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Feng Shui Recommendations for the Coming New Year

By Michele Duffy



Photo provided

Many of us put festive touches in our homes to ignite the passionate blessings of the holiday season and to help express the love, generosity and gratitude we feel toward others, but you can also use this time to borrow from other traditions to keep focused on what is truly important in life. For example, my family teaches our children about a Yoga concept called Santosha. Why? Santosha means contentment and satisfaction. During this time of year, it is helpful to reflect on what we already have and what we are already blessed with, rather than what we do not have or what we lack. Focusing on Santosha helps us to spark a conversation with our kids about expectations. If we all remember to reflect on what we already have, it is helpful to everyone.

As we enter the new year, remember to practice self care and make yourself a priority, rather than getting frayed around the edges. Give yourself a break and simplify, simplify, simplify. Life can still be elegantly well lived and less can absolutely be

more. Make new traditions that center around being present with those you love. Unplug and relax. You have earned it.

As we put away the trappings of this holiday season, reflect on feng shui concepts from this past year and use space as medicine by infusing your environment with all of the five elements: wood, fire, metal, earth and water.

Clear clutter to make room for all of the new year's blessings. Burn sage and walk clockwise around your home, infusing it with calm in this very emotional time of the year. Arrange furniture in a conversational circle, the ancient symbol of unity and wholeness. Think of colors that empower and work within the feng shui bagua. While red is a popular color during the holiday season, for example, this powerful color can create aggressiveness if over done.

Be sure your front entrance - an important area for welcoming in good Qi or energy - is free of clutter, has abundant light, and includes a circular wreath, signifying unity, on the door. Consider placing a wreath made of Eucalyptus, which symbolizes prudence. Fill your kitchen with bowls of fruits such as apples, which signify peace, loving, and good relationships in the home, pomegranates, which signify fertility due to their many seeds, or oranges and tangerines, which signify wealth, abundance, good luck, and protection.

May you deepen your intentions to spend time in a meaningful way with your family and friends, and in doing so, bring more festive life to your warm and reflective celebrations. Happy holidays!

Mandala Feng Shui



SPACE AS MEDICINE



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