

## **7 Ways to keep the Warmth of Christmas All Year**

By Feng Shui Expert Pat Heydlauff

Do the songs “I’ll be Home for Christmas,” “I’m Dreaming of a White Christmas” or “The Christmas Song” with chestnuts roasting by the fire best describe your typical Christmas Day. Or, does your Christmas seem more like “The Nightmare of Christmas” with the Grinch taking away all of the joy?

Whether you celebrate a traditional Christmas, Hanukkah, the arrival of the New Year or all three doesn’t matter. What does matter is that you have a joy filled celebration creating fond memories filled with positive energy – the kind of positive Feng Shui energy that provides joy all year long.

It is so easy to get caught up during such a busy season with all of the annoyances, inconveniences and expenses – squabbling children, being overly tired and overeating make it even worse.

### **Insure a Joy Filled Celebration**

This one holiday of the year is usually set aside for families and friends to gather together, celebrate the holiday of their choice, exchange gifts, eat abundantly, reminisce about holidays past and create new memories filled with joy for the future.

If this does not describe your celebration, or if yours is more like a nightmare, decide today to change and create the feelings of the warmth and joy that you desire. Try some of the basic Feng Shui suggestions that follow – they will help no matter which of the holidays you celebrate.

1. Decide today to take control of yourself first – if you stay calm, cool and collected during your celebration, your peaceful energy will help everyone else stay calm – you will enjoy your celebration more
2. Start your day spending a few quiet moments in gratitude for all the good things that have occurred in your life since the last holiday celebration – an attitude of gratitude will set the tone for your day
3. As the celebration begins be sure to tell each and every participant as they arrive or awaken how grateful you are that they are with you to share in the special celebration

of the day – your gratitude message to others will also set a gratitude tone for their day

4. Create a calm, peaceful atmosphere in your home by using more soft lighting, less of the color red and more of the colors green and blue in your decorations – cool colors and soft lights help keep conversations and activities relaxed and tension-free
5. Play soft peaceful music in the background throughout the entire day – if you don't use Christmas music use classical or New Age music – the soft music continues to reinforce a calm peaceful atmosphere
6. Eliminate all aggressive and violent games or movies on the television and electronic toys – replace them with family friendly activities, puzzles and card games – find ways to engage everyone in activities that are pleasant, calm and bring joy to the gathering
7. Give each person participating in the celebration, no matter how young or old, a job – they will feel productive and involved – if they are doing something helpful they will feel better about themselves and will not be disruptive which helps maintain a calm in-control celebration

If your hope for this season is to have a peaceful joy filled celebration, you need to plan for it. Warm joy filled feelings are created through maintaining an attitude of gratitude and creating a calm peaceful atmosphere. When you set the tone for the day with *your* gratitude attitude and create a peaceful calm setting for family and friends through color and sound, you are planning for a successful happy joy filled celebration.

This peaceful joy is what creates that warm holiday feeling you often long for when things get hectic or go wrong.

To maintain the warmth of the holidays, continue your gratitude attitude and use the same principles throughout the year. They work just as well everyday of the week, not just on a holiday. When you stay calm, in-control of yourself, maintain an attitude of gratitude and support yourself energetically with the appropriate colors and sounds, you are planning on having a joy filled day – and can do so every day of your life.

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"Everything you say, think and do matters."

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