

# Create harmony this season with Feng Shui

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H, THE HOLIDAYS...FULL of joy, sparkling wonderment, blessings, gratitude, delicious food, gatherings and celebrations with family and friends and—a potential for disharmony and stress. Consider the following feng shui tips to help create a season of love, harmony, and special memories.

Proclaim peace and harmony this holiday season. Open your eyes to new ways to celebrate the season and honor this sacred time by taking time to slow down. Nourish and pamper yourself. Give yourself the gift of getting together with a friend and have some tea, laughter, and heart-felt good cheer.

Embellish the front door of your home. And, use your front door. Ring the doorbell! The front door is the mouth of chi, where all opportunities and abundant blessings come through. Assure that the pathway to your front door is clear and welcoming with beauty. With intention, hang a beautiful wreath on your front door to attract new opportunities. Adding lights will attract even more good luck and a ribbon in a color you love will increase good fortune.

Instead of decorating every nook and cranny, decorate for harmony. Place your holiday decorations with love and intention. Remember balance, consider each decoration carefully and keep decorations to a minimum. Give yourself permission to abandon tradition and decorate with things that have wonderful memories and make your heart sing with joy, donate the rest. Less is more. Be mindful to not put too many holiday decorations out because they can block the positive energy from flowing freely through your home with your life resulting in stagnation. Every single item in your home has an affect on your personal energy; your space reflects your life. This holiday season allow your treasures, filled with loving memories, to enhance the energy of you and your home.

Create a lasting memory with a timeless scent. Stud oranges with cloves and display this on a plate for a nice fragrant centerpiece. After the holidays you can place the studded oranges in drawers for a delightful aromatic treat every time you open the drawer.

Color makes a difference and has tremendous power. Use the energies of colors in your home in a positive manner. Too much

color can be exhausting. And too many bright colors such as reds, greens, silvers and golds can create over stimulating energy, increasing chaos, stress, and disharmony. To create a more relaxing and comfortable space, consider balancing bright colors by adding calm muted colors such as creams, blues, soft purples and muted colors to help create a sense and feeling of calm, tranquility and inner peace, which will ripple out and affect all around you. Use the color purple, with intention, to increase the flow of abundance in your life.

Get some air! Let fresh energy in and air out your home. Open windows, let out the old energy and refresh the ambiance. To help the air transfer to occur effectively, open three or more windows for 15–30 minutes letting out old polluted indoor air and allow fresh outdoor air in. This is such a refreshing gift that you will soon find yourself doing this regularly, not just for the holidays.

Deliberately slow down, have quiet places where you can retreat and relax. Turn off the television and play relaxing music that you love. Fill your home with soothing music that touches your heart and Soul. Piano music is especially nice as it has a watery feeling and will help you to go with the flow and feel relaxed. Add some candles to bring in a sense of glowing warm energy especially on those chilly winter evenings.

Did you know that when guests wash their hands in your bathroom it brings the energy of money into your home? Liven up your guest bath with scented soaps and colorful holiday towels making the bathroom as inviting as possible.

And the holiday tree: A holiday tree connects us to nature and invites spiritual growth and renewal. Elements of a well-balanced holiday tree are: lights which



symbolize sparking energy; the tree shape represents growth; its fresh scent renews the air and lifts your spirits; and gifts represent love. Place your holiday tree near a window so people passing by may also enjoy the beauty of your sparkling holiday tree. Don't want to kill a tree? As a blessing for years to come, consider decorating a live tree planted in dirt that can be incorporated in your garden. Or decorate an existing tree in your garden that can be appreciated and admired from a window view.

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