

## Nuggets For Life®



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Nuggets For Life ~ Less is always More!

It's officially spring! The daffodils are in full bloom! Long willowy branches of beautiful pale pink flowering bushes lean lazily over the driveway. Just a couple of long stemmed branches placed in tall sturdy vases around the home fills the air with an intoxicating scent of spring. We are wearing less clothing now. Gone are the coats, hats, gloves, boots and heavy scarves. Hopefully you are eating less food because if you are indeed listening to your body, it's craving the greens and fruits of this season. There is less need for heat in our homes and more desire to get outside!

This week's nuggets for life are to practice the natural laws of living with less. If you look around at nature, only what is necessary exists. Nothing more. Less stuff equals less stress. Less stuff equals more life! Start with keeping less in your fridge. Rather than overstocking where you can't see everything that's there, place lovely bowls of fresh fruit, veggies and favorite cheeses in plain sight and be able to see the back of the fridge on every shelf when you open the door. Quickly and without thought, open your closet and pull out items that don't immediately speak to you. Put them neatly aside for storage; call a consignment shop and make an appointment, or go to goodwill with them. You'll feel great and be creating space for other parts of yourself to grow and flourish! Feel the freedom that a tidy home creates, and let go of any and all piles. Go one room at a time for the next 7 days, and simply find a place for everything; put everything in a place, or get rid of it. Ahh.. spring's silent invitation to release, rejuvenate, regenerate and restore! Less is more ... or less...

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