

P2AB ***OBSERVER***

*Decluttering Your Emotional
Life
Spiritual Decluttering and
Health
Decluttering Your Business*

August 2020



P2AB

Decluttering Your Emotional Life

Leslie Tomblison-Rewald

School is about to start, whether we are ready for it or not. This school year will bring so many challenges that we have never seen before, right down to feeling like returning could possibly be a life or death decision. Amid getting ready (and planning for a virtual experience just in case...), we also have life to contend with. Do you ever feel so overwhelmed that even dust makes you angry? Lol! Seriously though, when we feel those small things weighing us down, we need to look at the bigger picture. For me, I need to look at the not so obvious stuff, not the deadlines or the bills, but the state of my emotional self. When I say we need to declutter our emotional life, I am talking about learning to say no, recognizing and weeding out the oppressive people in our lives, and choose people who bring out the best in us and love us for our unique selves. Embrace who you are and be proud no matter what is in your past. We are a new creation every day. How cool is that? There is a wonderful legend about an old Cherokee grandfather teaching his grandson about choices, and it involves two wolves:

*"A fight is going on inside me,"
he said
to the boy.*

*"It is a terrible fight and it is
between two wolves. One is
evil - he is anger, envy, sorrow,
regret, greed, arrogance, self-
pity, guilt, resentment, inferi-
ority, lies, false pride, superi-*



*ority, and ego." He continued,
"The other is good - he is joy,
peace, love, hope, serenity, hu-
mility, kindness, benevolence,
empathy, generosity, truth,
compassion, and faith. The
same fight is going on inside
you - and inside every other
person too."*

*The grandson thought about it
for a minute and then asked
his grandfather, "Which wolf
will win?"*

*The old Cherokee simply re-
plied, "The one you feed."*

<https://www.oneyoufeed.net/about-the-parable/>

So what does that mean for you and me? It means we need to take a close look at the choices we are making, the people we are allowing into the sacred space of our heart and mind. We need to watch the words we are saying to ourselves and the attitudes we are carrying into each day. Here is an exercise for you: Find a picture of yourself as a small child. The next time you are going to say something condescending to yourself, look at that picture. Would you speak to a young child that way? I hope not. So

why speak to yourself that way? We all have an inner child that needs healing and to be loved. Treat yourself with kindness, go easy on you. Face challenges with a sense of hope and team up with people who champion for you, who are willing to bring chocolate and a hot cup of tea by just to check in and say, hey. And get a dog, or for a real challenge, get a cat 😊

We are doing a series of articles, activities, and a podcast on various aspects of decluttering. Please join us all month for some fun and maybe even some insight to living a less cluttered life.



Spiritual Decluttering and Health

At Peace 2 All Beings we focus on the importance of wellness from the standpoint of mind, body, and spirit. What is spiritual wellness? It is being connected to a power greater than ourselves. From this we get our morals and beliefs the values that guide us through life. Spiritual wellness is something we need to work for the rest of our lives, it is not an afterthought. Yet, I find from working with people that so often this aspect of our being is overlooked. “I will think about that when I am older.” Or “I just don’t have the time to focus on this right now, I have schoolwork to do.” Time marches

on and this aspect of us becomes critically important, especially as we age. Sometimes life forces us to realize the importance of our spiritual lives for instance when something bad happens to us or a loved one. We see its importance when major life events happen like becoming a parent. You might be asking what can I do to become more spiritually fit? Well first realize that it is not something to be taken lightly also it is a discipline much like physical exercise. Just like some of the things you learned about decluttering your emotional life, you will find commonalities in this area as well. Our spiritual self contains answers to the deeper questions of life like, “who am I?” “Why am I here?” “Where am I headed?” To begin to declutter your spiritual self; open your mind to the possibility that there is something or someone more powerful than yourself. Think about your purpose on this earth. I find that these answers are best worked through with someone who is willing to listen with a non-judgmental attitude. Do not be shocked at how hard it will be to be so open with another person about these very deep questions, After all they are the core questions of life for all of us. Next, take time alone; preferably in nature to hear your heart and soul, listen for the voice of your higher power. We live in such a noisy, cluttered world not just on the outside but mostly from within our own self, step away into the woods often for short and even extended periods of time. Take time to travel. I know with Covid-19 lurking we are leery of traveling, but we can travel by car, take a scenic route, we can camp, or picnic in a beautiful park. Read spiritually based books written by trusted authors (we will be offering suggestions for these books throughout the month so keep coming back). Finally, at least for this short segment, only allow positive thinking and people to enter your life and mind. I am not suggesting that we deny reality and disregard anything negative, I am suggesting that you filter out the nega-

tive, reframe your thinking to see the challenge and not the defeat. The Bible teaches us in Philippians 4:8-10: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you.

No two people are alike in their spiritual life, find your unique walk and deepen it every day.

*Peace
Leslie*



Decluttering Business

How do you organize your life? For many, it's pretty simple—you have a routine. Every day is pretty much the same. Maybe you wake up, get a shower, eat breakfast, go to work, come home, eat dinner, do some chores, watch a little TV or read a book and go to bed. The next day, you repeat the process. For others it's a tangled maze of multiple changes that will almost make you pull your hair out. Let's talk about three things that may help untangle some of this maze—at least in the IT (Information Technology) world: Deleting, Organizing and not procrastinating.

<https://youtu.be/NgM7yFXgDLk>

I am a business owner of an IT Company. My day is full of schedules that continuously change. Any amount of clutter will usually put me into panic mode early in the day. A customer could change his appointment, my email could be overflowing with SPAM, junk mail or solicitations, there could be notes on my desk and screen that have not been filed, there could be orders that haven't arrived yet, and worst of all, there could be jobs that haven't been invoiced and customers that haven't paid. These are the things

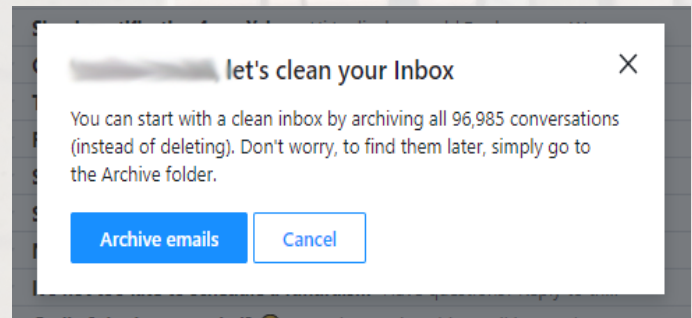
that need my attention—yet, I procrastinate.

If we listened to Benjamin Franklin’s suggestion, “Don’t put off until tomorrow what you can do today” we would be in pretty good shape. But it’s easier for us to listen to Mark Twain’s, “Never put off till tomorrow what you can do the day after tomorrow” and we find ourselves struggling.

Many of my customers have way too many emails in their Inbox. I have customers with more than 10,000 emails and they have given up on cleaning them up because it’s just too time-consuming. If I get more than 2000 I start feeling anxious and depressed and again just put it off another week. Here are some tips for cleaning them up.

- Sort your emails by date. Chances are, if you haven’t looked at those emails for the past year, you’re not going to need them. So, select anything older than one year and delete them. You may need to select a few months at a time to delete so you won’t exhaust your PC.
- If you have emails you need to save, create an archive and put those emails in that archive. Maybe you need more than one archive—remember you can create folders under an archive too. I have archives for the year, then I have created customer folders under those yearly archives to hold email messages that I need to keep.
- If you get lots of SPAM in your SPAM or Junk folders, contact your email host to see if there’s a way to reduce that. If you do, you run the risk of missing some emails, so you might want to talk to your provider about whitelisting as well.

Now let’s talk about folder hierarchy. On a typical PC, the files you save go to the “Documents” folder. Under that folder you can create sub-folders and under those folders



you can create more sub-folders. After a while you may have more folders than files and it’s hard to remember where you saved things, making them terribly difficult to retrieve.

A good way to go about creating folder hierarchies is to start with broad categories and go to more specific categories. It’s really just like a filing cabinet—Your main folders are the drawers, more specific folders are file hangers. More specific folders are in file folders and the files are contained in those folders. In computer lingo this is called a path. So, the drive would be the cabinet (Let’s say drive C:). The drawer would be the folder (let’s say Documents). The folder hanger would be the first folder (let’s say Legal) and the file you want to save in that folder could be named Attorney_Meeting.doc. So the entire path would be:

C:\Documents\Legal\Attorney_Meeting.doc

Now when you’re looking for that document, it’s much easier to find if it’s in a logical place with a logical name. So much easier than just browsing through hundreds of files and folders guessing where it may be.

Here’s a tip that may help with folder hierarchies:

- Keep the names of folders, subfolders and filenames small. Currently you can only have 255 characters in a path. That may seem like a lot, but it can add up quickly.

Finally, why is it so hard to get these things done. Well, it takes time, and time is a valu-

able commodity. It just doesn't seem that we ever have enough time to get it all done. However, if we will stop procrastinating and just do it, we will find that we find peace and more enjoyment in going throughout our day with less interruption and anxiety.

Hebrews 12:11 tells us this:

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." – NIV

We need to stop procrastinating and discipline ourselves to achieve the task. So, don't put off invoicing, placing orders, making those phone calls and filing away important documents. Make time to get it all done and you will find that what caused you so much unrest is now something you are actually proud to have accomplished

Peace to you,

Ken



Don't forget that in keeping with our focus on decluttering we have a podcast coming up on August 10th with Jessica Ocasio from Appealing Touch cleaning services to give us some insight into not only Covid-19 deep cleaning, but also to talk to us about decluttering the spaces where we work and live. Please join us.

Our Vision

The Vision is quite simple--

Peace 2 All Beings is dedicated to assisting you on a journey toward a transformation of your unique mind, body, and spirit.

Peace 2 All Beings

19046 Bruce B Downs Blvd

PMB 112

Tampa, FL 33647

Phone: 727-470-8533

Email: P2AB@Peace2AllBeings.com

Web: <https://peace2allbeings.com>





15 minutes prep time
20 minutes cook time
About 50 cal per serving



Ingredients:

4 small baby peppers (yellow and orange make for a more colorful dish)
1 medium green pepper
1 medium sweet onion
3 cloves of garlic
2 - 14.5oz cans of tomatoes (1 stewed and the other your preference)
2 small zucchinis
2 small yellow squash
5 celery stalks
Extra virgin olive oil
Oregano, salt and pepper to taste

SLUMGULLION

FROM THE KITCHEN OF: Peace 2 All Beings

Directions:

Cut up the vegetables into adult bite sized pieces.

Sautee the onions in extra virgin olive oil until they are opaque toward turning brown. Add the garlic and celery and let them cook together for a few minutes. Add the canned tomatoes including the juice and the other veggies. Cover and simmer until the vegetables are the texture of your liking (I like them al dente).

This recipe can also be made in an Instant pot or crock pot, but it is so quick to make I do it in a pan on the stove.

Slumgullion

The history of Slumgullion is simply not appetizing. It has been referred to as anything from refuse to blubber. For me, it reminds me of a less put-together ratatouille. It is somewhat of a cluttered dish in that you can put just about anything into it. Slumgullion was introduced to me as a child, I remembered the taste very well. I had not thought of this dish for a good part of my adult life, then one day while trying to plan a unique vegetarian dish I remembered a dish my mother called, "Slumgullion." As I was scanning my memory, I was sure that this must have been all in my imagination (the name that is) or she was just pulling my leg much like she did when we asked what was for dinner and she replied; "Feenuts and Phonuts and air pudding with wind sauce for dessert." But one day (after getting the right spelling, thank you spell check) I found it!!! I heard the heavenly music and my heart leapt. I am going to share my mother's recipe for Slumgullion as I remember it.

Enjoy

Slumgullion tastes even better the next day 😊

Tonight, I added a side dish of cheesy grits. And for dessert; vanilla ice cream with blackberries.

Some nice additions to making slumgullion might be:

- Dollops of ricotta cheese
- Adding a favorite vegetarian sausage (a favorite of mine is Field Roast)
- Pour into a semi-hollowed well baked with crispy skin potato

*I contacted a friend of mine, a wonderful wine connoisseur, and she told me this kind of a dish would pair nicely with a white: off dry Riesling. A Rose sparkling or a Red: Cabernet Franc

*Emily Condon is my wine connoisseur friend and she will be doing a podcast with us next month. She works for Wine Shop At Home.

WineShop
At HOME®