

## Feng Shui

# Mindful decorating during the holidays



Photo provided

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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.

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!

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

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