

Organizing Café:

October 21, 8-2 PM.
Maintain & Contain your Home Office seminar at the Women's Health Summit. Free admission at 856-262-4101.

The holidays are here! Do you need help with décor? Call us today.

Consider This:

Each American produces about 5 pounds of trash daily, up from less than three pounds in 1960.

Each American effectively occupies 20% more land than he or she did 20 years ago.

The Average American's "ecological footprint"- the amount of land and water needed to support an individual and absorb his or her waste- is 24 acres.

Source: The Globe and Mail, 9-28-06

Forever Yours... Emotional Attachment

I see attachments of every degree, from minimalist dwellings to spaces with only enough of a path to barely pass through. The question is, why do we keep things- sometimes lots of things?

I now own lots of creature comforts, but I've had to abandon all of my worldly possessions twice in my life. This has taught me that things are temporary, can be replaced, and are always being updated. You've heard it before, value people over things and you'll always know the meaning of having enough.

Reality Check

- Do your things bring you joy? Shoulds, coulds, and hypothetical worth are all drains on our energy.
- Honor the things you save. Mold, water, extreme temperatures, and poor care lead to decay. If an item is worth keeping, invest in safe and beautiful storage and enjoy it every day.
- If something is "perfectly useful" but not to you, it can take very little effort to find someone who can use it. After edging around a "perfectly good" but useless dryer in her garage for years, a client rejoiced that a Christian group could redistribute her white elephant to a family in need.
- You CAN save everything IF you have unlimited space. Imelda Marcos could afford to store a queen's supply of shoes; most of us are limited by the size of our containers. Allow only enough stuff to fill your chosen "containers" and then set the rest free.
- Simplify so you can find important stuff in an emergency.

Simple Tip: Think of the process of organizing not as work but as "making room for miracles".

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