

Energy *Works* Wellnes



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Spring Clean Your Stress Away

Have you looked in your closets lately? How about the basement, storage locker or even the attic. All that clutter is weighing on you energetically even though it may be well hidden. Spring is the perfect time of year to set aside a few hours and really get things cleaned out. This will benefit you by reducing your stress load in two significant ways.

First, as you address the clutter your space will be more open. Energy will be able to flow more easily through it. It will feel better just to be there. Wouldn't it be nice to look in your closet every morning and not feel like cleaning it out is a task on your to do list that you'll just never get around to? Secondly, as you go through your closet, or perhaps even more so your storage locker or basement, you will start

to find things, old things, that its time to part with. We have an energetic association with every single thing that we own. Our possession of things consumes a tiny bit of our attention and each of those things adds a little stress as it demands our continued attention even if it has been long forgotten consciously.

Having an orderly environment and as few energetic drains as possible is the reason that monks in so many of the world's religions renounce their material possessions. We don't have to go that far. As you go through everything, yes everything, in that closet or locker you will have to evaluate your need or want to keep it. Are you holding on to that old jacket from high school, that will probably never fit you again, because you really

believe that it will come back into style one day? It is more likely that you are hanging on to something in your past. Give it to charity and let it go. You'll be amazed how good you'll feel after cleaning out one small section of that closet. It's perfectly fine to hold on to some things for sentimental purposes but most of us can

fit those precious memories into a single banker's box, or maybe two.

Once you've dealt with the things you no longer need to keep then it's time to organize. If you have the option get the clothes from last season into a different closet or storage area. Even if that isn't an option for you move the winter stuff to the

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