

FENG SHUI: Holding onto possessions 'just in case'

The concept of not hanging onto unwanted or unused possessions can seem strange, but the feng shui philosophy behind it is simple. It is about not clinging to the past, not placing too much importance on things and their value, and about releasing stagnant energy from your life to enable fresh ideas and opportunities to enter. It's a different way of thinking about living in the present.

Getting rid of unnecessary or unwanted furniture from your home is a great way to release stagnant chi energy. Feng shui advises that you should take care if you do not know the history of a piece of furniture. If you know the background, it has a happy energy around it, you like the furniture and you use it regularly – fine. But if you are only keeping it because it fills a space, or for any other reason than that you truly want or need it; remove it to create space for a new, fresh energy to enter.

Spring is a wonderful time to sort, clean, throw or give-away, reorganize and minimize possessions. Check out the clothes cluttering up your wardrobe; when was the last time you wore them? A junk room or junk area is a place where you put things when you don't know where else to put them – be ruthless – let them go! Your clutter will slow down the good flow of chi in your home – and therefore your life - because it creates stagnant energy. So have regular cleaning sessions of cupboards, storage areas, rooms, wardrobes etc. Empty and reorganise regularly, even bookcases and CD collections, to keep chi flowing freely. Either mend or throw away anything broken or no longer of any use to you.

Because chi becomes negative and stagnant when absorbed into old furniture and dirty, soft furnishings; a house full of antiques or second-hand things, for instance, can over-stabilise the occupants to the point of stagnation in every aspect of their lives. And be careful about using a second-hand mattress because the previous owner's chi will undoubtedly have been absorbed into it.

Holding onto possessions 'just in case' you might need them also indicates a lack of trust that the Universe will provide for all your needs. Energy follows thought and if you believe that your needs won't be met, they probably won't be! Start to think more positively, and watch what happens.

To learn more about Self-Help Feng Shui and how you can apply it to improve your home, workspace and life, just drop me a line at: jean@bestmoveforward.com