

Psychic Debris, Crowded Closets:

The Relationship Between the Stuff in Your Head and What's Under Your Bed

INTRODUCTION

I'm a professional organizer. I help people clear the clutter that surrounds them so that they feel better not only about their spaces but also about their lives. When I started this business, I truly thought I was just going to do garages, closets, drawers, and underneath sinks. As I moved deeper into this work, I began to see the relationship between how people talked about their lives and how they described what was or was not happening with them. I would look around their spaces as I listened to how they were describing what they thought about their things. I heard how people talked about feeling stuck in their lives as I opened their closet doors. Things would literally fall down on me! It was an interesting way to strategically see how people thought about who they are, how they're walking through their day, and indeed, their own relationship with self. I realized that clutter – and de-cluttering – is all about relationships! You have many personal goals and some professional ones. As you start moving through the work of de-cluttering your spaces, you may find yourself tapping into your body, mind and spirit. There is a strong interconnectedness between how people *walk* through their lives, how they *think* about their lives, and what their connection is to the things that surround them. When we're not feeling right with ourselves, when we're feeling as if we're stepping into chaos, every step has a huge impact on how we're going to walk through our day.

Psychic Debris, Crowded Closets is about how the stuff in our head and what's under our bed crowd us and we feel hamstrung by them. So however you define clutter and however you define ways that you're not able to move forward, this book is for you. Let's begin this journey together.