

Feng Shui Your Holidays

By Pat Heydlauff, Feng Shui Expert

Have you ever wondered does Feng Shui have anything to do with the holidays? Should you use Feng Shui during the holidays? Is it relevant during such a hectic season? Yes, Feng Shui is relevant and has everything to do with the holidays.

The holidays are filled with the most wonderful positive energy of the entire 52 weeks of the year. And the positive energy created by the holidays is the number one component in a Feng Shui lifestyle.

Americans have a tendency to bundle all of their positive energy into the last six weeks of the year and forget about all of that great energy by January 5th of the New Year. It doesn't matter what holiday(s) you celebrate or where. What does matter is that they are memorable, enjoyable and filled with hours of loving good wishes and joy.

Feng Shui is all about the use of positive energy (the colors, sights and sounds of the holidays) which helps to bring about desired results (a Merry Christmas, Happy Hanukkah, and Happy New Year). Even though Feng Shui got its start some 3000 years ago in China as a lifestyle, the very same basic principles are used today to create positive energy during the holiday season. It is the one time of the year people put aside all of the negative energy and invite this wonderful positive energy called joy, peace, love and hope into their homes, offices and lives.

Holiday Colors

You can use the holidays this year as a model for how to create this same wonderful energy throughout the year. Many people begin their holiday decorating by placing colorful plants such as poinsettias by their front doors and hanging cheerful lights surrounding the front of their house. Placing colorful plants by the front door or a wreath on the door create great positive energy and are simple and reasonably inexpensive to do throughout the year. When the holidays end, replace holiday plants or wreaths with:

- Hot pink for winter cheer – use silk if you are in a northern climate
- Yellow for spring – daffodils and tulips are welcoming
- Red for summer – geraniums and petunias smile in the heat
- Orange or golden yellow for fall – these colors glow in autumn sunsets

Positive Energy Lights

Next, the indoor decorations are hung, placed and displayed with great care along with lots of colorful or white lights and candles that burn brightly. Lights and candles are filled with warm glowing positive energy that further sets the scene for the holidays; use red, green, gold and silver or blue to provide positive holiday energy.

Candles are another tool you can use throughout the year to provide you that joy filled uplifting energy you so enjoy during the holidays but forget about the remainder of the year. Use candles in pastel colors in the spring, primary bright colors to energize summer and those warm snuggly earth tones during the fall.

When you light a candle its energy radiates and fills every corner of a room, much like throwing a pebble into a lake and observing the ripples that reach further and further out. Let your candles burn brightly throughout the year for uplifting radiating positive energy.

Remember to leave some of those clear twinkling lights on an indoor plant or silk tree to keep some of the holiday's positive energy visible throughout the year.

Joy Filled Sounds

Music is another of the holiday's positive energizers. There are so many beautiful, inspirational and fun holiday songs that are relegated to being heard only once or twice a year. If you do not have your own collection of holiday music do an internet search for a local radio station that is playing holiday music 24/7.

You may not wish to play this music at other times of the year but there are thousands of other fun inspirational and wonderful pieces of music that carry the same uplifting energy. Take a trip down memory lane in your own stash of music and play the ones you really love often. Or, listen to a radio station that plays uplifting music all year long. Enjoy the energy of the sounds of the season all 52 weeks of the year.

The holiday season is truly filled with hope, joy, peace and love. Enjoy every minute of this season and absorb its wonderful uplifting energy into your heart and soul. It will bring you joy. At the same time, be sure to use the holidays as an example of the great positive energy that can and should surround you throughout the year.

Is it time for you to give some thought to using Feng Shui to ensure a joy filled holiday season? Take advantage of the great energy of color by your front door to encourage positive energy to enter and welcome guests throughout the year. Light candles and allow their radiating light energy to glow all year long. And, remember to surround yourself with uplifting and inspirational music all 52 weeks not just the last few weeks of the year.

These are just a few of the basic tools of Feng Shui that help create positive energy 24 hours per day, 7 days per week 52 weeks per year. Remember, use positive energy in your world to create joy filled surroundings that will help reduce stress and create peace within.

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Pat Heydlauff, president of Energy Design, uses Feng Shui design principles to eliminate chaos and stress at home and within oneself. More than a Feng Shui expert, Pat is a consultant and speaker who helps remove clutter and negativity while encouraging personal growth, improved relationships and prosperity. Her forthcoming book, "Feng Shui: So Easy a Child Can Do It" shows how small changes can lead to a big improvement in one's personal and professional success. For information on her consulting, speaking and artwork, visit: www.Energy-by-Design.com or call: 561-799-3443.