

CONTENTS

ACKNOWLEDGEMENTS vii

INTRODUCTION ix

PART ONE UNDERSTANDING CLUTTER

- 1 FENG WHAT? 3
- 2 THE PROBLEM WITH CLUTTER 11
- 3 THE EFFECTIVENESS OF CLUTTER CLEARING 14
- 4 WHAT IS CLUTTER EXACTLY? 18
- 5 HOW CLUTTER AFFECTS YOU 23
- 6 SO WHY DO PEOPLE KEEP CLUTTER? 38
- 7 LETTING GO 51

PART TWO IDENTIFYING CLUTTER

8	CLUTTER AND THE FENG SHUI BAGUA	57
9	CLUTTER ZONES IN YOUR HOME	69
10	COLLECTIONS	85
11	PAPER CLUTTER	90
12	MISCELLANEOUS CLUTTER	100
13	THE BIG STUFF	108
14	OTHER PEOPLE'S CLUTTER	110
15	CLUTTER AND FENG SHUI SYMBOLOLOGY	116

PART THREE CLEARING CLUTTER

16	HOW TO CLEAR YOUR CLUTTER	125
17	STAYING CLUTTER-FREE	143
18	CLUTTER CLEARING YOUR BODY	149
19	CLEARING MENTAL CLUTTER	166
20	CLEARING EMOTIONAL CLUTTER	175
21	CLEARING SPIRITUAL CLUTTER	181

APPENDIX: THE 21 STEPS TO BASIC SPACE CLEARING	184
<i>Bibliography and Recommended Further Reading</i>	189
<i>Resources</i>	192
<i>Send Your Clutter Clearing Stories!</i>	193
<i>Index</i>	194