the soul of your home. Years ago, author and holistic feng shui expert Laura Benko was diagnosed with

a rare cancer. Around that time, a book serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients' real-life, inspiring stories, along with specific actions and tips, have become the foundation for The Holistic Home. Chapter by chapter, you'll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life.

It's All Too Much

Friedman/Fairfax Pub Transform your home into a calm, balanced and harmonious oasis using architect Anjie Cho's helpful advice, drawing on her background in green design and feng shui. You don't have to get rid of all your possessions and become an ascetic to change your space and discover the benefits that living in a considered, organic way can bring. The easy suggestions in Holistic Spaces show you how to implement the

principles of feng shui and green design in your home. Written for the way we live today, as we move toward a more mindful approach to health, diet and the way that we choose the objects in our homes, this is the perfect guide to help you to clear and refresh your living environment. Learn how to make every room in your home serve its highest purpose, create eco-friendly spaces, bring nature indoors, choose colours for maximum impact, select a space for meditation practice, and overall, create a peaceful and organic home. From the bedroom to the home office, these intuitive, straightforward tips will teach you to how improve your spaces to boost the flow of energy through your life.

From Clutter to Clarity

Simon and Schuster With a little feng shui magic, readers can unclutter their lives and watch as success, prosperity, and good health come their way. Checklists and clutter-busting ideas help homeowners tackle every room in the house. Holistic Spaces Simon and Schuster Clear Your Clutter with Feng Shui Harmony

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