



SPRING CLEANING

THE SOUL

BY JENNIFER THOMPSON

Known as the season of renewal and rebirth, Spring is an all-hoorn along with the tulips. The time-honored tradition of Spring Cleaning, is well underway, just as we wash windows and reorganize cupboards,

and drawers, we should consider taking it one step further and give equal billing to the cobwebs in our head as well as those in our home, as a means of de-cluttering inside and out.

DE-CLUTTER THE MIND

"It's important to de-clutter our mind like we do our home," says Alex Gellman, a Toronto-based Doctor of Homeopathy and Life Coach. "It allows us to get rid of all the stuff—negative thoughts or useless information—that sort of any benefit. If we think of it in terms of being an empty vessel, then our mind is open to new experiences." The flip side is a cluttered and confused state which has tremendous implications on our ability to

function at our highest potential. Gellman also says that because so much is happening around us, sometimes we just need to be reflective and, in order to do that, we need to prioritize what we hold on to. "Worrying about what we can't control is a fairly useless past time that many of us get caught up in, so mindfulness is key." Simply put, this means being aware of when you are thinking and seeing, and stopping negative thoughts in their tracks. This is, essentially, learning to "let it go."

MENTAL 'TO-DO' LIST

Managing the ongoing mental "to-do" list is also key to clarity. Gellman recommends writing it all down, as it allows you to clarify what is important, physically see all of the things you need to do and then delegate. Endeavour to prioritize your "to-do" list and systematically tackle each task from there. Remember to check off each task once it has been completed. This positive reinforcement will do wonders for your sense of accomplishment and will function to keep you motivated and feeling good about your progress. And, what about those random thoughts in the middle of the night? Keep a little notebook and pen at your bedside and write it down. This will allow you to get it down on paper to address in the morning and, in the mean time, go back to sleep with ease.

THE DE-CLUTTER BOOK

Investing in an appointment book is also an excellent way to de-clutter and keep your priorities in the forefront, as long as it is accessible and clear. Keep it with you and be mindful of the commitments in it. "Once it's in there," says Gellman, "you don't have to worry about it and remember to consult it daily to determine what is on your plate." If you have omitted one hour a day to returning phone calls, stick to it and tick it off once completed. There's that positive reinforcement again and it will help you remain on track, as people will likely try to take five or ten minutes of your time here and there. Let them know that you are unavailable for the next 60 minutes, and have them reschedule with you. Being respectful of your time and priorities will help you pay attention and focus on what is really important.



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"It's important to de-clutter our mind like we do our home," says Alex Gellman, a Toronto-based Doctor of Homeopathy and Life Coach. "It allows us to get rid of all the stuff – negative thoughts or useless information – that isn't of any benefit. If we think of it in terms of being an empty vessel, then our mind is open to new experiences." The flip-side is a cluttered and confused state which has tremendous implications on our ability to

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MAY 2007 B MAGAZINE | 57

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