

## Feng Shui Ideas for Celebrating Valentines

By Feng Shui Energy Expert Pat Heydlauff

Would unusual and unexpected “gifts from the heart” that keep on giving for months, not just a day, the solution to your Valentine's Day gift giving? Wouldn't it be great if you could keep that Valentine's Day joy and energy in your relationship long after February 14<sup>th</sup> passes?

Valentine's is a time for coupleness – a time to express fondness and love - and an opportunity for sharing a togetherness experience that can create a lifetime of memories enjoyed well past one day. Several Feng Shui positive energy gift suggestions follow to help you make Valentine's memories that live well past an otherwise busy day.

### The Feng Shui approach

1. Maximize the energy you are gifting your Valentine by giving them something that will bring them joy as well as focus positive energy on an area of need in their lives such as:
  - a lovely small tabletop water fountain that provides the peaceful sounds of trickling water to increase joy and reduce stress while focusing energy on your Valentine's career or spiritual journey
  - an indoor solar wind chime that provides gentle melodic sounds while insuring the flow of positive energy throughout their home
  - positive energy music CD's or tapes from Steven Halpern – they give the gift of anything from inspirational sounds to subliminal messages for success, learning and healing – check out [www.innerpeacemusic.com](http://www.innerpeacemusic.com)
2. If you wish to give a more traditional Valentine Gift, give great thought to what your gift should be and whether it will last all year long or perhaps a lifetime. **Give a gift your Valentine wants and would love to receive, not a gift you think he or she should have.** Try these:
  - plant a pair of trees or rose bushes side by side in honor of your loving relationship – be sure your Valentine loves the trees or bushes you've selected

- purchase season tickets for the two of you to attend together, a favorite sporting event, a theater or concert series – or a gift pack of movie tickets
  - if your Valentine is a chocolate lover – hand select one dozen of their favorite chocolates or be extravagant and get cream filled chocolate truffles – be sure to hand select the chocolates as it shows great intimacy
3. The longest lasting gift would be to focus positive energy all year long on your respectful loving relationship with your Valentine by creating a “coupleness” area in the southwest corner of your family room or bedroom.

According to Feng Shui principles, this is the relationship area in your home - energizing it puts focus on the importance of a healthy equal loving relationship.

Place something symbolic of coupleness or a pair in this area:

- it can be two flowers of equal size in a lovely vase
- a pair of turtledoves side by side leaning or looking toward each other
- even two giraffes with their necks intertwined would be great
- a picture of a pair of Adirondack chairs overlooking the water
- two hearts or the number 2

This *will focus* positive energy on your relationship all year long.

### **Still Looking for a Valentine**

Are you currently looking for a Valentine? If yes, energize the east area of your bedroom with a bountiful upward growing green plant. For those of you who do not have a green thumb, or windows for light, a silk plant also works great. The upward growing energy of the plant symbolizes giving birth to a new relationship or growth in an existing relationship.

If you don't have a Valentine right now, be sure to give yourself a gift. After all, you are the current love of your life and should treat yourself accordingly. It is also important that you accept and love you first before you can give Valentine love and joy to others.

Valentine's Day is all about recognizing respect, fondness and a commitment to another. Albeit somewhat commercialized over the years, it truly is the one day every year that is dedicated to celebrating your coupleness.

While positive energy should surround your relationship throughout the year, the act of recognition and celebration of that relationship emphasizes its importance in your

life. It doesn't matter if you prepare a quiet dinner for two at home or go to a posh restaurant, have a picnic in the park or attend a Valentine party. What does matter is the act of recognition and celebration of your respect, love for and commitment to each other.

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Pat Heydlauff, President of Energy-by-Design ([www.energy-by-design.com](http://www.energy-by-design.com)) and Feng Shui expert, is a consultant, speaker, columnist and award-winning artist. She has been consulting with individuals, families, and companies since the early 1990's, with clients ranging from California to Florida. In addition, she speaks at corporate and organizational functions, and gives seminars to enhance productivity. Pat Heydlauff can be reached at (561) 799-3443, or at [balancingenergy@energy-by-design.com](mailto:balancingenergy@energy-by-design.com).

*Pat Heydlauff*

Speaker, Author, Artist

"Everything you say, think and do matters."

## Energy Design

580 Scrubjay Lane

Jupiter, FL 33458

[www.energy-by-design.com](http://www.energy-by-design.com)

561 799-3443 - telephone

561 745-3871 - fax