



Digging Deep with Cynthia Brian

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Welcome spring with the delightful Feng Shui wood element

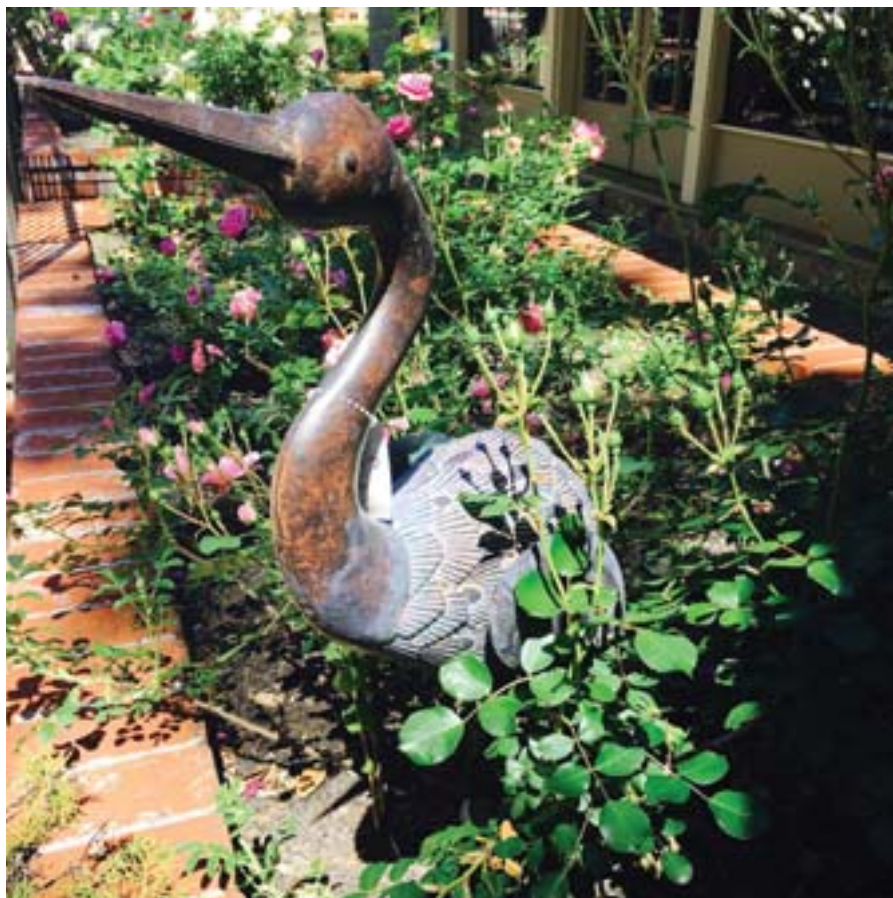


Photo provided

Creating an outdoor oasis of greenery landscape attracts abundance and new beginnings to your home.

By Michele Duffy

Although the chilly morning temps register at a brisk 37 degrees, spring is awakening slowly and this much-anticipated season is long overdue. The backdrop of spring's bloom provides a gentle shift away from the dormancy of winter with changeable weather, increased activity and new growth. Spring's promise introduces us to longer-lasting days, new seeds planted, young daffodils bobbing in sunshine-drenched afternoons, the genius activity of birds and species of all types engaging in fresh courting rituals. Spring's activity mirrors the

upward explosive growth of the wood element which manifests as the signal that the cycle is beginning all over again for another year.

Spring translates in the home as a shift to green and a refreshing transition to a lighter look and feel. Remember, Feng Shui begs us to notice the change in seasons not only as permission to finally put away the outside holiday lights or wreaths, but also to make a few important changes in our homes, as well as in our diet, sleep and exercise regimes. Last month I offered help with creating a sensual and relaxing master bedroom, since winter is really the season for lots of sleep. As the clock and light change, so must our own personal rhythms in spring. If we try to align our homes and ourselves with the spirited upward growth of the wood element of spring, we might also notice that it's easier to get up earlier, exercise before breakfast, and skip a meal once a week. As the flowers wake up, so do we.

Spring's wood element is represented by fresh healthy plants and flowers, the colors green and lavender, and also, the rectangular shape. It's time to throw open the draperies, let the fresh air and sunshine stream in and take note of all the new bustling activity.

Beyond the mundane "spring cleaning" in Feng Shui, we are asked about the purpose or the reason for cleaning. We are also asked to adjust our intention; instead of "cleaning" we "space clear" to welcome and create greater abundance, health and harmony. Part of the reason is our environments mirror our state of mind and, put simply, when we allow our spaces to be reborn we also experience new growth, opportunities and wellness. We "spring clean" to embrace the rebirth of the season, to create space for new growth, opportunities and new beginnings in our homes and lives. As the saying goes: out with the old and in with the new.

Start with the master bedroom and bath and create a spotless oasis; notice how it improves your sleeping. Do you feel lighter and more in control of your life? Clean the refrigerator and freezer, especially after all the holidays, and this might inspire a new approach to diet. Since the kitchen is tied chiefly to our health and well-being, attention here helps us adjust to increased activity. Notice if you feel more able to achieve your diet and fitness goals with a clean slate in the fridge. Clean out storage bins, drawers, closets, and simply repurpose, donate or toss. Wash the windows, declutter the attic and basement and step back and review your progress. What's opening up for you as you open up your home to the freshness of spring? You might also be called to create a zenlike online experience with new headshots, photos and color, and also be more open to new ideas.

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