

Welcome spring with the delightful wood element



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Marie Kondo has certainly raised the consciousness of our culture regarding clutter, and I thank her for that, but for thousands of years Feng Shui has asked us to honor the tao and the interrelationship of our environments and the quality of our lives. Feng Shui has always asked us to connect to the purpose of home, simplify, purge the unnecessary, love everything in our surroundings, keep the chi moving in alignment with the energetics of each season, and also remember that it's an ongoing process, as opposed to a one-and-done approach.

Beyond the decluttering and cleaning to welcome spring, here are some other ways we

can align and bring spring's wood element in to create that shift in our homes:

- 1) What are your seasonal intentions for spring? Make them personal and achievable and fun;
- 2) Plant an herb garden in easy-to-care-for pots and place near the kitchen;
- 3) Add plants to home areas that promote healthy growth, like bamboo and jade, which are favorites for attracting wealth;
- 4) Bring bouquets of fresh flowers into your home on a weekly basis and rotate in the foyer, kitchen and master bedroom.
- 5) Make sure your home is supported with a well-landscaped garden and yard, create a butterfly and hummingbird haven and add water features;
- 6) Welcome spring with a new front entrance wreath and more greenery in your dining table centerpiece;
- 7) Refresh all bed, bath and home linens with lighter, colorful picks;
- 8) Infuse your space with more green, also wear more green and eat more green;
- 9) Open all the windows and doors, let the sunshine in and with positive intentions, and space clear with sandalwood or sage.

However you plan to welcome spring, be sure you reflect on the wonderful opportunity spring provides to allow each one of us and our homes to be better aligned with the very best springtime has to offer.

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