

Organizing Can Provide Calm in a Chaotic World	Vali G. Heist, Author and Certified Professional Organizer®
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I have the opportunity to speak to a variety of groups about how organizing makes a real difference in the lives of those who embrace it. Two of my recent talks were to breast cancer survivors and to women participating in a wellness weekend. These women have one thing in common: they are searching for calm in a busy and sometimes chaotic world. My goal for these talks is to encourage women to believe that organizing, uncluttering and simplifying their lives can be an important part of their journey to wellness and living their best life.

First, organizing can take you on a spiritual journey because organizing:

- ...brings order and balance to the chaos of life. Change is inevitable and it can be good and bad; organizing honors the organic flow of life.
- ...honors the sacred importance of our daily lives: every moment, every detail of our lives is precious and shouldn't be wasted.
- ...honors the sacredness of the spaces in which we live; they are containers of our lives.
- ...honors ourselves when we respect our time and get organized.



The word Chi means an unobstructed movement of cosmic energy. If your home is full of clutter, this Chi or energy cannot flow freely in your home. Our homes should be a sanctuary from the outside world and make us feel welcome, not stressed. Did you ever think about how much time it takes to organize and take care of your stuff? Every purchase you bring through the front door has strings attached and demands attention. And when you spend so much time taking care of your stuff, there's no time for you.

Second, the benefits of organizing can contribute to our well-being and to our lives in a number of ways:

- Organizing saves time. Uncluttering simplifies life; you don't waste time looking for things and when you go to find something, it's there because everything has a "home".
- Organizing saves money. When you take stock of what you have or make a list of what you need, you save money. Have you ever bought something twice because you couldn't find it or bought something and realized you already had it?
- Organizing improves health. Having a lot of clutter can be stressful; it's overwhelming and it's a magnet for dust.
- Organizing improves relationships. When everything has a home, you won't be arguing with your mate about where the keys are and family and neighbors can stop by unannounced because there's no need to hide the clutter!
- Organizing improves the quality of life. Having just enough of the right things is a privilege rather than a compromise and when you remove the clutter or CRAP (Clutter that Robs Anyone of Pleasure), the Chi can flow freely and you have time to go forward and make new plans.

Finally, Carol Cool is a freelance writer and speaker from the Lancaster, Pennsylvania area and she encourages businesses, groups, and church audiences to discover who they were created to be and to find balance amidst the order and chaos by living an authentic life. She's happiest when audiences are laughing, thinking, and walking away with a renewed hope for life. If your organization needs a speaker, contact Carol at carol@carolcool.com and find her speaking topics on her website at www.carolcool.com.

The bottom line is that the power of organizing allows you to be the creative, intelligent, and wonderful person you want to be!