

Create a beautiful, non-toxic and natural home; a sanctuary.

Harmonious Environment: Beautify, Detoxify & Energize Your Life,
Your Home & Your Planet

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Harmonious Environment:
Beautify, Detoxify and Energize
Your Life, Your Home and Your Planet

Norma Lehmeier Hartie

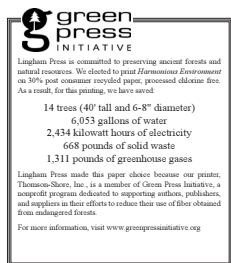
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Introduction

H*armonious Environment: Beautify, Detoxify and Energize Your Life, Your Home and Your Planet* shows you how to create a beautiful, non-toxic and natural home and workspace; a sanctuary that will support, invigorate and nourish you to enable you to flourish in all aspects of your life—while being kind to the environment.

I could have written a book for each chapter; however I have chosen instead to meld together the various topics in a single book, providing detailed facts, advice, data and wisdom about these subjects in a larger context within which to understand and apply the information.

I wrote this book as a solution to a pervasive problem; the apparent lack of time and vitality people have in our society and the frenzied energy with which we seem to be living our lives. Have you noticed that when someone asks: “how are you?” the response is most often: “I’m so busy!”

Most of us, while interested in learning how to be calmer and creating a home or office space to nurture such a life, simply do not have the time to read all the information about each subject that will help. This book provides simple and harmonious solutions based on research from hundreds of books and articles, attendance at innumerable classes and years of experience in helping people create harmonious environments.

You may wish to read through *Harmonious Environment* once, before applying changes. I strongly recommend that you apply the process in the order of the chapters, as they do build on one another. In other words, you begin by removing as many toxic products as possible; then clean, de-clutter, clear and organize the contents of your home or office. Next, you will begin to make eco-friendly purchases. Lastly, using the inspiration and guidance you attained in this book, you will learn how to place objects with the intent to manifest change in your life and visualize that transformation taking place.

Harmonious Environment also provides hundreds of resources for products and services and a plethora of tips, and is therefore a valuable reference book.

Creating Your Harmonious Environment

If you follow the suggestions in *Harmonious Environment*, don't be surprised when people will walk into your home and say something like: "Your home *feels* so good," or "It *feels* so peaceful here!" When you invite guests over, they will not want go home! You, too, will find yourself reluctant to leave your nest.

Harmonious Environment will help you create a home that people will love living in because it guides you in making your home look and feel better. Individuals (and lots of other animals) are attracted to and seek positive energy, albeit often unconsciously. *Harmonious Environment* assists in identifying and removing negative energies and replacing them with positive, vital and life-affirming energy.

We are interconnected with all of nature—we are, in fact, made up of all the same elements. The animal, plant and mineral kingdoms all originate from the same material and all contain life-force energy. You will learn how to harness good energy from the natural world by using flowers,

plants, rocks and other items in your home and office. You will discover how to place these objects with intent and feeling to transform your life. Allow yourself to receive whatever you wish—from abundance, health, joy, recognition and love—when you work with energy and learn how to visualize what it is you want.

Harmonious Environment is filled with advice, but it is not meant to be read as rules and regulations. It is meant to encourage you to use your intuition to determine what is right for *you*.

Using your intuition—the *knowing part of you*—to decide what you want for yourself is explored in detail. It means that you will learn to trust yourself and that you will have the confidence to be proactive in getting what you want.

The book is divided into four parts. Part I explores how to get rid of the negative energies in your environment. This is the foundation to creating a harmonious environment. This section deals with how to create a healthy home or workspace that is also kind to the planet. It includes information on natural and organic food with recipes and natural body care products.

Part II is when the fun and creativity of your journey of creating a harmonious environment begins. The chapters teach you how to trust your intuition to allow you to create a beautiful home that vibrates with loving, positive energy. It is within this space of loving energy that you will discover how to manifest your dreams and aspirations.

Part III serves as the confidence booster for those who may still be shy about their undeveloped talents as a designer. The section also pulls together the entire book for a greater understanding of how all the principles in the book are interconnected.

Part IV lists hundreds of resources to help make your dreams of living in a harmonious environment come alive!

To summarize, you will be guided to create your own harmonious environment by doing the following:

- ❖ Replacing the “bad stuff” with safe and eco-friendly products
- ❖ Organizing the rest
- ❖ Honoring Mother Nature
- ❖ Bringing in the beautiful
- ❖ Placing objects with the intent to manifest your dreams

I refer to the process of making your environment harmonious as applying Harmonious Adjustments™. Harmonious Adjustments™ is unique in that it combines what I consider the best principles of Feng Shui, the application of the Four Elements based on your birth date, color, Vastu, energy work and good design. In addition, Harmonious Adjustments™ are made only after a space is clean and organized, negative energy is gone and the environment is as free from toxins as possible.

Free Yourself from the Tyranny of Clutter and Dirt Forever!

Cleaning, organizing and removing unwanted possessions are, undoubtedly, a chore. But these tasks are the foundation to creating a harmonious environment. You can have a home with perfectly placed, absolutely lovely furniture and objects, but the energy will not flow properly if the space is dirty, cluttered or unorganized.

The payoff for a clean, organized home or workplace free of unwanted clutter is immense. The energy in your home or workspace will change—stale and negative energy will be replaced with positive, powerful, life-enriching energy. The space will feel lighter. And that good energy will make you feel more energetic and happier. When you know where to find your belongings, you will find yourself with more time—to be more productive or to actually relax. Finally, a clean home—one that is as free as possible from dirt, mold and allergens—is a healthier space.

Cleaning

A clean house looks and feels serene. A sparkling home welcomes guests. The next time you clean your house, note how you feel both before and after. The space will feel better, which makes *you* feel good! If you or the occupants of your home do not have the time to clean, spend the money and hire a service to do it for you.

While a clean house is always important, it is of vital importance to clean a home or office that you are moving into, as you will want to remove the residual energy of the previous occupants. While this energy is not necessarily bad, it is simply not your energy.

If possible, clean the entire space—from attic to basement—before you move your possessions in. If this is not possible, try to keep your items centralized and packed in the garage or in one room until you have cleaned the rooms that you are unpacking them into.

Germs, Bacteria and Mold

A clean house is not a house that has been disinfected, coated with carpet fresheners, perfumed with air deodorizers and polished with chemicals. That is a toxic pit. I feel that many Americans are overly fearful of germs. In general, the products meant to kill germs and bacteria do more harm to the environment and our bodies than the germs and bacteria themselves.

Take, for example, toilet bowl cleaners. The ingredients in these cleaners can cause pulmonary edema or vomiting and coma if inhaled, and cause damage to the kidneys and liver. Now, I don't know about you, but I don't tend to drink out of my toilet and therefore, I really don't worry about what germs are lurking in there. And, if I did drink out of the bowl, I would be more worried about the residue from the poison I just dumped in the bowl to clean it than the bacteria. Keep your bowl clean with your regular household cleaner or with white vinegar (see Chapter One) and spend time worrying about something else.

Now, if someone is sick in your home, you might want to wipe down surfaces that all family members touch. See Chapter One for Antibacterial spray recipe.

The really nasty toxins that are likely to get inside your home are from petrochemical residue, feces, toxins and pesticides that can adhere to your shoes. Remove your shoes when you enter your home to keep them out.

In the kitchen, bacteria grows in damp conditions or on surfaces that were not properly cleaned from food preparation. I feel it is far more prudent to safely handle food than to over clean with harmful antibacterial cleaners. Proper food handling is mostly common sense. For example:

- ❖ Store meat, poultry, fish, dairy, most produce and many condiments in the refrigerator or freezer.
- ❖ Do not allow raw meat, fish or poultry and the cutting boards and knives used in their preparation to come into contact with other food—especially if that food is to be eaten raw.
- ❖ Clean knives and cutting boards with hot water and soap.
- ❖ Wash produce, meat, fish and poultry in the sink as bacteria can be found on them.
- ❖ Cook eggs and chicken thoroughly to prevent salmonella.
- ❖ Do not eat meat, poultry and fish beyond their due date or if the food smells “off,” to prevent food poisoning. If some food makes you nervous and you suspect it is rotten, don’t take chances; throw it out. Food poisoning can be life threatening and is not something to take lightly.

Most of the bacteria in the kitchen originates from food and gets washed down the drain. Some bacteria in your sink will not harm you, but keep your sink clean with soap and water. The same applies to the bathroom. If you wash your hands after blowing your nose or coughing or using the toilet, the bacteria goes into the sink; regular soap and water will wash it away. Just be sure to wash the taps on a regular basis as well.

When cleaning your kitchen and bathroom, use a clean rag or bar towel then throw it in the wash. This keeps the overall amount of bacteria down; do not use sponges as they harbor bacteria.

Mold forms in damp conditions like bathrooms that lack adequate ventilation. Some people are highly allergic to mold and while not everyone reacts the same way to it, some people suffer from depression or lack of concentration from it. Mold is especially worrisome to people with asthma or autoimmune diseases.

If you have a large mold problem, consult an expert. For small amounts of mold, try one of the recipes in Chapter One.

Cleaning Tips

Wash your windows, shades and curtains and then open those windows and allow fresh, oxygen-rich air to replace stale air. A window or two kept at least cracked open is always advisable for a constant source of fresh air, particularly if you live in a super-insulated home.

If you have carpets or area rugs, use a vacuum with a HEPA filter, which removes animal dander and dust mite particles. I have a Miele brand vacuum, and although expensive, I feel that an excellent vacuum is worth the money. Prior to buying my Miele, I was replacing inexpensive, but cheaply-made vacuums every few years.

- ❖ Clean top to bottom. Because dust settles, start with dusting the ceiling, then walls, then objects on furniture, then furniture and molding. Then vacuum the floors.
- ❖ Don't clean your kitchen and bathroom with a used sponge, as you will be moving germs around. Instead, opt for washable rags or towels.
- ❖ Pick up any clutter before you begin, so that when you clean, you don't get side-tracked.
- ❖ If you enjoy music, play it—make your chores more bearable.
- ❖ Pick a different “special” cleaning project when you clean—i.e. dust ceilings one week and polish wood furniture another.
- ❖ To reach the high spots, buy a long-handled telescoping pole with attachable tools. I attach a lamb's wool duster to the telescoping pole to reach high spaces and a window washer that both cleans and squeegees windows where I cannot reach. It saves time and there is no more schlepping the ladder around!
- ❖ Use a spray bottle of all-purpose cleaner (see suggestions in Chapter One). Spray floor, counter tops—whatever—makes cleaning fast. When washing the floor, spray cleaner and rinse the mop under faucet instead of using a bucket of soapy water that gets dirty.
- ❖ Remove face plates and vacuum radiator vents thoroughly at least once a year. Dust gets into coils and cuts down on the efficiency of heating your home. With hard floors like wood or tile, dust settles under the radiators and they need to be vacuumed or dusted frequently.
- ❖ Clean windows with a professional squeegee (see “Resources”). Wash windows with a rag or window scrubber using solution from Chapter One. Try an extension pole instead of a ladder to make work even easier. Dry the top inch of the window with a

rag and then run squeegee down window, starting on the dry section. Wipe squeegee well with a dry rag. Continue until window is finished, then wipe rag along three sides of window.

Daily

- ❖ Open windows to allow fresh air in and pollutants out.

Monthly

- ❖ Wash refrigerator's drip pan, if it has one, as they attract mold. Pan is behind the bottom grill on bottom front of the appliance.
- ❖ Vacuum or wipe down delivery and return vents on forced-air heating systems to keep dust and pollutants from blowing throughout home.

Bimonthly

- ❖ Change furnace filters. Use HEPA pleated filters, because they collect more particles than flat filters.

Annually

- ❖ Have your furnace inspected for leaks of deadly carbon monoxide gas.

Biannually

- ❖ Have forced-air ducts cleaned. Request that no fragrance or antimicrobial chemicals be used. If a member of your family has asthma or allergies, clean the ducts yearly.

Do not forget to occasionally clean the basement, attic, garage or other spaces that are easy to ignore.

Organizing and Removing Stuff

You can do it! And no, this does not mean throwing everything into a closet! If you are the typical American, you probably have a great deal of stuff. From clothing to collectables, photographs,

How the Industrial Revolution Created the American Uber-Consumer

The greatest force in the evolution of our country from a mostly rural, family-owned farming society into the present day predominantly urban/suburban, mammoth capitalistic system was the Industrial Revolution. The roots of the Industrial Revolution started in England and as merchants and industrialists began to gain power and money, and through the mechanization of production, the previously held belief in the Protestant Work Ethic was replaced. Prior to the Industrial Revolution, people worked for the sake of working because the belief was that idleness was a terrible sin and working warded off the temptations in life.

After the Industrial Revolution, the captains of industry realized that there was an unprecedented amount of money to be made because the mechanization of production yielded an abundance of product. Assembly lines were able to produce goods at a rate unheard of before mechanization began. Industry leaders had two challenges: how would they get people to buy the goods that they had a surplus of and how could they maximize profits. The Protestant Work Ethic—with its bullying approach of work-to-keep-you-out-of-trouble principle—needed to be abolished and replaced with the work-to-make-you-spend-money principle. Creating avid consumers was the next challenge and this was resolved through advertising and the creation of the concept of leisure.

The messages in advertisements at the turn-of-the-century and for years following were clear: work to buy things because you deserve it; because possessions will improve your life and make it more gratifying; and because you want to show your monetary worth to your neighbors. The concept of idleness was replaced with leisure. The promise of success, wealth, freedom, status and power replaced the fear of God as the incentive to work.

Advertisements assured people that products could improve their lives. In 1930 a writer in *Printers Ink* commented that: "Advertising helps to keep the masses dissatisfied with their mode of life, discontented with ugly things around them."²⁹ To fit in with one's social peers, great emphasis was placed on buying the "correct" material goods. According to Stuart Ewen, author of *Captains of Consciousness*: "It was a world in which the individual was constantly judged by others, a world in which there was a total absence of positive bonds between people."³⁰

A novel that perfectly captures the early part of the 20th century is *Babbitt*, by the famous satirist of American culture, Sinclair Lewis. The Babbitt family lives in the city of Zenith. For George Babbitt, material wares: "Were his proofs of excellence; at first the sign, then the substitute, for joy and passion and wisdom."³¹

(continued)

By the 1920's, Americans were ardent consumers. White-collar workers spent all day working indoors, yearning for their leisure time. For many, leisure time was spent doing what the advertisements advised: purchasing goods and showing those goods off at socially acceptable gatherings.

Additionally, the Scientific Management Movement, initiated in the later part of the 19th century by Fredrick Winslow Taylor, contributed greatly to the success of creating American consumers.

Scientific Management was the key to regulating individuals during work. "Taylor...gathered up all the obsessional energies of the work ethic and set them loose in the factories, turning the drive for order and thought against the traditions of craft and independence."³² Factory workers left their farm and craft jobs to work indoors making products. What had been thoughtful, creative work became repetitive, thoughtless tasks. Work discipline was critical: it forced workers to be on time, to work punctually and to communicate little while on the job.

Scientific Management soon spread to office jobs and middle-class workers were also subjected to routine-oriented, specific, repetitious tasks. Workers were controlled because they lacked an understanding of how their place of business operated, as they were privy only to their small part within the organization. The mechanization of many jobs made them mind-numbingly boring—hence the yearning for satisfaction was solved by shopping, and owning products; a fundamental form of pleasure to those whose lives were dulled by their tedious jobs.

CD's and tapes (or worse, records and eight-tracks!), books, sports equipment, hobby supplies, tons of kitchen gadgets, a bathroom cabinet filled with old prescriptions and makeup and on and on...the list is endless.

Getting rid of things you no longer use or like is essential. You might be holding onto stuff for sentimental reasons. My neighbors have an ancient boat and an old Dodge Caravan that have been sitting on their property as major eyesores for years. My neighbor admitted to me that he is holding onto the boat for sentimental reasons—that it was his family's boat. To that, I said nothing...but I have sworn that the next time the subject comes up, I will say: "OK, then fix it up, use it and have new memories—or, take a photograph of it and dump it!"

The truth is, saying that an object has sentimental meaning is usually just an excuse not to deal with getting rid of it. Besides, how many times are these revered objects actually looked at;

most of the time they are simply gathering dust in the garage or in a closet. You might have to get tough on yourself. Meanwhile, I am serious—if a never used object has meaning to you, take a picture of it and save the memories in that manner.

Actually *starting* an organizing project might be the toughest aspect of the job. I know people who have groaned about their messes for years, but are so overwhelmed by the seemingly insurmountable work that they are rendered incapable of doing anything.

Instead of focusing on your entire home, decide what *single* space in your house bothers you the most. What space haunts you in its need for an organizational overhaul? The space could be as small as a single junk drawer in your kitchen or as large as your two-car garage that is filled with several generations' worth of cast-offs.

If the prospect of organizing is akin to a trip to the dentist, start with a small space. If cheap psychological tricks—like rewarding yourself for a job done—work, employ them. Conversely, do not try to organize a space so large that the project could take weeks—forcing you to look at depressing piles of things waiting to be organized or removed. Take that large space and divide it into easily managed projects.

Until you feel confident with the skill of organizing, focus on projects that you can complete in a couple of hours. You will feel good about your work and how the newly-arranged spaces feel, thus giving you a sense of self-assurance that will make your bigger jobs a welcome challenge.

The actual doing is pretty straightforward: keep and organize items that you like or love and that you use. Remove all items that you dislike, are broken and not fixable, items that do not fit and objects that are not used. If this is very difficult to do, have three piles: keep, throw out and undecided.

If there is an overwhelming amount of organizing and removing to do, begin with the most important rooms and go from there. The most important rooms to be clutter-free are your bedroom and the center of your home. Good energy in the bedroom is of vital importance; it is where you spend a great deal of time and get your rest. The center of your home affects the health and vitality of the family. Once these two areas are organized, move on to the rest of the home.

Collections of items should be well organized. Recorded music is a good example of a collection that can become piles of dusty, unused stuff you learn to dread.

Organizing Your Music Collection

- ❖ CD's:
 - CD holders
 - Narrow bookshelves
 - Neatly in drawers
- ❖ Tapes:
 - If you play them, organize as CD's.
 - If you do not want to store them, burn the good ones onto CD's and get rid of the tapes.
- ❖ Records:
 - If you play them, organize.
 - If you still have records for sentimental reasons, consider taking photographs of your favorite ones. Or, make a wall collage out of your favorite jackets.
 - Sell or donate them.
- ❖ Eight-track tapes:
 - Oy.

If you collect coins, stamps, memorabilia and so on, organize your collection. If you have a collection of something that you have lost interest in, consider selling it or giving it away. Ebay® is a great way to sell your collection by auction. Go to *ebay.com* for more information.

Broken, torn and stained items should either be fixed or discarded. Recycle as much of the goods you are removing as possible:

- ❖ Donate goods to places such as Goodwill or Salvation Army, and get a tax deduction.
- ❖ Have a tag sale.
- ❖ Give to a needy friend, neighbor or relative.
- ❖ Recycle clothes—old cotton clothes make great cleaning rags, beautiful fabric can be used for projects such as making a patchwork quilt.
- ❖ If the town permits, take out “trash” items a day or two early, to allow other people to pick up your unwanted objects. When I bought my house, I dumped at the end of the

driveway things that had been stored in the basement by the previous owners for up to forty years. An ancient rusty highchair, old sets of dishes, metal hunks—junk to me. Well, much of that junk was taken!

Clothes that will realistically never fit you again should be removed from your home! Since this usually means clothing that is too small, and keeping these clothes means you wish to return to that size again, this is depressing energy. Besides, by the time you do lose the weight, the clothes will probably be out of style.

The Environmental Impact of Excessive Buying

There is no question that what the captains of industry set out to do—create a society of ardent consumers—was a grand success, and today the world sees Americans as the uber-consumers that we are. The vast array of stuff Americans can buy is truly mind boggling!

Many of the things for sale in America are inexpensive and are of poor quality. Not surprising, products break, rip, fall apart and need to be replaced or fixed on a regular basis. Those smart captains of industry have figured out how to keep us coming back for more! We usually end up replacing, rather than fixing, goods—in part because it is often not cost-effective to fix what can be purchased inexpensively. Unfortunately, most of these cheap goods end up in a landfill. Many of these products contain plastics and other dangerous substances and far from being inert, will remain for hundreds of years, leaching chemicals into the ground, outgassing into the air, and polluting water.

The new products tax the earth and its inhabitants from the extraction phase of the material, to its production and distribution, and even with its disposal. However, much less damage occurs when the product is derived from natural, sustainable sources.

One reason the Industrial Revolution rose so quickly was the discovery of how to produce synthetic chemicals. When the chemical industry shifted from coal-tar to compounds made from super-cheap petroleum the production of cheap goods soared.

Unfortunately, along with this shift and the mass production that resulted, a huge increase in pollution also occurred. With virtually no guidelines, the captains of industry mined and manufactured without regard to the safety of the planet or its inhabitants.

Bedroom

- ❖ It is important to keep your bedroom clean and free of clutter. The significance of a tidy bedroom will be further discussed in Chapter Seven.
- ❖ If dirty clothes must be in the room, keep them in a covered hamper in a closet.
- ❖ There should be nothing but air under your bed! Energy must be able to circulate around the bed—and you—freely. The importance of this cannot be overemphasized. The stuff under your bed emits its own energy, so whatever is under your bed will affect you. For example, if you store old bills beneath your bed, you are sleeping on past finances. You might feel overwhelmed with excessive money issues, or obsessed with the past. Clear the underbelly of the bed and enjoy the benefits of vital life-force energy surrounding you.
- ❖ Closets should be neat and organized. Discard what you have not worn in two or more years. Repair or discard torn clothing and shoes. Try arranging like clothes together; casual shirts, work shirts, casual pants, etc. and discover how easy it is to find everything!
- ❖ Organize dressers, discarding unused or torn items and neatly folding what remains.
- ❖ Store only personal items in the bedroom, if possible. If you must store paperwork, keep it neat and hidden in a closet or drawers.
- ❖ Sort and organize jewelry. Sell or donate what you do not like.

Office

Buy a shredder and get to work!

- ❖ The IRS requires that you keep tax returns and attachments for five years and cancelled checks and documents for three. Shred the rest to prevent identity theft. This chore may take you into your attic, basement or garage. Go for it. If you have mountains of papers, try shredding while doing something relatively mindless, like watching TV.
- ❖ Papers that you need to keep should be organized and neatly filed. Review papers you have and discard what is no longer current.

- ❖ Organize your office supplies:
 - Throw out dried-up and antiquated supplies.
 - Next, determine how you want to organize your office. This is probably the only fun aspect of this job, so make the most of it. Shop online or in stores until you find containers that you like that are functional and well-made.
- ❖ Organize your books (a good opportunity to dust them thoroughly, too) and donate or sell books that you no longer want.
- ❖ Organize magazines and catalogs. If you save magazines, store them neatly. If there are only a couple of articles within each magazine, consider removing and organizing articles in a three-ring binder or file in folders.
- ❖ Purchase a calendar or notebook to organize the events in your life—now you can get rid of loose pieces of paper and stick-it notes.
- ❖ Remove people from your rolodex with whom you no longer have contact—unless you wish to reconnect. This is a good way to distance yourself from people that you no longer wish to have in your life.

Bathroom, Cleaning and Linen Closets

- ❖ Organize makeup, health, cleaning and beauty products and throw out expired or no longer used items.
- ❖ If you wish to throw out some or all of your toxic cleaning products, check to see if your town has a hazardous materials collection day. If not, call and ask them how to dispose of these products. If you must wait for a certain day to dispose of those products, consider boxing them up now and storing them in a safe but out of the way place like your garage. This way, your closets and storage areas will be tidy and eco-friendly now. Don't forget to mark the collection day on your calendar.
- ❖ Organize towels, blankets and sheets. Take the excess and reuse as drop cloths and cleaning rags; or if they are in good condition, donate!

Kitchen

- ❖ Organize and sort utensils, china, flatware and glasses. Remove and sell or donate duplicates or surplus.
- ❖ If you are not happy with your kitchen storage, shop and find some new organizers. Having practical and attractive containers is a powerful motivation to keep things looking nice.
- ❖ Are you efficient when cooking in your kitchen? If not, consider reorganizing to maximize efficiency. For example, keep pots and cooking utensils near the stove; china, flatware and glasses near the dishwasher and/or dining table.

Children's Stuff

- ❖ If your children are too young to make their own decisions, organize and remove broken, unused toys, outgrown clothing and other things for them.
- ❖ Help motivate your children to organize by purchasing fun containers for their belongings and by providing well-designed closets.

Miscellaneous

- ❖ Sort and organize photographs. Get rid of duplicates and bad photographs. Additionally, if there are photographs depicting people or places that connote a negative feeling, destroy them. This is psychically-cleansing and is very powerful. Consider digital cameras for the future. Unless you have someone to give photographs to, do not have duplicates printed, as they are an unnecessary waste of resources and money.
- ❖ Sort and organize recipes.

Garage and Attic

Many Americans have garages to store belongings, not cars. Garages and attics are often the holding zone for things that people don't actually use (or like) but can't get themselves to throw out. Once you have gotten rid of the belongings you no longer want, organize what remains.

- ❖ Take an inventory of what you have and decide how best to store your goods. For example, if you go camping, you probably have a lot of equipment. Store things in containers to keep out mice and other creatures and keep it grouped together. When you are ready to go camping, loading the car is a snap.
- ❖ Put like things—cables, extension cords, phone wire—together in easy to find containers like milk crates and store on shelves.
- ❖ You do not need to spend a fortune on storage equipment for your garage. Try building simple wooden shelves and anchor with inexpensive metal brackets. If you have a need for drawers to hold small tools or other objects, for example, consider a used dresser.

Property

Your property should be as neat and organized as your home. Walk around the land that your home sits on as if for your first time, as we tend not to “see” once we get accustomed to living in a place for awhile. Are there unattractive objects lying about? Do you have dead plants? Are there neglected toys? Have you forgotten to store out-of-season supplies? Remove or neatly store anything that makes your property look unattractive.

The Rewards of a Clean and Organized Home and Workspace

Once you have organized the central living spaces of your home, organize your attic, basement and other storage areas. Be tough...do you really need to keep all that stuff? If you decide to keep rarely used belongings, organize them.

When your home or office is clean and organized, you will feel a difference in the energy of the space. With unwanted objects removed and items attractively and practically organized, new, vital energy will flow unobstructed throughout your home.

If you have always considered yourself an unorganized person, note the difference in yourself once your space is organized. When your desk and office are organized, for example, you immediately become more efficient. No more anxiously searching through random piles of paperwork as a client waits on the phone. You will be calm as you know where your paperwork is and you will be more productive as a result.

When your environment is clean, you will be more energetic, because old energies have literally been cleaned away.

Purging your home of unwanted items and organizing the remainder of your possessions has another benefit as well—you will learn how many things you have accumulated and this will likely result in fewer future purchases. Because it feels so good to purge yourself of unwanted things and because the energy in your environment will feel so much better, you will be turned off by the idea of gluttonous purchasing. End the tyranny of being an uber-consumer! When you do buy, it will be out of necessity or because you truly love an item.

Create a beautiful, non-toxic and natural home; a sanctuary.

Harmonious Environment: Beautify, Detoxify & Energize Your Life,
Your Home & Your Planet

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