

clear the clouds
& Let the
Sunshine In

A STEP BY STEP GUIDE.
HOW TO DE-CLUTTER YOUR LIFE, INSIDE & OUT.
TO LIVE A LIFE OF FREEDOM & EASE.

BY KAREN HOUSTON

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Now you too, can live a life without clutter!

This book is dedicated to all the clutter addicts in the world, of which there are many.

This is your step by step guide to a life of simplicity and ease.

You can:

- Have your professional organizer in your home or office whenever you need it.
- Enhance your awareness, to assist you in having responsibility and accountability for the decisions you are making in your everyday life.

Introduction

We are all born with nothing, and we all leave with nothing.

Mankind thrives on stress, chaos and confusion and this gives us a life of doing and not being.

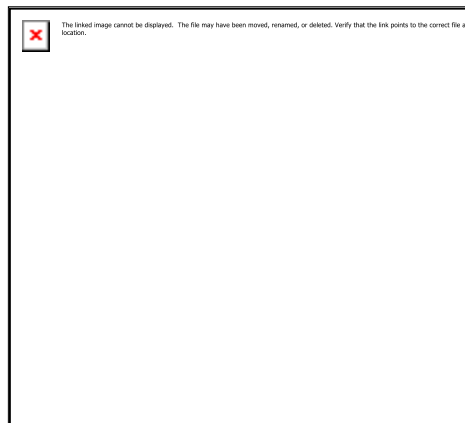
So.....

“Clear the clouds and let the sunshine in”, has been written as a step by step guide to help you to live a life of simplicity and ease.

To give you an introduction to ... how to be...

“Your Beautiful Rainbow.”

Are YOU ready to take the challenge and transform your life forever?



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What I am committed to!

I love supporting, helping, talking to, inspiring and transforming people's lives. I see people every day crying out for help, for answers to the chaos and confusion in their lives.

We live in a world of confusion – we are bombarded by what is good for us, what is bad for us, do this, do that - many people spend their days doing what they think they have to do, being who they think they are meant to be and are not getting a chance to just be.

We are surrounded by disease, crime, suicide, obesity, smoking, drinking, drugs and all that is happening, is society is putting band aids on the never-ending problems.

Life has become endless days of stress, looking good and trying to get there.

People are surrounded by clutter – physical, psychological and emotional – that clutter is their false sense of security, it is baggage, it keeps them from facing reality – it holds them back from being who they are. It stops them from living a life of purpose and fulfilment.

Physical clutter can be body fat – they don't feel loved or valued so they put up a barrier and make themselves look unattractive to society and create a false sense of security.

Physical clutter can also be material items – people have a sense of lack – or a fear of not having so they overindulge in items they do not need.

The physical clutter feeds the psychological and emotional clutter and so the cycle continues.

People indulge in buying big houses, buying flash cars, gambling, drinking, fighting, driving at speed, taking drugs – because they are confused and do not know how to find or what is their life purpose or how to fulfil and love themselves for who they are.

My commitment is to give people access to the package of life.

To remove all the chaos, confusion and clutter from within, to allow people to live a life of simplicity and peace.

To help them understand they are perfect as they are, there is no good, no bad and they can just be.

I have spent the past number of years organizing people's clutter which I love – I love organizing mess – but as much as people love me to come and help them and love my energy – I am only touching the surface of the problem and I want to find a way to de-clutter people from the inside, out.

Happy Organizing!

Karen

Chapter 1

I believe life can be simple and easy.

I believe that we can live a life of peace and happiness and that we can be free of complication and confusion.

I also believe that to allow life to flow easily and effectively, the foundations have to be right – there has to be order and organization around you to let you live your life with purpose and vision.

Everything must grow from a seed and for everything to grow well and healthily, the environment and foundations have to support and nurture every step of the way.

I ask you, how can your life stand up and grow effectively, if the environment around you is falling apart?

When you are building a house the foundation and the structure must be solid and stand firm, otherwise the house will fall down.

It is the same philosophy with life!

Hi Everyone

I am Karen Houston of Karen Inspired. I was born organized and am a born organizer, in many aspects of life. I am very practical and logical in everything I do and have lived in a methodical, organized way since I was born.

As a result, my living and working environment is simple and flows together – thus freeing up my energy and coping mechanisms to deal more easily with everyday life.

When I was a little girl, I used to dream about organizing the world and wondered why others could not be tidy like me. I have spent my life organizing and tidying up my friends and family, often driving them and myself mad in the process. “Tidy Annie” as I was fondly called by my work colleagues, began my clutter-clearing career at the early age of two. I clearly leave my mark wherever I go.

My motto – everything has a home!

Being able to walk in and out of an organised and orderly environment at any time of the day or night has a subconscious effect on your mindset, thus giving logic and organization within you.

This helps to eliminate chaos and confusion within your mind, allowing you to have clarity and focus.

Clear the Clouds & Let the Sunshine In

Organizing is not just about tidying up the physical clutter It is also all about addressing the emotional and psychological issues the confusion and the chaos. Over the years, I have helped many a disorganized person in many ways, and I want to help you to live a simple, easy life without all that "stuff" so that you too can be free in everything you do.

Instead of doing what you think you should be doing....and not knowing who you really are. You can just be.

Life should be simple - we come with nothing; we leave with nothing - we just have all that "stuff" that happens in between times.

Wouldn't it be great to create a world of simplicity, contentment and happiness?

A life without "Clutter"!

Organizing is simple – it is as easy as ABC, 123.

It is a process. It is a commitment. It does take time. It also brings up different emotions.....

But it is worth it - the results are instant and life changing.

As a professional organizer, I am your support and confidante. I am the person who can help you work through your clutter without criticism or judgement. I am here to help you.

This is all about you – living and working in an organized, clutter free environment.