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Living Room Feng Shui for the Holidays

By Michele Duffy



A sofa against the wall in this living room would benefit with seasonal balance, like poinsettias, red throws or pillows (fire element). Photo provided

Our home is a reflection of our inner subconscious and our aspirations in feng shui. The home is viewed as a single functional unit where all rooms of the house work together. Much like our physical body which has separate parts, the rooms in our homes are like the organs in our body, interconnected and interdependent.

Wonderful holidays at home involve entertaining family and friends, and spending time together in our living rooms, so ... is yours ready for the crowd or in need of a Qi overhaul? Does the room feel dull and lifeless or is it brimming with excitement and the promise of conversations in hushed and eruptive tones? There is so much conflicting information about what is "good" or "inauspicious" feng shui, but if you follow these straight forward tips you will be well on your way to a magical holiday season of enchantment spent in your very own energetically balanced living room.

Good living room feng shui relies on many of the same design principles we recommend for other areas of the home or office. It is important that your living room is in an area of the home with at

least two exterior walls so there is plenty of natural light. This way the area, associated with nurturing the entire family and our closest friends, has balanced energy.

Clutter must be kept at bay and eliminated altogether in your home and, in particular, the family-important living room. In feng shui a cluttered home stifles the flow of Qi (energy) and has stagnant energies - which means no new energy can enter the home. Remember what happens to water when it stagnates? It becomes smelly and dirty. Feng shui principles embrace and encourage flow and rejuvenation of Qi energy in our living spaces. Clear your living room of clutter and watch the family's finances miraculously improve. Get rid of the unnecessary, unused, and in-the-way objects, especially when we are gift giving and welcoming new things, hopefully judiciously, into our spaces.

Living room seating and furniture arrangement should be cozy, where family and friends can enjoy conversations, relax or watch TV. Living room furniture placement includes setting up the furniture in a "conversational" arrangement so people seated in the living room can see everyone entering the room.

Like other areas of the home, it is important not to overwhelm the space with furniture that is too large or with too many pieces. The goal is to maximize seating without over-crowding the space, so the Qi can circulate throughout in a healthy manner. It is considered good luck to keep the center of the living room as open as possible, without objects in the middle that prevent people from entering the room. The main sofa should be pushed up against solid walls, if possible. Furniture or other objects that obstruct the smooth flow of healthy energy should, ideally, be removed. If you keep tripping over a basket, a chair, or the back of the sofa greets you as you enter the living room, make the adjustments you need to create a living room that functions nicely for all occasions. Coin shaped leafy indoor plants and colorful flower arrangements introduce abundant live Qi into your space.

This is a good time of year to introduce plants like mistletoe, poinsettias, evergreens and other

plants into your home. Remember, not all plants are safe for children or pets, such as poinsettias, which have poisonous leaves. And, of course, if you celebrate the holiday, don't forget the Christmas tree, which will introduce yang (active) energy into your home during this joyful time of year.

Make sure that fresh flowers adorn this room but if they fade, replace them with a fresh arrangement. It also helps to understand what area of the feng shui map your living room occupies so you do not mistakenly add too much of the wood element (plants) if it happens to be located, for example, in the metal or earth element areas.

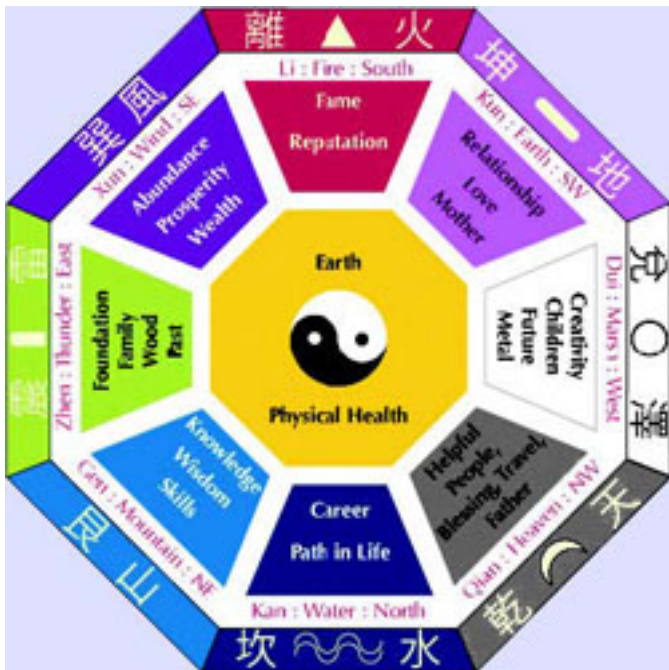
Living room lighting should be multilevel - recessed lighting on dimmers, and soft table lamps that are strong enough for 100 watt bulbs. Use seasonal cinnamon or vanilla candles to create a cozy atmosphere, or add a few extra warm throws and seasonally hued pillows to enhance the room's comfort level.

Create a focal point in your living room by painting your fireplace a slightly different hue than the wall color or choose a large piece of art that pops in the space. Your living room artwork and imagery might include a large family portrait to enhance the importance of family members. A large mirror reflecting pleasant views from outdoors will suggest a vast expanse of pure energy. Water views welcome prosperity. Views of trees bring in growth energy while views of scenic mountains bring greater contemplation and rock-solid relationships.

Try making a few of these simple changes and then gather your family, sit back, and look into the faces of your contented loved ones and bear witness to the happy results of the new energy you created this year in your living room. Happy Holidays!



This bird wood panel serves as a nice focal point in this Orinda living room. Photo provided



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