

Talking clutter with...

Shomit Mitter, London Therapist



“In the act of tidying their homes, people are tidying their minds”

Shomit Mitter's success is in large part due to his determination to uncover the deep-seated causes of a client's ailment rather than simply to paper over the cracks with suggestions and affirmations

‘I help with healing people’s souls and minds. They come with different backgrounds, mindsets or problems so I have to have a variety of approaches’

When we think of clutter, we think of the unnecessary things in the mind. So to declutter we need to take away some of these things,” explains Shomit Mitter. “If you have a goal you need to be able to work out what you need to do to get to that goal. What people don’t do is work out what they must not do, what they must not get distracted by to reach their goal.

People get distracted from their goal by two things principally: avoidance and attachment. On the one hand, they get preoccupied by things that scare them and the mind gets possessed with thoughts of ghastly things that might happen in the future. Or they may be wounded in some way so their mind tends to go back to the past. In both cases they are not in the present – which is all they should be focused on. This preoccupation with past pain and the future fears is of course ‘clutter’ – it is unnecessary and distracting.

People also get waylaid by an excess of attachment: So, for example, they may want to help a friend who is in trouble, or go and see a friend’s new baby, all of which is admirable but not always conducive to starting a new business or training to be an elite sportsman.

Part of the work I do is help my clients to let go of the interference and immerse themselves completely in the task at hand. This improves performance and leads to much higher levels of fulfilment.

Physical decluttering

The physical aspect of decluttering – tidying your home – is also a very effective way of decluttering the mind. People often don’t realise that in the act of tidying their homes they are actually tidying their minds – the outside does reflect the inside. When you have the courage to get rid of things

you might be attached to but are just lying around unused, you are teaching yourself to say no to things that may waylay you and clutter your mind.

Perhaps the single biggest obstacle to decluttering is the resistance to saying no to people or to things. When we let go of things to which we are attached we practise this immensely valuable skill.

Mediation for your mind

To declutter your mind in the mental sense of the word I would suggest a mediation technique. Sit down and allow yourself 10 minutes to do this exercise. Focus on your breath and try and take five breaths without allowing your mind to stray. You might think this will be easy, but for someone who has never done mediation, taking five breaths from beginning to end without the mind wandering is very difficult. Begin by trying to get just one breath right – and then another, and another. If, by the time you get to the fourth breath, you have started thinking about how you forgot the bread when you went to the supermarket, go back and start from the first breath again. Don’t drive yourself crazy though – just do this for 10 minutes every day. You will get better and better at it – and it will give you focus. Focus is the key to decluttering your mind. >>

'With the younger generation there is a cluttering of minds... which takes away from the ability to be totally immersed'



Staying on the road

I also use visualisations – imagine you are on a road to your goal. See what distractions you encounter; what kinds of things lead you off the road. Perhaps you see yourself as a good person and you can't resist the impulse to be nice to someone – even if it is to the detriment of the task at hand. Perhaps you see yourself as a practical person – and can't resist the temptation to do a number of seemingly sensible things even though they are really excuses you are unconsciously using to procrastinate. As you see yourself saying no to these things you become far better at staying focussed in the execution of your task. The mind finds it far easier to execute in reality what it has already seen happen repeatedly in the mind.

In the moment

When you are able utterly to declutter the mind, to eliminate a preoccupation with the past and the future, when you are able to stay in the moment without getting distracted, you get into what people call a 'state of flow'. You get so immersed in your activity that it seems to happen by itself. Your body seems to move of its own accord: it is as if you are not consciously in control, and everything seems to happen on automatic. Writers talk about a state of inspiration when they are so uncluttered in their mind and singular about what they are doing and then they are inspired.

Teen troubles

With the younger generation there is a systematic cluttering of minds. So many kids today will do their homework with their phones by their side, unable to resist the temptation to follow a chat, keep up with posts and get an essay done at the same time. This need to keep changing focus puts the mind under a lot of stress. If you keep switching from work to phone you are releasing a lot of cortisol; however, you also get a dopamine hit each time because the message on your phone makes you think, 'oh that is nice, someone has thought of me'. So they are getting cortisol and dopamine repeatedly – like having a car with its brake and accelerator on at same time. It takes away the ability to be totally immersed. And that affects the quality of the work produced; worse, they don't have sufficient experience of what it is to be totally at one with what they are doing. They don't have sufficient experience of being fulfilled."

The Magic of Manifestation is a 10-session online course with Shomit, which helps you make yourself the creator of your life rather than the passive participant. For more details, visit shomitmitter.com

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- Shomit Mitter, London Therapist