

# Re-Arranging Your Furniture

**By Anny Slegten**  
**Reiki Master/Teacher**  
**Master Remote Viewer**  
**Master Hypnotist/Clinical Hypnotherapist.**

Have you experienced re-arranging your furniture lately? If not, imagine the scenario: You decided to repaint your house inside, and while you are at it, you might as well change the carpets too, and replace that old window with a larger one, and so on.

One room at the time, right? First thing you know, the whole place is upside down, and so are you. As things are sorted out, old things you did not remember are coming out of drawers and closets. It is incredible what a person accumulates over the years for “in case you need it later”. Ten years later (or more), you still have that blouse for “in care” it is back in fashion. It still fits, and is totally outdated. In spite of that, you are still not so sure you will part with it.

One gets very attached to all this “stuff”, and it is much easier to sort out someone else’s “stuff”. That reminds me of a neighbour of mine who had cleaned out the basement. Her husband came home from work before the garbage truck came by. He opened the boxes, saw all his treasures, and dragged everything back into the house....

Now, after the initial sorting out, and choosing the new paint and floor covering starts the real fun: moving within the house. Drapes are down, pictures removed, furniture moved, and boxes everywhere. First thing you know, the whole house is totally disoriented, and the whole family starts to feel cranky.

There comes a time when you begin to feel as though this renovation business was not such a good idea after all, boxes all over, etc. That is when keeping in mind the vision of the end result comes to the rescue. After all, that vision is what started this in the first place. It was your vision, your decision.

Our response to change is very similar, whether a new job, a new family situation, or “putting our house in order”. When starting on the path of self discovery, it is important to keep in mind who’s idea it was in the first place. It must be yours, and yours only. Although sorting out the old can be full of surprises, remember there is a funny side to it too! Re-arranging your furniture can be very pleasant, especially if you found the right piece to compliment the ones you have now. On the other hand, some old furniture had to be discarded to make room for the new.

By taking a course or going for counseling, making room for a new understanding of what life is all about is like opening all the windows of a house that has been boarded up, letting in light and fresh air. At first you may feel very uncomfortable as you open up your house; ask a person you trust to help you. After all, you really don’t know what to expect. As you proceed to evaluate the situation, you feel more and more comfortable, and more able to decide what you want to do.

By contemplating your life up to now, deciding what to keep, what to update and what to throw out is very much the same as going through your closets, seeing what is useful to you now, what has to be taken to the tailor for alterations, and what is useless and needs to be thrown out. “Putting your house in order” can be compared to undertaking renovations while living in the house. There is a re-adjustment to be made, not only by you, but also by all the people living in the house.

Assessing your efforts, time and cost, consider that good quality is an important factor, so that whatever has been done will withstand living in the house very comfortably. You can do some things yourself, other task require professional help.

Whether “your house” or the place you call home, any improvement requires patience, a commitment to the project, knowing when you can do it yourself, admitting when good professional help is required, and most of all keeping the end result, your goal in mind: Like a beacon, it will lead you to your vision. Yes, the journey can be as exciting as reaching the destination. The decision is yours.

*Anny is a Clinical Hypnotherapist in private practice since 1984. For information on the services and training she offers in this fascinating field, visit [www.success-and-more.com](http://www.success-and-more.com)*

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