

# Five cleaning habits that will change your life

*How to ensure you live an organised, stress-free life*

**I**MAGINE COMING HOME after a long day at work and all you want is to relax but the TV remote control is nowhere to be found. An evening, after the kids have fallen asleep, to have a relaxing shower and read a book, except, you cannot find your book and the bathroom has scattered piles of dirty laundry. We spend one year of our lives looking for lost items, according to The National Association of Professional Organisers. Surely, a waste of time.

Living in a not-so-organised home is not only unpleasant but isn't conducive to relaxation or peace of mind. In order to overcome the clutter, old habits must be replaced with new ones. [www.Helping.ae](http://www.Helping.ae), the global platform for booking cleaning services online, pinpoints the main habits to ensure a mess-free, stress-free life.

**1 Everything goes back to where it belongs:** Whether it's shoes, clothes, books or dishes, placing items back in their original place ensures avoiding pile ups and bundles of clutter to deal with.

**2 Box it!:** Placing items in boxes or trays keeps everything tidy and compartmented. A special tray for all the remote controls means less frustration since you know where the remote control will always be. This method can be adapted to most items, from jewellery to shoes and even kitchen gear.

**3 Live a paper-free life:** Paper piles up and is unpleasant to deal with. It can easily end

up as a mountain of mess in a corner. Since almost everything is available online, from menus to mail, there is no need for stacks of paper anymore. Contribute to the environment by living a paper-free life. Use cloud storage such as Drive or Dropbox for easy access to all your information and even photos.

**4 Be a minimalist:** Adapting a minimalist lifestyle not only offers you space but clarity as well. Minimalism is a way to escape the excesses of the world around us, the excess of clutter and having too much. Minimalism simplifies your life and offers you more room and mental space.

**5 Regular dusting:** One of the main habits to sustain a clean home everyday is to dust and vacuum regularly. Ensure you have a spotless house on regular basis by booking a cleaning service if you can't manage it on your own.



## ALIGN YOUR LIFE

### *Feng Shui in the Middle East*

**T**he most common question I get asked is, "Is Feng Shui a type of magic?" The common misconception is that Feng Shui meddles with religious practices and harms in a negative way.

Here in the Middle East the awareness about the practice is limited and hence people form strange opinions about this ancient Chinese metaphysical science.

Feng Shui is the Chinese science of energy management that helps in harnessing the good energy and deflecting the stagnant energy within your immediate environment. It has been in practice for thousands of years in Asia and is now gaining wide popularity here in the Middle East.

However my Arab clients still have concerns in regards to the use of strange looking items sold online by so-called Feng Shui experts. These items besides looking funny are sometimes downright irrelevant. And yet thousands buy them in a bid to improve their health, wealth and happiness.

So can we use these items when designing homes in the Middle East? And if we can't, then what is the solution?

First and foremost the Flying Star School of Feng Shui is mainly focused on energy management and does not recommend use of items. The Chinese use things like golden frog, green dragon, red lanterns etc. as they have cultural significance for these items. But such statues have little or no meaning to people living here. Therefore if you are planning to implement Feng Shui, rest assured that purchasing such expensive items will definitely not change your luck.

However what will turn you life around is the orientation of your home, your sleeping and working direction, identifying the pool of good energy in your surrounding with the help of Feng Shui calculations and then enhancing it for life changing results.

Things like water feature, aquarium, bamboo plants and sometimes metal wind chimes are used as symbolic items to improve or reduce a energy flow.

But these items are not connected to any religion or superstition. They simply represent elements such as wood, water or metal.

Before you buy a good luck charm in an expensive Feng Shui shop, first figure out the significance and how it will improve the energy within your home. Hiring a certified Feng Shui consultant is highly recommended if you do wish to implement Feng Shui the correct way.

Everything else is purely a marketing gimmick.

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