

I clear away clutter

I clear away clutter.

My surroundings are kept pure and in good order. ***Clearing away clutter puts me at ease and helps me to get more done.***

It is liberating to get rid of possessions that I no longer need. It reminds me that my happiness comes from my relationships and spiritual practices rather than from the things I own.

Giving things away gives me great pleasure. I like knowing that people may be able to use my old belongings. Donating to charity makes me feel grateful for the blessings in my life and my ability to help others.

There are also practical benefits.

With fewer things to take care of, ***I have more free time and energy.*** I feel more organized and enjoy greater peace of mind. I move around more freely, and I am able to find things quickly.

I can even clean my home with less effort.

Having a tidy home is important to me. I feel good knowing that I am doing everything I can to protect myself and my loved ones from dust and other harmful substances. I want my friends to feel comfortable when they visit.

As I straighten up my home, I discover how much my physical setting can affect my feelings and thoughts. ***Throwing away old magazines and broken toys inspires me to get rid of other baggage too.***

Today, I get clutter under control. I put aside unnecessary belongings and savor the experience of feeling more competent and relaxed.

Inner-Reflection Questions:

1. Which three personal possessions could I give away today?
2. How can I prevent clutter from building up in the first place?
3. What do I like best about clearing away clutter?

