

(1) Follow the principle of less is more in physical products. Aim to be informed, not deformed with information. Aim to become a leader, not a blind follower. If not a leader or teacher, be an informed follower. Learn 1 or 2 modalities or subjects thoroughly. Avoid becoming a jack of all trades and master of none.

(2) Avoid gathering clients' energy by saving their photos, patrika, details, and other stories in your phone or laptop. It can be saved, if necessary, in another way.

(3) Avoid gathering and storing decorations for years for every major festival, puja items, havan products, etc. which you use rarely.

(4) Use, utilize, and experience salts, sprays, candles, essential oils, potpourri, fragrances, incense sticks, and dhoop sticks within 12 to 15 months of their purchase.

(5) Flowers, torans, wall & door hangings, calendars, posters, festival stickers, etc. must be used and discarded regularly.

(6) Wallet, purse, handbag, cupboard, shelves, wardrobe, drawers, corner tables, etc. are to be emptied and cleared of all annual spiritual and religious junk gathered over months.

(7) Give a thorough cleaning, healing, cut, clear, delete, and save what is required through a quality time clearing to your phone, laptop, iPad, and all electronic appliances once every 3 months.

(8) Make sure that your attic, basement, box beds, box sofas, and other storage rooms, including your car interiors, are kept free of clutter through a watchful eye once a month.

(9) Refrigerator contains the most stocked and stored stuff which can become a source of depression, anxiety, and pain if not tackled weekly. This energy goes into your body directly as sometimes we tend to just reheat and eat without mindfulness.

(10) Avoid books, quotes, posters, cards, decorations, etc. in the washroom and bathroom as the energy given by that item can interfere with your digestion and other activities.