

LIFE / HEALTH & FITNESS / FITNESS & EXERCISE

# Behind the Clutter: Truth. Love. Meaning. Purpose

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*June Saruwatari*

Having a healthy [lifestyle](#) also means having a healthy mind. Author June Saruwatari tackles the issue of getting organized in her new book **Behind the Clutter: Truth. Love. Meaning. Purpose**. Saruwatari takes a unique approach that looks deep inside your psyche and challenges you to face the real reason why you're cluttered. Physical clutter is often the aftermath of something deeper—the internal emotional clutter that seeps through all aspects of your life—your job, relationships, money and more! Her book teaches you how to address your internal mind/emotional clutter and fix it first. As a result these life long tools could help you achieve a healthy mind and body! Continue reading to learn more about June and her new book.

**NYFE: Why do you think it's so hard for many people to get organized?**

JS: There are three reasons why people may find it hard to get organized: They don't have the "organizing DNA" and see the world in a certain way – as I did! For example, those with the "organizing DNA" wouldn't be able to understand why I might place my keys in a different compartment of my purse every single time and/or throw it in there. Once I realized that I lost valuable time and got stressed out doing this and searching for my keys – every single day (!!!), I realized that taking those extra seconds to create that "home" in my purse and/or to create a better system for my keys would yield beneficial positive outcomes; and I started practicing creation of systems in every area of my life. It's all about making conscious choices based on what you learn. This is what I teach people and have learned myself. To me, having less stress, more peace and happy moments in my life is so worth taking that extra bit of time to create successful organizing systems.

-Some persons were never taught "organizing 101" principles. For instance, things were done for me by my super organized mother so I never had to learn. Once you learn the basics such as creating homes with clear boundaries for your stuff, you'll start doing it with everything and it becomes fun. For instance, taking that same example of the keys, you can create a home for your keys in your purse or briefcase so it's there for you every single time you reach for it. Think about this as a metaphor for your life. If you moved "homes" every single day, you wouldn't know where you lived and/or it would take you longer to find your "home", right? So wouldn't you want to create a home you could rely upon where you can relax and have fun?!?!

-Some persons do not have the passion to want to get organized because they do not see the benefits of being organized. I didn't see the benefits until I was on my own and I realized that getting organized and staying organized was the key to productivity, success, my **health** and wellbeing in the world! I felt happier, more successful, more productive, more confident, and more energized having stuff in its proper homes and paths! How can someone detect what is the root of their physical clutter

**NYFE: How can someone detect what is the root of their physical clutter?**

JS: I love how you used the word "detect"! Yes, yes, yes! Detect means that you must become a detective with your clutter and solve the mystery of why you accumulated the clutter in the first place. Once you find out what that reason is, you will find it easier to let go of the clutter in your life. I firmly believe that anybody can find out what is the root cause of his/her physical clutter if he/she is willing to dig deep within for the answers. It begins with asking yourself the simplest of questions and answering very honestly and simply. For example: Why do you have it? Why did you purchase it? Why are you still holding onto it? Why is it difficult to let go of it?

Keep on asking yourself these questions and going deeper with the truth of the WHY it exists in your life, and you'll soon know what the honest answer is to the existence of the different forms of clutter.

### **NYFE: When is it time to let go of some products?**

JS: There are expiration dates on many products, and I know a lot of people think that companies are trying to get you to buy more products, etc. Honestly, for me, I believe the expiration date when I see it and I strictly adhere to the product expiration dates on packages. It makes life that much simpler. I actually love doing this with food items, since the positive outcome with that is: I won't get sick eating rotten food!

With products that don't have an expiration date, you must check in with your intuition and ask yourself, "Does this product contain positive life force for me still? Does this product truthfully still serve a purpose in my life? Do I truthfully love this product still?" You can assign your own "expiration date" to any product when you do this, and no one needs to tell you if something has outlived its truth, love, meaning and purpose in your life – because you will just know inside.

### **NYFE: How do you think traditionalists will respond to your non-traditional how-to book? Do you think readers will discover new things about themselves?**

Ha! I had to look up the word traditionalist – and it is defined as "adherence to tradition as authority." I'm not opposed to authority; yet, I do know that sometimes I think it's detrimental to rely upon and stick to the "it's always been done that way, so why change it?" philosophy. My passion is to help people to arrive at a solution that honors their unique purpose in the world and how they see the world. This might require a shift in their perspective about the most important stuff in their life. So I would say, yes, perhaps readers might discover something new about themselves. Or perhaps that "new thing" might be the masterpiece of who they are that was just buried underneath the clutter.

The book is all about discovering the magnificent person you were born to be and the amazing life you were born to live, without all this stuff that is holding you back from living a life that you love. The stuff in your life should merely be an extension of you. Using the simple prescription of "Truth.Love.Meaning.Purpose.", anybody could let go of the clutter, both inside and out, that is no longer serving their highest good and it is truly possible to lead a life you absolutely love, love, love!!!

For more information visit: <http://www.amazon.com/Behind-Clutter-Truth-Love-Meaning-Purpose-June-Saruwatari/dp/1614486182>

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## **Nadia Murdock**

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