

Swedish Death Cleaning: A Comprehensive and Practical Guide to a Clutter-free Life (Plus: How to Write a Will)

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Swedish Death Cleaning

A Comprehensive and Practical Guide to a

Clutter-free Life

(Plus: How to Write a Will)

Claire Jenkins

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INTRODUCTION

The world is essentially made of people – distinct individuals – trying to make the best use of the resources available to them. These resources include wealth, health, intellect, and...the most valuable of them all, life. While all of the other resources are vital for the survival and livelihood of an individual, the presence or absence of life is the controlling factor of them all; it is with breath of life that we can fashion goals, develop skills necessary for the attainment of those goals, perform tasks aimed at making us progress towards the goals, and, depending on the goals set, acquire wealth, or attain personal development or happiness on achieving them.

Life is, therefore, the most vital part of our existence; the pivot on which other resources attain position and support. This truth lies at the heart of every reason why we feel uncomfortable with, and thence shy away from any discourse into the possibility of our losing the crucial resource of life. But death is inevitable...at least for now.

As much as we try to focus on living and doing, we must try to create a dark room somewhere in our minds to house the ugly fact that we will die someday. Maybe not today...or tomorrow...or next year...but someday. It is a grotesque certainty, and one we need to start preparing for. The concept of preparing for death is one that has been received with different reactions; while some people think it is appropriate to make plans for your demise, others have described it as grim and weird. But whose view is correct?: the one who accepts the certainty of death and puts plans in place to make their demise a lot less tedious for their loved ones or the one who would rather let things take care of themselves while they are gone?

Routine cleaning and dusting are not entirely weird things to do for a person who wishes to keep to a clean home. They ensure that objects are kept in appropriate and easy-to-reach and easy-to-remember places. Just as cleaning up is important for the smooth running of your home while you are in it, it is vital for the running of the home without you. The loved ones you leave behind after your demise would find a clean, tidy home more appealing than one filled with misplaced twenty year old golf clubs, old worn shoes, and dusty, twentieth century newspapers, wouldn't they? They would, because rather than running over each other cleaning up the 'fortune' you left behind, they can focus on other, positive, matters, like their memories of you – including how you mindfully cleaned up the home before your passing and left them no trouble.

Death Cleaning is not a new term. It has been practiced for a long time, although the methods of accomplishing it differ between cultures and across age groups. Swedish death cleaning, or *döstädning*, in the Swedish language, is the Swedish way of accomplishing death cleaning, as practiced in Sweden. It is the idea of decluttering one's life and home to make one's demise less harrowing for their loved ones. This process of winnowing out certain items from one's home – and life – in order to keep only the things that are absolutely essential for life and joy is the sole motif of this book.

Death cleaning is unlike the everyday cleanup you do, it is done with more conscientiousness, more mindfulness, and much more emotion. While death cleaning may sound horrific, daunting...and even overwhelming to accomplish, you will find the ideas, methods, tips, and tricks

presented in this book exceedingly simple, comprehensible, and practical, and therefore, change the way you look at death cleaning forever.

CHAPTER 1

SWEDISH DEATH CLEANING DEMYSTIFIED

What is Swedish Death Cleaning?

Swedish death cleaning, or *döstädning*, in Swedish, is the concept of decluttering your home and life, leaving around you only the items and belongings that bring you happiness. Though not an entirely new concept, Swedish death cleaning came into global limelight after the Stockholm-based author and artist, Margareta Magnusson published her bestseller, "The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter," which espouses the Scandinavian country's way of decluttering before death. Since the book came into being, there has been a literal decluttering craze in mainstream media, with people now more than ever willing and ready to come to terms with the idea of cleaning up before they pass on. The concept of Swedish death cleaning is different from regular cleaning and dusting in that, it basically recommends that you let go of items that detract from the smooth running of your home and life and leave only those that you and your loved ones are happy to keep. While it may sound extreme to discard all items you no longer feel a need for, Margareta Magnusson, in her book, says, "Death cleaning means removing unnecessary things and making your home nice and orderly when you think the time is coming close for you to leave the planet." So, in essence, death cleaning is about removing material 'junks' from your home as you age.

The idea of Swedish death cleaning stems from a tradition of the Swedes, who, in the middle of their lives, begin the process of gradually eliminating from their homes belongings that no longer spark joy in their lives. Their mindset is that if the items do not contribute to your happiness or that of your loved ones, then it serves no purpose, and, therefore, would have to go.

Death cleaning is not mindless trashing of items that once had a place in your home and heart, it is appreciating the memories, events, and good feelings that they have brought, and objectively assessing if they still have more to offer or if their better days are behind them. It is looking back at the years you have lived and thanking the belongings that have made your life so memorable, and then relieving them of their duties and finally laying them to rest or giving them out so they can continue to create wonderful memories with other people. In Swedish death cleaning you don't "throw" your items away, you "lay them to rest", after having thanked them for their loyal services. Decluttering your home, and therefore your life, is one of the best things you can do for yourself and your family, because not only does it relieve you of the hassle of having to rummage through countless items each day, it also gives you a great sense of satisfaction in knowing that you would leave your family with no physical burden of decluttering after you are gone. The contentment you get from death cleaning far outweighs any emotional burdens that may come with it. It is the most considerate 'last thing' you can do for your loved ones.

Benefits of Death Cleaning

Apart from giving your home a bright new spark and feel, here are some of the benefits of death cleaning: Death cleaning offers training in mindfulness. In the heat of the never-ending struggles of thriving in today's world, we are too caught up in making progress and moving up the economic ladder that we literally don't have any time left to focus on certain serious things, such as death. When you death clean, you not only rid yourself of unwanted materials, you also bring yourself closer to the stark reality of your own mortality. For older individuals, death cleaning is a way of coming to terms with aging and senility. It removes that overwhelming feeling off your

mind. Few things can be quite as overwhelming as clutter in a home. It is even more so, for individuals who already have, or have a predilection to having, a mental illness, as they are reasonably more sensitive to their environment than mentally stronger people. Death cleaning creates more space, and most times more space means more serenity. Death cleaning generally boosts your happiness. Cleaning up brings you closer to your loved ones and creates an opportunity to bond with them. This can boost the happiness in your life tremendously. Choosing what to wear no longer remains a challenge after you death clean. It's not farfetched to keep tons of clothing you no longer need or wear in your closet. Death cleaning helps remove the items of clothing you don't need and encourages you to keep only quality items that you actually use. Your closet becomes attractive rather than stuffy and uninviting. While death cleaning, you may come to discover an item you have long forgotten you own, and which you might have needed to buy once again. Furthermore, after you death clean, you tend to become really picky in what you buy and what you simply let go, for fear of re-introducing clutter into your home. This saves you money, energy, and time. The Swedish method of death cleaning teaches you to respect your items, to see them as beings rather than things. When you see your items as valuable aspects of your life and not disposable, lifeless entities, they surprisingly begin to look better in your eyes. After decluttering, routine cleaning and dusting become so much easier and even more enjoyable, because your home would have been given shape and organization. Death cleaning in general gives a sense of direction and focus. After going through the process, you would notice that you had unconsciously developed an attitude of choosiness. You become very discerning of what to eat, what to buy, which events to hold in your home and which ones to let slide, and what to keep and what to let go. You get true organization and everything begins to fall into place perfectly.

Find out exactly how to declutter and organize your home Everything you need to know about Swedish Death Cleaning

Take back total control of your life, home and mental health by embarking on the peaceful and soothing process of Swedish Death Cleaning.

Did you know that physical and mental clutter are key factors that affects your quality of life? The key to living a happy and fulfilled life lies in the ability to create an external environment that mirrors your internal condition. Death Cleaning creates an avenue for building, healing and creating the perfect space around yourself while achieving a noble purpose that is both selfless and inspiring.

Swedish Death Cleaning is the latest trend in the world of organizing and decluttering. However, unlike other decluttering methods, Swedish Death Cleaning offers a panacea not only to decluttering and getting rid of items you no longer want, but also to reflect on the life you have lived and share its memories with your loved ones as you declutter. The art of Swedish Death cleaning is immersed in the concept of giving out, donating, or trashing the pieces of items in your home that no longer bring you joy, in order to make the rest of your days as smooth and simple as possible.

**This book offers a comprehensive guide to the Swedish style of death cleaning.
It offers you;**

• A complete and practical insight to the entire concept of Swedish Death Cleaning and its history

•The benefits, proper techniques and how-to-techniques

•How to introduce the concept to your loved ones

•The right steps to take to declutter both physical and digital items

•A step-by-step guide to decluttering individual areas of your home

•Many other decluttering methods you can inculcate into your routine cleaning and dusting to achieve better results.

A bonus Section on How to write a will

While it may be a scary thought, writing a Will offers more protection to our loved ones than we can imagine. Regardless of the nature of assets you currently have, writing a Will is a final act of love that reassures the people you leave behind of your undying love and care. This book covers the basics of writing a legally binding and secure will.

Get started today and take back absolute control of your life, physical health and mental wellbeing.

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