



The Feng Shui of Why Clutter Happens

Clutter can be a way to protect ourselves.

There are many reasons clutter can happen; over-shopping, depression, liking stuff more than people, etc. But few people know that clutter can also be a response to too much energy coming into the house. When a home is bombarded by energy our natural response is to create a barricade. We do this using stuff. Stuff piles up and creates a boundary between us and the energy.



Sources of Excess Energy.

If you live by a busy road, in view of a freeway or a fast moving river the energy is moving very quickly around you. This is also true if you live close to train tracks. The home is repeatedly struck by energy.

Your home can also be overwhelmed with energy when construction is going on next to your property. And while this energy is generally positive (helping you to "build" on your career) it can be so much energy that clutter accumulates.



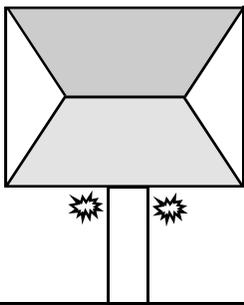
Yin and Yang

This is the symbol of Yin and Yang, two forces that are always searching for balance. Yin is the black side, it seeks quiet and stillness. Yang is the white side, it seeks excitement and action.

If a home has too much Yin then we just sit around and do nothing but watch TV or sleep. We feel bored.

If a home has too much Yang then we bounce off the walls, always running from task to task. We feel frenzied.

To balance the energy in the house consider Yin and Yang. Between 6 am and 6 pm is Yang time. Time for action. Between 6 pm and 6 am in Yin time. Time for stillness.



A house at the top of a "T" intersection will always receive too much energy. Often people feel this excess energy and combat it by piling up stuff inside the house.



Power Lines

High tension lines like the picture on the left can generate excess negative energy in a home if they are close enough to be seen from the property.

Power lines can also be a problem if the pole is on your property or very close to your home.

Our response to too much energy is often to place objects between us and the source of that energy.