

## Decluttering with Mindfulness: Creating a Joyful Life

### Guidelines of the Process for Tidying Clothes

- Before you start spend some time developing a vision of your decluttered home and your purpose or why you are wanting to undertake this tidy journey. I recommend utilising the recorded meditation I have made for this on the IBN website under recorded meditations. Remember your purpose and vision need to be focused on what qualities you are wanting to create not what you are wanting to leave behind.
- Tidy by category beginning with clothes. Within each category follow the order of subcategories, eg, clothes: tops, bottoms etc. The list of categories and order to tidy them is available on the members page resources.
- Gather all that you own within the category into one spot, eg all of your clothes. Make sure you retrieve it all including things stored or hidden out of the way. Get real about how much you actually own.
- **Sort First.** Hold each item and feel for the spark of Joy. Feel for the response when you know you love something. Good to begin with your favourite things that you know you love and use. You can visualize yourself wearing the item, if that helps. You can feel the texture, pattern, colour and hold it near your heart.
- No Joy spark:
  - Ask yourself, “what has this item’s purpose been in my life?” Has this purpose or role been fulfilled? You could also ask what did I hope this item would give me?
  - What is the gift or lesson I have gained from it?
  - Thank the item for the gift, feeling gratitude for its invaluable lesson.
  - Release with Love. You can hug it and say goodbye or whatever feels right to you so long as you have the intent to let it go.
  - Ask the item where it needs to go. This can be very quick and is often quite obvious, still take a moment to tune in to

the item and do this because you can be surprised and it is taking responsibility for completing your relationship.

- Can't Decide.
  - Reinvigorate by hanging in the light and fresh air then recheck for Joy spark later. Keep moving with process don't get stuck in indecision.
  - Are you using it currently? Not could you use it or is it useful. If you are using this item then its purpose hasn't really finished. You can lift the energy of the item from usefulness to Joy by really cherishing and appreciating how it is helping you right now.
  - Still undecided- keep with confidence and make a decision to really cherish item. It may become clear later to let it go or not.
- Be confident to keep all things that have the Joy Spark, even if its role isn't immediately clear.
- Be careful when downgrading to "house or garden clothes". Still must feel great in yourself and at ease when you wear them. Aim for freedom to choose, both to dress up or dress down. Just because you feel like it and its fun, not because you need a special place or occasion.
- Every object has a different role to play. Not all clothes have come to you to be worn threadbare.
- To discard what you no longer want or need is not wasteful nor shameful.
- Releasing what you are not loving or caring for at present gives opportunity to be useful to someone else. This gives space for new things to come in to your life and the whole movement of the flow of abundance is freed up. Not just in physical things but also time, energy, attention, ideas, relationships, roles, money, habits etc. Creative force is liberated into all domains of your life!
- Make sure you sort everything in the category (or subcategory if you have a really enormous amount) before you begin storing. If you have to do this over a few days or week that's ok just try as best you can to do it in one big go (for best results). Better to start

though than use 'not enough time' as a reason to not do it. An average amount of clothes should be able to be sorted in 1-2 days. Just temporarily store until whole category is finished, eg you could hang or fold your tops once sorted and move them around once all clothes are done.

- Put all sentimental items including photos aside to sort as last category.
- **Storage.** "The essence of the storage process is to appreciate the things you own and strive to make your relationship with them as special as possible. The things you have chosen are going to support your joyful life. Create a space where they can truly be at home." (Marie Kondo- Spark Joy)
- Hang what feels right to hang such as cotton or silky shirts, dresses, suits, coats etc. Arrange your wardrobe so that your clothes **rise to the right**. This means hang longer, heavier and darker clothes to the left of space and lighter and shorter to the right. Just use your intuition here so that it pleases you and feels right. Shoes can also rise to the right underneath or if on shelves heavier, darker on the bottom moving to lighter on top shelves.
- Fold what you can, eg t-shirts, jumpers, jeans, shorts etc. Fold into a rectangle and store vertically. Chunky knits will be more rolled and can be stored on their end (like a sushi roll) if that suits your space. Light colours/ fabrics to the front and darker, heavier fabrics to the back.
- Use your hands to smooth and imbue your clothes with Love and appreciation as you fold. Likewise take items that haven't been worn out now and again and lift their vibration by hanging in the window and admiring for the day or outside in the sunshine.
- Treat Bras extra special and make sure your underwear is an expression of how you really want to love, care and respect yourself. Don't allow yourself to neglect these most intimate items.
- Use boxes and box lids to support folded items and keep similar material things together, eg woollen or cotton knits or leather belts and gloves. Divide your storage space into squares or rectangles using boxes, eg inside a drawer or cupboard.

- Across all categories store similar materials together, eg cloth, paper, electrical etc. This is a key to achieving a sense of harmony and order in your space.
- Store bags inside bags.
- Use accessories and other joyful items to make your space special and consider decorating hidden spaces, eg inside cupboard doors.
- When you purchase new items welcome them to their new home ASAP. Remove packaging & labels, wash and fold or hang in their new space.
- Recommend you sit with the new space created and not fill it with new or 'new to you' items. Allow your new sense of self to have time and space to gestate. Your whole sense of style and what attracts you might change as well as body shape.
- Do buy yourself new essentials if required, eg new bras, socks etc.
- Everyone has an Artist's eye. Outer and inner critics have often silenced this aspect of Self. It's time to find her/ him/ them, listen to and create space in your heart for your Self to Be!
- You deserve to look amazing! You deserve to be free to express who you truly are. You are **worthy** of a Joyful Life.