

ARRIVING SOON



IN LAMORINDA

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Feng Shui

Bringing peace and serenity to the dining table

... continued from Page D1

If possible keep the dining room as near as possible to the kitchen and both the dining room and kitchen should be on the same floor. Fresh flowers on the dining room table are always a wise choice and please make sure to discard once the blooms wane, along with any

stinky water. Placing a bowl of fruit on the table is also great symbolism for abundance. Please avoid using dried flowers as they imply deterioration or “dead” chi.

Ask yourself, what is most important to you this holiday season? Creating an inviting and warm dining experience should include simplifying, de-stressing, and abandoning what overwhelms. This year we may also be called to help others in this time of great need: maybe we decide to volunteer at a food bank or help prepare meals for the homeless. Wherever your head is these days allow yourself to be open to the possibility that everything is as it should be, and at very least, in your own home.

Remember to include laughter, gratitude, acceptance, and reflection into your dining room experience this year and, if you do, it will be easier to appreciate your blessings, together with your loved ones, even in these stressful COVID times.

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

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2020 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.

