



## Life, the Universe and Dishes?

by David Franklin Farkas

There is lot's of conversation lately, especially here, about the Law of Attraction. The idea that like attracts like and that, in some way, we attract everything in our experience.

There is another basic universal law which gets less attention. This one is often expressed: As Above, So Below or As Within So Without.

The idea is that different levels of reality are reflections of or the expression of other levels. If you 'see' or deeply understand the inner working of anything and it's underlying truth then that truth MUST apply in other ways, even in other realms.

***This actually is, in a way, a corollary of the Law of Attraction. What is going on within you is being projected into (manifested in) the 'real world' of physical matter and is reflected back to you as objects and events.***

But how far does this go?

My work is primarily spiritual healing or 'clearing' of buildings and people. I do this remotely so that, until I send the email report of what I cleared, the people involved have their own experience without expectations that something has changed.

I use this as a way of compensating for the 'placebo effect' in which a person's expectations create an outcome without an outside intervention. If they don't know I've done the work they don't know why any noticeable changes have occurred.

I'm not sure why science sees the placebo effect as problematic or as a bogus result. Perhaps because it demonstrates our own power to create and that interventions are often just what we need to make the change ourselves. It is something to be consciously harnessed not denigrated.

One of the common things I'm told by my clients after I clear a house or office is that the occupants suddenly feel the overwhelming need to clean, organize and get rid of clutter. One artist spent three days maniacally cleaning her studio, unable to work.

***From my perspective this happens because their clutter was a reflection of the disorder and 'old stuff' that energetically occupied the space.***

This 'stuff' might have been emotional dramas of past owners and tenants or even ghosts or demons in the space (yes, turns out all that is real... go figure.) This stuff was represented in the physical space by the clutter.

When the space is cleared the occupants feel a need to make the physical reality match the newly clear energy of the space and they clean it up.

In the Chinese science of Feng Shui they suggest the opposite approach. Eliminate clutter and arrange things in particular ways to shift the energy of the space. Chinese science and medicine have 5,000 years of history and practice so I'm pretty sure they are on to something. Decades ago a teacher suggested to me that to grow spiritually I should clean out my closets.

***Can you tell what is going on inside you by what is going on in your house or apartment?***

Perhaps a good place to start is to just look at what is lying around as your particular 'mess.' The stuff that has no place of its own. The stuff that is just lying around being unsightly and in the way.

It does not take a whole lot of imagination to figure out what the stuff represents... what you're stuck on. Let's take the bedroom in my apartment as an example... if you dare.

I moved here two years ago having just left a twenty year relationship. It took about a year to get settled but there were still a few boxes in various corners.

How interesting that one of those corners was what, in Feng Shui would be considered the 'relationship corner' of my bedroom. So I was storing my unresolved stuff, the stuff I couldn't sort through yet from my recent separation, in the relationship corner of my present bedroom.

Needless to say I have not yet attracted a new partner (although I have been interviewing for the position.)

***This leads to my theory of Emotional Composting which states that every time you move from place to place there will be some boxes that you cannot deal with.***

You repeatedly open them and go brain dead... or go for a snack... or go watch TV... go anywhere and do anything but sort the stuff in that box.

If you just let it sit long enough you can come back to it and handle cleaning it out quickly and easily. Enough time has passed and you have worked through the emotions connected to the stuff in the box. Now you can easily let the physical items go or assign them places in your new life.

Last week I, once again, went through the boxes in the corner of my bedroom and threw out a full box of stuff including a huge pile of papers to shred. Some of that paperwork went back over a dozen years.

Shredding is actually a wonderful ritual for clearing the past. Shred the paperwork that represents all those past events. Take it apart. Disassemble it. Make it unreadable, unknowable. If you really want to make it a ceremony be intentional and prayerful about the symbolism of the gesture. To add another level of ritual clearing, burn the remains after you shred the papers!

So, in my bedroom, the score is two boxes down, two to go... I can see how much I've cleared. The other way I'll recognize change is by observing my social life. As above so below.

So what does this have to do with dishes? This is an article about dishes...

When I moved into this apartment I was quite annoyed that there was no dishwasher. It's a lovely place (with a porch no less) in a perfect location, at a great rent but, it has no dishwasher.

So for the first two years I was here, as I was healing from my divorce, I fussed over washing dishes. I didn't like doing it. I was annoyed. I avoided it. Dishes piled up in the sink, making it harder wash them.

At some point, as I healed emotionally, I noticed that washing dishes was less of a

chore. I figured out how to wash a few dishes while water was boiling for tea or while food cooked. I figured out how to put them in the drain rack, just so, and in exactly the right sequence so that I got the greatest possible number of dishes into the drain rack. I learned to put dishes away while the water boiled and things cooked.

And they say guys can't multi-task. Go figure.

Now, realize that I essentially live alone. My daughter is with me half the time. While I have a whole cabinet of dishes I'm probably using the same two or three plates and bowls from the top of the stack over and over.

***This was never a lot of work, but emotionally it was enormous. Until it wasn't.***

Then I noticed that I was also reorganizing the kitchen. I rearranged the cooking utensils and condiments on the counter. I changed where various foods lived in the fridge. Something had changed in me and my kitchen had to change with it.

So, having noticed all this, I keep an eye out for the changes that must inevitably happen in the rest of my life as the shift in energy demonstrated by the changes in me and the changes I made in my kitchen work their way into other aspects of my life.

Do you think the kitchen changes and the bedroom changes are related? Hmm... I wonder what, or who, will show up next.

Stay tuned boys and girls to the continuing adventures... or even better stay tuned to yours.

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### **Who cares?**

- His clients who had buildings that would not sell before he cleared them.
- His clients whose businesses are now growing.
- His clients whose kids can now sleep well because the 'monsters' are gone.
- His clients whose mental and physical complaints are now somehow much improved, thank you.
- Oh... you get the idea.

David is also a lively and effective speaker and trainer and is available to in person or by teleseminar. His signature talk is **'Everything You Know About Ghosts is Dead Wrong.'** He also talks about *'Stigmatized Real Estate'* and the secrets behind *'The Secret.'*