

Writing Prompt: Nestling in ...

I've heard for years, and experienced it myself, that when our outer environment is cluttered, it affects our inner selves. I know that I find it difficult to be creative or productive if my workspace is strewn with ... \$#!* (or, "stuff," to put it more nicely)! Once all of that ... stuff ... is put away (or *thrown* away ... ahem!) I'm freed up to function more efficiently. And happily!

But in an online meditation last week, I was introduced to the idea that the reverse is true as well. When our minds are cluttered, that disarray can seep out into our physical space and encourage clutter there as well.



Huh ... as I looked around at the current clutter in my office, a reality I disturbingly found myself nestling into a bit too easily, I had to ask myself the classic chicken/egg question: Which came first?

The answer to that question probably doesn't *really* matter. And yet ...