

Celebrate the intent of your holiday

By Pat Heydlauff

With so much concern being expressed in the media today about whether you should wish one a Merry Christmas, Happy Hanukkah or Happy Holidays it's no wonder the children are confused when they are told it is a winter break at school, not the traditional Christmas break. Christmas is after all the legal holiday we celebrate in the month of December, not the first day of winter. It is particularly wonderful when other great holidays like Hanukkah fall during this special season so that those who do not celebrate the traditional form of Christmas also have special activities to take partake in.

It is truly a sad state of affairs (and very negative Fung Shui energy) when "being politically correct" is more important than wishing someone a Merry Christmas. In this great country one of our most valued rights is our freedom. Freedom includes celebrating a holiday as we see fit and wishing good cheer and merriment to family, friends and strangers, this includes Merry Christmas.

In a nation with 95% of its population celebrating Christmas, a lot of negative feelings and negative energy are created by those who are determined to take all of that wonderful and glorious positive energy out of Christmas by trying to make this holiday politically correct. If Christmas has great meaning to you and you've celebrated it in your family for your entire lifetime then celebrate it with great enthusiasm and merriment. If Hanukkah is the holiday you celebrate, then celebrate it in your appropriate fashion. If you are part of that 5% that celebrate yet other holidays, do so with appropriate gusto and reverence. Do not bow however to the politically correct do-gooders and allow your holiday season to be stripped of its good cheer and be relegated to mediocre energy for you and yours.

All of the festive decorations of this season, the colorful bright lights, the gifts and the wonderful foods are great personal energy builders that help carry you through what might be an otherwise difficult year ahead. There is great positive energy in holiday colors. In fact, holiday colors fit rather nicely into the Feng Shui 5 Element Cycle. The

color green represents the good health plus wealth of the element wood and red represents the fire element which provides great fame and good luck. The blue of Hanukkah represents career and spiritualness through the element of water and its silver the element of metal which encompasses everything from creativity and children to travel and helpful people. Many of the ornaments of the season are made out of blown glass or fired ceramics making them a great symbol of the element earth which influences positive relationships and a grounded lifestyle. The bright lights further energize all who celebrate.

Feng Shui is all about helping you energize self and your surroundings. When there is a wonderful opportunity once a year to celebrate a very special holiday in your world, celebrate it with great enthusiasm and savor the moments you share with family, friends, neighbors and even those strangers you run into at the corner drug store or the mall parking lots. Give gifts that are filled with love and wonderful energy that recipients will enjoy for months perhaps years to come. Bake cookies and breads to nourish the body and soul creating a family tradition for generations yet to come. Decorate your homes appropriately for your holiday and celebrate it with all your heart. Lift your voices up in song if that is what is appropriate. Privately meditate or pray in a quiet place in your home if that is what is important to you.

Remember to celebrate the intent of your season and wish those around you the appropriate good wishes for the holiday you celebrate. As for me and my family, we enthusiastically wish each and every one of you a very Merry Christmas and send equal good wishes for those who celebrate Hanukkah and any other holiday during this special season of peace on earth, good will toward man.

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In store presentation are available to clubs, organizations, societies and homeowners groups. Pat Heydlauff, author and public speaker is the “Feng Shui/energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy

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"Everything you say, think and do matters."

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