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## Feng Shui

By Michele Duffy



Photos provided

mood, atmosphere, magic and warmth in our homes. Placing your Christmas tree, Menorah or Kwanzaa Kinara in a specific Bagua area will immediately energize that Bagua area, so where do you need an energetic boost this time of year? Be more mindful this year when you place your tree, menorah or kinara. Overlay the Bagua and identify what Bagua area is blessed by these pieces and then create your own intention for that Bagua area to be uplifting and ignited. With a Christmas tree, the Wood Element (actual tree), Fire Element (the Christmas tree lights), and Metal Element (ornaments) are all present, and chances are with a multicolor scheme with a kinara, all Five Elements are included and that creates total balance.

A Kwanzaa kinara offers a soft glow and will energize whatever Bagua area it is placed in.

Second, Feng Shui encourages us to create a front entrance and front door that are well appointed with unique and inviting wreaths and seasonal displays. Also make sure your foyer is well lit and decorated as well!

Space clearing is always recommended in Feng Shui and involves purposely changing the energies of our environments and raising the overall vibration of the place. Consciously go through the house and kids' rooms and remove broken toys, toys that have not been played with in months, and toys that are no longer age appropriate. The end of the year is the perfect time to let go of clutter, making room for new beginnings, new energy and new opportunities.

The holidays elevate your space and letting go of some of the tougher mental and emotional stories we cling to and replay over and over again will elevate you mentally as well. Contemplatively gain clarity on what you want to release and what you want to welcome more of into your home, heart and life.

Use your favorite essential oils, citrus or cedar spray, burn palo santo or sage, or ring bells to clear your space of whatever is no longer serving your higher purpose. Start at your front door, walk clockwise all around the house, finishing back at your front door.

The holidays are family-centric times and Feng Shui says to make sure lots of family photos are displayed, print some images out or even use a digital photo frame for a family collage. Having pictures around of family boosts our self-esteem, resilience and confidence, and kids and teenagers will especially benefit by including family images in their rooms.

Give the gift of gold in the 2019 Golden Pig year! Oranges are revered and considered natural gold with the ripening of opportunities and wealth. You can also give Hanukkah gelt, gold wrapped coins and candies, and gold jewelry.

Decorate your dining room table with accents of the season. Dining room Feng Shui includes creating an intimate gathering for family and friends and Christmas calls for whimsy, color and warmth. Choose linens and centerpieces that borrow from natural elements like pine cones and greenery and, of course, candles, since many a memory are made in the cozy candle lit dining rooms around the world.

Finally, buy your home a present, or something everyone can enjoy. Make a ceremony out of gifting the home and your family with the gesture of generosity. This can be a new game everyone can play together, a new movie to watch together, a new espresso machine to enjoy, new tile in a sun porch for family enjoyment, installation of a camera for security.

Holiday Feng Shui . is that even a thing?

The answer is a very merry yes! Whether you celebrate Christmas, Hanukkah or Kwanzaa, the holidays offer a fun time of year to experience Feng Shui since decorating your space creates intention and attention on your home. Home is exactly the point of the holidays, especially as we gather together with family and friends, share the year's bounty with gift giving, special foods, and celebrate the holidays with those closest to us.

We can apply the Feng Shui Bagua map and principles to almost anything. The home, office, garden, car, desk, the list is endless! How do we approach the holidays with Feng Shui? First, let's remember the entire level of lighting that factors into excellent Feng Shui in a space. The holidays are the season of light and beginning with a Christmas tree, lights energize the space and create

Whatever your holidays symbolize to you and your family, may love remain in your hearts, words and thoughts and may all the warmth and joy of the season be yours this year and for many more to come. Happy Holidays!



Photo provided

<b>WEALTH &amp; PROSPERITY</b> XUN Wood Southeast Purple	<b>FAME &amp; REPUTATION</b> LI Fire South Red Summer	<b>RELATIONSHIPS</b> Kun Earth Southwest Pink
<b>FAMILY</b> ZHEN Wood East Green Spring	<b>HEALTH</b> TAI JI Earth Center Orange, Yellow Brown	<b>JOY &amp; COMPLETION</b> DUI Metal West White Autumn
<b>KNOWLEDGE &amp; SELF-CULTIVATION</b> GEN Earth Northeast Blue	<b>CAREER &amp; OPPORTUNITIES</b> KAN Water North Black & Dark Blue Winter	<b>HELPFUL PEOPLE &amp; TRAVEL</b> QIAN Metal Northeast Grey

*Mandala Feng Shui*

SPACE AS MEDICINE

Best of  
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