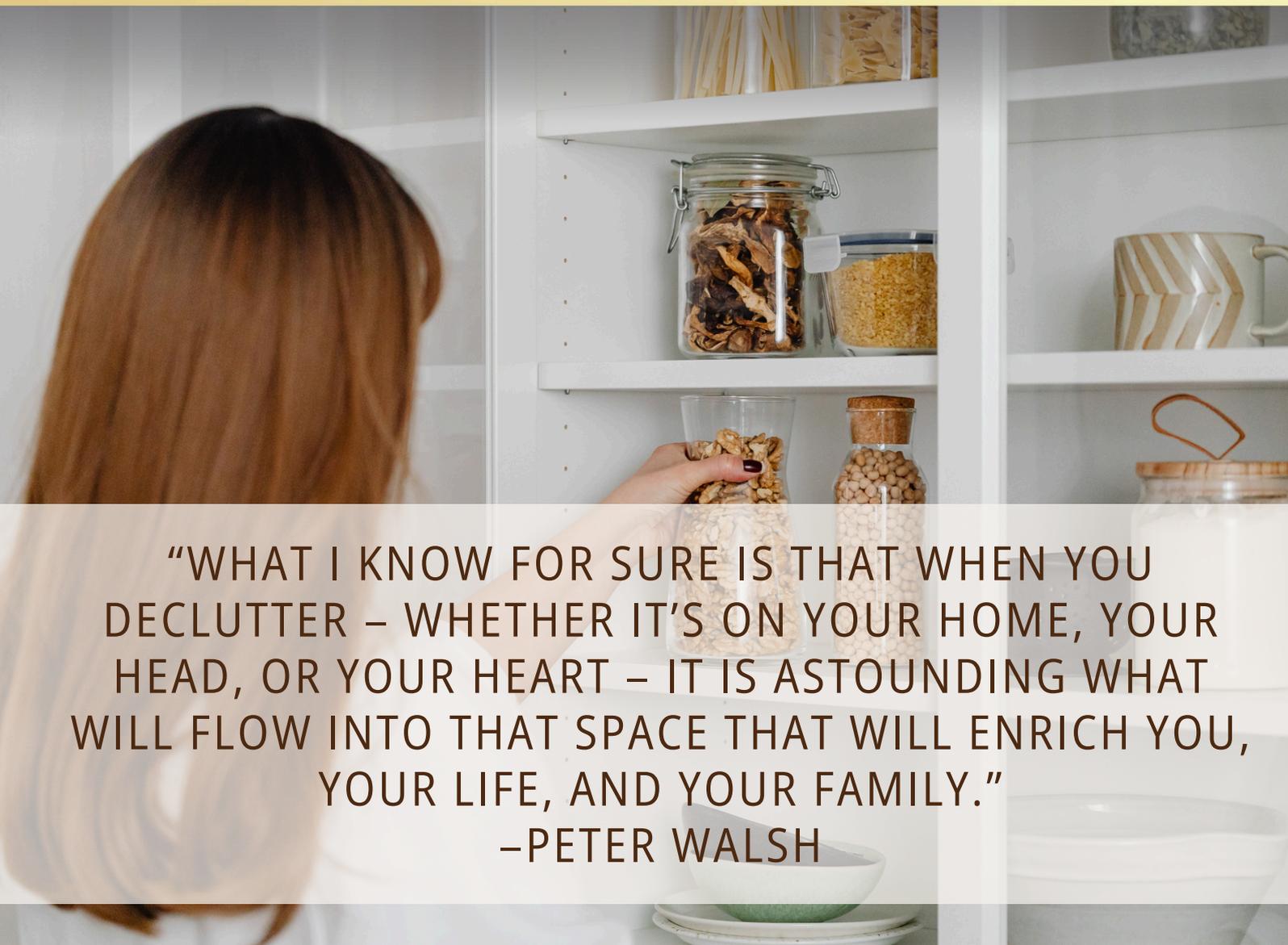


THE MIRACULOUS POWER OF CLUTTER CLEARING

FREE 5-DAY CHALLENGE

Day 3 - Clearing Strategies that Actually Work



“WHAT I KNOW FOR SURE IS THAT WHEN YOU
DECLUTTER – WHETHER IT’S ON YOUR HOME, YOUR
HEAD, OR YOUR HEART – IT IS ASTOUNDING WHAT
WILL FLOW INTO THAT SPACE THAT WILL ENRICH YOU,
YOUR LIFE, AND YOUR FAMILY.”
–PETER WALSH



with Karishma Sue Holmes & Davina Mackail



PRACTICAL + POWERFUL STRATEGIES FOR LETTING GO

We've explored what clutter is and how it affects our energy, mind, and life.

We've mapped the energetic impact of our homes using the 3-Door Bagua.

Now it's time to roll up our sleeves, open the windows, and move energy in a way that truly works.

Clearing clutter isn't just tidying. It's spiritual work. It's energy healing for your home.





THE 10 COMMANDMENTS OF CLUTTER CLEARING

These principles will anchor your journey and keep you aligned as you face the drawers, boxes and forgotten corners of your home — and life.

1. Start Small & Finish Fully

Begin with one drawer, one shelf, one surface. Complete it. Celebrate. Then move on.

2. Create a Sacred Container

Before you begin, ground yourself. Light a candle. Call in clarity. Make this a ritual, not a chore.

3. Use the Power of the Present

Hold each item and ask:

🌀 “Do I love this?”

🌀 “Do I use this?”

🌀 “Does this support who I’m becoming?”

4. Let Guilt Go With the Item

Gifts, heirlooms, expensive mistakes — all can carry emotional weight. You don’t need to keep them to honour the past.

5. Avoid ‘Maybe’ Piles

Indecision is where energy gets stuck. Make a choice. Trust your intuition.

THE 10 COMMANDMENTS OF CLUTTER CLEARING

6. Move Energy As You Go

Open windows. Smudge or spray natural clearing mist. Burn incense. Clap into corners. Keep the qi flowing.

7. Leave 'Sentimental' Until Last

Start with the easy stuff. Paperwork, toiletries, kitchen drawers — not your late grandmother's jewellery box.

8. Clear With Love, Not Force

This isn't a punishment. It's an act of devotion. Be kind to yourself. Go at your own pace.

9. Release With Gratitude

Thank each item as you release it. "Thank you for serving me. I let you go with love."

10. Anchor the New Energy

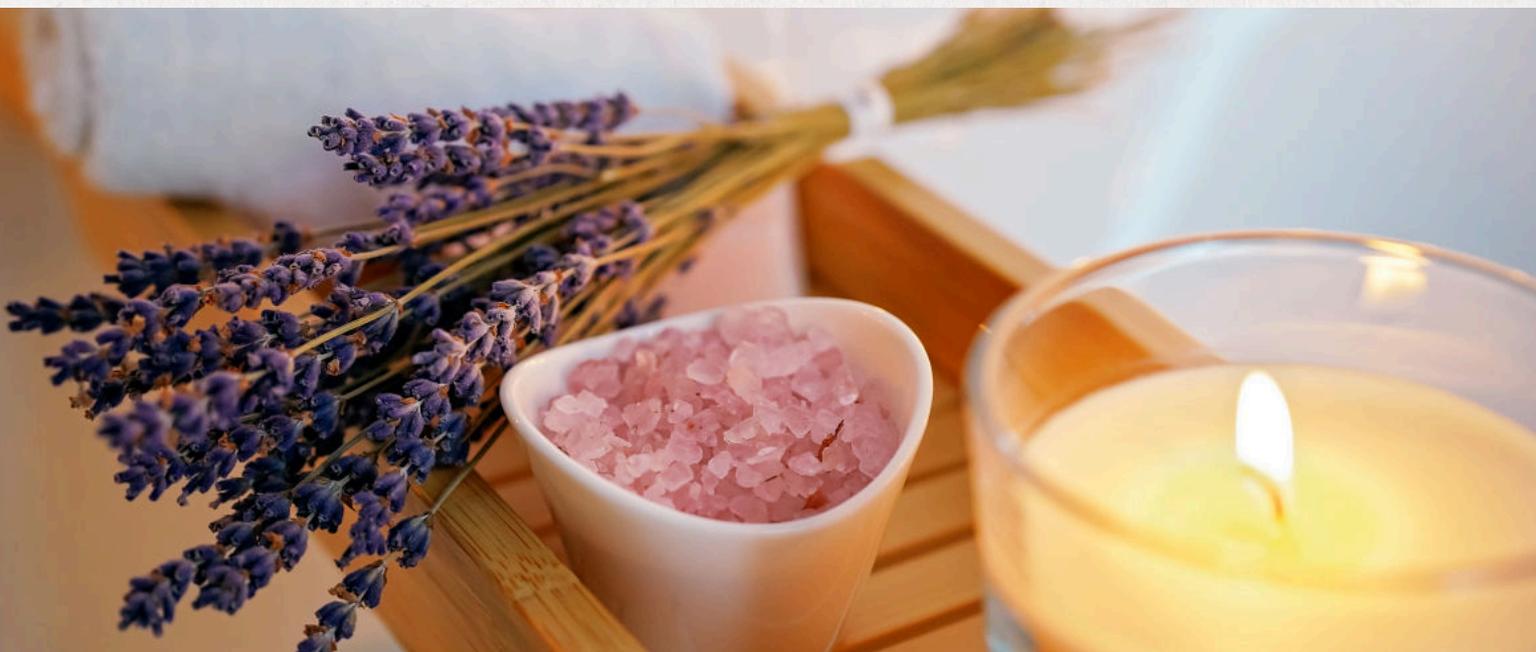
Place something beautiful or meaningful where clutter once lived. Let it represent what you're calling in.





CLUTTER CLEARING PLAN

1. What needs to happen for you to be able to clear the clutter?
2. How long do you think it will take?
3. Can you do it on your own?
4. If not, can you organise the help required?
5. Are you willing to make a commitment to a time and date?
6. Write down your commitment.
7. Share your commitment with a family member or a good friend – someone that will hold you to account and check on your progress.





GETTING STARTED

For clutter clearing to be truly effective you have to get down and dirty with your stuff.

You need to connect with it, physically take each item by the hands and ask 'Does it make my heart sing?' 'Do I love it?'

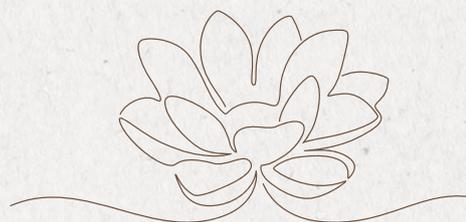
Our inner wisdom knows instinctively what we love and what we don't.

Helpful Clutter Clearing Strategies

Clear all of a single type of item at once rather than room by room. This may seem counter intuitive and a messy way to clear but until you gather all of one item together you simply cannot gauge the volume of the item you actually own.

A little of something in each room can be deceptive.

Books for example. If you have a bookcase or a shelf in every room, not until you gather them all in one place do you really see the volume of what you're holding on to.



GETTING STARTED

Do you actually read all those publications that arrive? Cancel out-dated subscriptions and catalogues.

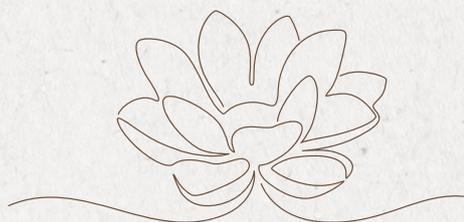
Start a reference file for relevant articles – ruthlessly edit it each month.

Ask yourself can I get this information easily elsewhere? If the answer is yes, bin it.

Post should be dealt with daily. Recycle excess paper.

Multi Media

So much has moved on-line is it really necessary for you to hold on to that old video collection? Sift through Books; DVD; CD and Video collections and only keep those things that you'd still love to watch or listen to AND have a device that you can play it on. Amazon is a great place to sell those unwanted items.



THERE ARE MANY PLACES TO RECYCLE/SELL YOUR STUFF THESE DAYS INCLUDING THE FOLLOWING:

EBay

E-bay re-sellers (I've used www.trading4u.com)

Auction houses

Specialist dealers e.g. book collections

Local recycling centre

Local charities

Gumtree

Vinted/Etsy

We buy Books/Magpie

Vintage Cash Cow

Freecycle

Women's refuge centres

Local council will take away large items for small fee.

Mobiles, ipads, laptops etc in good working order can be sold via Amazon.

With all of the above weigh up the cost/time benefit ratio i.e. the effort it will take to list everything on eBay for the few pounds you might make and the mess you'll have to live with in the interim against the energy surge of giving it to charity and having it out of the house now.

Trusting that nothing ever goes one way so the beneficial chi this creates will inevitably return to you in another form.

A PLACE FOR EVERYTHING – ORGANISATIONAL STRATEGIES

When everything has a home, it makes keeping your house clutter free and tidy virtually effortless.

Clutter doesn't magically appear.

It gets there because we put it there.

So observe your habits and work to make them more manageable. Most households accumulate clutter on a daily basis via the post, junk mail, daily newspapers, children's schoolwork, laundry etc. For a busy family life, these little things can add up to clutter chaos fast.

You need to install a system and a daily routine that works.

Clear Space Master Key: Everything has a place and everything is in its place. Clutter accumulates when we don't have a place for our things to live.

This may sound strange, but if in doubt ask you home where something needs to be housed.

A PLACE FOR EVERYTHING – ORGANISATIONAL STRATEGIES

Start with the hallway:

The door and entrance is considered the mouth and throat of the home in feng shui terms.

If this area is cluttered up with junk, your home is basically choking and you will feel depressed or uncomfortable living there.

Feng Shui Key: If people come into a space that feels calm and welcoming they will be less inclined to clutter it up.





GENERAL STORAGE:

Keep surfaces free from non-essential items by finding a home for everything.

Get into the habit of putting items away after use.

This will be easier if items are stored near where they are used and the cupboard or shelf is clear. E.g. store vases near where you do the flowers.

Do not stack or cram too many items in one space as items will get damaged and will tend to get left out as it's too difficult to replace them. Make it easy to find and replace items.

Always store like items with like. This saves overbuying and wasting time hunting for items.





GENERAL STORAGE:

The best storage is an appropriate size for what is being stored. Nothing fancy is required.

EG I-phone boxes are great for creating in draw organisers for small items such as pens or hair clips as are shoeboxes and gift boxes. These smaller units are perfect for keeping like with like and preventing draws from becoming a jumbled mess of miscellaneous items.

Store frequently used items in easily accessible places and less frequently used items in less accessible places. E.g. Out of season clothes can be cleaned and stored in a loft or spare bedroom wardrobe.

Although you may find after a few seasons that those less frequently used items have become never used and can be designated as clutter and discarded.





THE PAPERWORK MONSTER

Despite the paper free promise of the information age paper remains one of the biggest sources of clutter. Be ruthless with filing. According to Declan in his book *Clear your Desk!* 80% of what we file is never looked at again! Bin junk mail immediately. Better yet take steps to prevent its arrival. Put up a "no junk mail" sign; sign up for removing yourself from junk mail registers.

There are only 4 things to do with a piece of paper. Do the appropriate one with each item as it arrives: Bin it; File it; Act on it; Pass it on.

Exercise: Set up a 31-day tickler file. This is a concertina file with enough slots for each day of a 31-day month. Bills are prepared on arrival and put into the relevant day for payment. Same with invites, birthday cards, directions for events etc. For those items running into the following month simply file at the back until the new month starts.





WARDROBES

Clothes

A good way to begin is to invite an honest friend round for the evening and ply them with a good bottle of wine whilst you go through everything in your wardrobe asking the following questions:

When was the last time I wore this?

Does it fit? Do I look good in it?

Do I feel good in it? Do I love it?

Does it fit my current or desired lifestyle?

Does it fit my image of who I am becoming?

Is it in good condition?

Does it need to be cleaned, ironed or mended?

Organise clothing by type – all dresses, shirts, skirts, trousers etc. together. This allows you to see that you own 10 pairs of identical black trousers. Colour coding is optional. This works for some people but not all. Some of you might prefer work clothes and casual clothes grouped together. If you start with short objects at one end and graduate towards longer items at the other end, under the short items you will create space for shoe storage. Store shoes in either clear plastic boxes or normal shoeboxes with a digital/Polaroid photo of the contents stapled to the outside. This saves hours of shoe hunting!



CLUTTER FREE NIRVANA

Feng Shui Tip:

Utilize regular five-minute bursts of energy for tidying up and putting things away – lots can be achieved in a short space of time.

Just imagine you have visitors coming round.
Reduce your Desire for More.

This goes a long way towards preventing clutter coming into your life. Use the following shopping tips to help you.

Shopping tips:

1. For what purpose am I buying this?
2. Hand on solar plexus does this lift my energy?
3. When you see something you want ask yourself:
"Do I really love it?" Then, "Do I have somewhere for this to live at home?"
4. When you think of something you'd like to buy, have a rule that it needs to go on a list for 30 days. If you still want it then buy it. Usually you won't!



CLUTTER FREE NIRVANA

5. Work out how much you make per hour - divide your yearly income by the number of hours you work in a year. When you see that dress for £250 and you know your hourly rate is, for example, £25, ask yourself is it worth 10 hours work?

This works really well on bigger items – like the latest flat screen TV or designer handbag.

6. Change your habits – don't go shopping! Find other things to do. As a society we've come to view shopping or "retail therapy" as a desirable leisure activity. Yet does it really make you feel good to go browsing for things you can't really afford and then have to find somewhere to store them?

We can all live with less.





THE 10 COMMANDMENTS OF A CLUTTER FREE LIFE

1. Throw away, throw away, throw away – know it is safe to let go
2. Pick things up. Does it make your heart sing? Do you love it?
3. Keep things you love in accordance with the size of your space
4. Everything in its place and a place for everything
5. Store things close to where you use them
6. Store like with like
7. Don't hide things in endless storage units
8. Don't over stock items, buy as you need something.
9. Become habitual at putting things away. Don't accept from yourself that you'll put something "here just for now".
10. Don't let it accumulate, throw away, throw away, throw away



A LOVING REMINDER

Clutter clearing is not a punishment or performance. It is a reclamation of energy, agency and spaciousness. A gentle return to the essence of what is truly supportive.

Take breaks.

Drink water.

Light a candle.

Celebrate each corner cleared.

Affirmations to Support the Process

- "I release the old and welcome the new."
- "It is safe to let go."
- "My space reflects who I am becoming."
- "I trust in the flow of life."
- "I choose peace, clarity and joy."



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www.academyofmodernshamanism.com
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