Ten Easy Ways to Bring Clarity and Contentment into Your Home



|  |  |
| --- | --- |
| 1. | Introduce beautiful, round objects and curved edges to encourage a gentle, continuous flow of beneficial energy. That creates a wonderful feel in your space and in your inner world. |
| 2. | Dust is a blockage. Vacuum and dust regularly because it sharpens your resolve and motivation. |
| 3. | Clean your windows. It gives you fresh vision and a kick in your step. |
| 4. | Shield ugly views. They are toxic to positive thinking. You can use fast growing trees or plants in pots to screen out things you don’t want to look at. And of course take down dead trees because they can have a powerful, negative effect on you. |
| 5. | Clean out clutter to make space in your head and heart as well as your cupboards. Start small with just one drawer. Then watch the domino effect take over! |
| 6. | Add touches of beauty to a room. A simple vase of fresh flowers can immediately lift your spirits. |
| 7. | Remove any objects in your surroundings that drain your energy and make you feel dull or sad. |
| 8. | Turn on lamps to guide your way and add joy to a room. |
| 9. | Make your bed. It keeps you focused and organised. |
| 10. | Meditate to free your mind. |