

# Reclaiming Control of your Life Dreams and Visions Thru ORGANIZING

OR

## Finding our Lost Dreams and Visions, Under all of Our Stuff...

By Carolyn Lawson; LMT, NTS – Northstar Organizing

Yes it is surprisingly true, our dreams and all of what is missing in our lives could be hiding underneath all of our stuff. The recent wave of enthusiasm about the benefits of organizing are changing many lives while reducing stress levels and bringing a much needed balance into the mental emotional health of millions!

Winston Churchill said: “ *We shape our dwellings and afterward our dwellings shape us.*”

He may have been very inspired when he made that statement.

Hollywood has been picking up on this fast moving trend. Oprah has had several programs dedicated to the benefits of downsizing your living environments and clearing clutter. Her magazine; Oprah, like most home/lifestyle magazines is full of tips and photos of homes, offices and lives transformed. To match the trend in Hollywood and Magazines, books have been appearing in every category of this life-changing topic. Titles range from *Clutter Control*, *The Zen of Organizing*, *Change your Home – Change your Life and Designing your Happiness*, just to name a few are making their way to millions of homes around the world.

What this exciting news could mean to you is limitless. The connection between mental emotional wellbeing and organizing is becoming more and obvious as time goes on. Do you have dreams that remain lost in your mind? Here is a real way to get hold of your dreams, dust them off and watch as your life and all of your visions take form in your life.

**Here is how it works:** I believe that Albert Einstein stated that for every action there is an equal an opposite reaction. More simply stated; for every cause there is an effect. Most of us would agree we have seen this principle at work in our lives. You can recognize the validity of this theory at both ends of the spectrum of human experiences, either with a deep sense of personal satisfaction or perhaps with regret. Whatever end of the theory you have experienced it is a very real and undeniable truth to our lives.

All we have to do is see the possibilities of applying this principle to our living/working environments. If you have area's of your home/office that have become out of control or have been ignored and you also have area's of your life that are not what you had once dreamed that they could be, this might be the solution for your dreams to come into your life. What if your unrealized dreams are trapped under your clutter?

### **Getting Started: POSITIVE THOUGHTS**

First things first, some mental emotional changes are a must to set things in motion. Most people who have clutter in their environments have learned to look at it as a chore that they would rather not deal with instead of a solution to their problems. Take a new look at the clutter in your environment. See the changes that you are about to make as life changing, energy uplifting and dream activating gifts. You may

choose to consider a few helpful affirmations. Have fun be creative and get your life moving. Here are a few samples. Remember the sky is the limit!

1. As I move my belongings in the right direction, I move my life in the right direction.
2. It is easy for me to clear the path for my dreams to come easily into my life.

***Important Guidelines:***

1. If you have not had a use for an item in your environment for one year. It may be causing a block to your dreams. Consider what it might mean to you if you could let it go.
2. If you have belongings that bring up strong memories, ask your self if they are beneficial to your dreams having a clear path into your life or are they holding you back.
3. If you find that you have lots of items that you are saving for “some day” ask your self if it might be a good time to let them go.
4. Do you save enough sizes of clothing for 5 different sizes of you? It may be wise to be happy with your self now. Lots of people could benefit from your multiple sizes of clothing that will fit them perfectly now. Remember all of the people that you can help.

***Dream Realizing Action Steps:***

***JUST SAY NO TO THE THINGS THAT SLOW YOUR LIFE DOWN!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!***

1. Remove any items that are broken from your environment.
2. Remove any broken or cracked glass or mirrors.
3. Remove any electronic or electric appliances that are broken or do not work.
4. Replace all light bulbs when they no longer work.
5. Old candles, from previous events...out, out, out.
6. Any ripped or stained items must go. Carpets, throw blankets, pillows, curtains, blinds, dishtowels, dog blankets. Go, Go, and Go.
7. Remove all dirt and dust from corners and tabletops.
8. Take a second look at shoes; consider where have you walked in them. Where are you going now?

***Some agreed upon rules:***

1. The one-year rule: If you haven't used it in a year, you most likely never will.
2. Use it or lose it!
3. Keep types of items or like things together.

***Helpful tips:***

For many people, these steps sound easy but performing them can prove to be challenging. For those people it often helps to put the items that you are releasing into a box or bag and save them. Most people discover that they do not miss them and over time make the decision to give them to a charity that can put them to good use now.

***Help at hand:***

If you find that you just can't do it alone or you find that you just can't get started, help is at hand. Carolyn has been specializing in making this experience quick, easy and fun! Consultations with action plans that incorporate and appreciate your life style can get your life moving in the right direction now. One Client who recently had her office organized by Carolyn had an increase of 15 new clients per week! Another who was looking for a meaningful relationship in her life is well on her way to bringing the man of her dreams into her life.

***About Carolyn & Northstar Organizing:***

Carolyn M. Lawson, LMT, NTS (Licensed Massage Therapist, Natural Therapeutic Specialist) is the founder of Northstar Organizing, a business dedicated to guiding people in creating the space they need for the life they want. Many of her clients expressed a need to transform their lives, regain mental clarity and revitalize their perspectives. They shared with her that disorder and mounting unorganized belongings were creating havoc, not only in their ability to function effectively, but also with their level of peace in the world. In fact, many described this problem as the underlying stress that prevents them from experiencing an optimum life.

Carolyn felt so strongly about the connection between living environments and mental emotional balance that creating Northstar Organizing was the next logical step in her life of dedication to her clients and their forward movement in life.

Carolyn's vision is to guide people and their belongings in the right direction to a more organized, productive, simpler, stress reduced and peace filled life.

For more information call Northstar Organizing in Cloudland GA at 505-934-9394

Serving the Chattanooga area and surrounding communities including Atlanta, Knoxville, Birmingham and Albuquerque, New Mexico.

Carolyn will be making many public presentations full of great ideas for transforming your living environments and your life. Look for Northstar Organizing at

PLEASE EMAIL ME YOUR EXPERIENCES OF LIFE TRANSFORMATION THROUGH ORGANIZATING OR ANY QUESTIONS YOU MAY HAVE!

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