

INSIGHT

WTC COMMUNITY WEEKLY



SOMETIMES LESS IS DEFINITELY MORE. IF YOU LIVE IN A TINY SPACE AND CAN'T AFFORD TO WASTE SPACE ON CLUTTER OR SIMPLY WANT TO CLEAN OUT YOUR HOME, HERE ARE FIVE MOVIES TO WATCH TO HELP YOU ACHIEVE THAT.

MINIMALISM: A DOCUMENTARY

THIS MOVIE HELPS YOU RETHINK ABOUT LIVING WITH ONLY WHAT YOU NEED.

CONFESSIONS OF A SHOPAHOLIC

THE MOST RELATABLE MOVIES ABOUT DOWNSIZING ONE'S WARDROBE AND LIMITING ONE'S PURCHASES.

THE TRUE COST

THIS MOVIE WILL HELP YOU DECLUTTER BY MAKING YOU THINK TWICE ABOUT HOW MUCH YOUR PURCHASE AND WHAT YOUR PURCHASE.

INTO THE WILD

THE MAIN CHARACTER DOESN'T REALLY HAVE A HOME BUT FINDS HOME IN THE DIFFERENT PEOPLE HE MEETS. HE FINALLY SETTLES IN THIS ABANDONED SCHOOL BUS IN ALASKA THAT HE CONSIDERS HIS HOME AND REALIZES THAT HAPPINESS IS NOT FOUND IN MATERIAL THINGS.

TINY

FOLLOWING A MAN BUILDING A TINY HOME FROM SCRATCH, REMINDS YOU THAT HAPPINESS CAN BE FOUND BY GIVING UP A FEW SQUARE METERS AND KEEPING ONLY WHAT IS ESSENTIAL.

A MID-YEAR RITUAL

I've never felt the need to *cleanse my space* as much as I have this year. I always like to do a mid-year cleansing ritual around the end of June, but it has felt even more powerful this year. Before we enter into the second half of 2021, I highly encourage you to take some time to refocus, tune inward and cleanse your living space. You don't have to do anything fancy. It's all about the intentions.

Declutter and Prep

Clutter is a magnet for trapped energy. Before you can cleanse your space, you have to clean your space in order for it to have the full effect. It's important to thoroughly clean and organize the space.

Start with Paper

Before you start lighting anything, take a moment to reflect and put pen to paper. What have you been grateful for so far this year? Focus on the gratitude and jot down a list of items that you can find positivity in. After you have your gratitude list, it's time to look at your inner blocks.

Inward Cleansing

True cleansing starts from within. Now that you've worked through the steps of reflecting and setting intentions, you should take a moment to turn inward and get yourself in the right mindset before beginning the physical cleanse. Focus on your breathing for a few minutes as you sit in silence.

The Cleansing Ritual

If you have a least-favorite room in the house, this is a good place to start. Start in the doorway and move in a clockwise direction through the room. If possible, take a warm relaxing bath to seal the intention in your mind, followed by a quick shower to wash away any residue of the clearing.

So, what's your mid-year ritual? Share with us at [@wtc_jakarta](https://www.instagram.com/wtc_jakarta) on Instagram, and always remember, stay safe and enjoy your newly cleansed space!

Yours trully,

the community editor