

Feng Shui for the Holidays

By Pat Heydlauff

Have you ever given thought to using Feng Shui to ensure a joy filled holiday season? 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.

Now you may wonder, what does Feng Shui have to do with the holidays? Everything! Yes, Feng Shui has everything to do with the holidays. The holidays are filled with the most wonderfully positive energy of the entire 52 weeks of the year. We have a tendency to bundle all of our use of positive energy (good Feng Shui) into the last six weeks of the year and forget about all of that great energy by January 3rd of the new year.

Feng Shui is all about the use of positive energy (the colors, sights and sounds of the holidays) 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, we use the very same basic principles to create positive energy every year during our holiday season. It is the one time of the year we put aside all of the negative energy in our lives and allow all of this wonderful positive energy we call joy, peace, love and hope into our homes, offices and lives.

Feng Shui principles: Color

We can use the holidays as a model for how to create this same wonderful energy throughout the year. Most people usually 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 enough to do throughout the year. Replace holiday plants or a wreath with:

- Hot pink for winter
- Yellow for spring
- Red for summer

- Orange or golden yellow for fall

Light

Next, the indoor decorations are hung, placed and displayed with great care along with lots of lights and candles that burn brightly. Lights and candles are filled a warm glowing positive energy that further set the scene for the holidays. The candles are another tool you can use throughout the year to provide that joy filled uplifting energy we so enjoy these few weeks but forget about the remainder of the year. When you light a candle its energy radiates and fills every corner of a room, much like that of 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 energy.

Sound

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. You may not wish to play this music at other times of the year but there are thousands of other fun, inspirational wonderful pieces of music that carry the same uplifting energy of the holiday music. 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. At the same time, be sure to use it as an example of the great positive energy that can and should surround you throughout the year.

Take advantage of the great energy of color by your front door to encourage positive energy and welcomed guests to enter throughout the year. Light candles and allow their radiating light energy to glow all year round. And, remember to surround yourself with uplifting and inspirational music all 52 weeks of the year. These are some 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 to use positive energy in your world to create joy filled surroundings that will help reduce stress and create peace within.

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Feng Shui classes and Finding your Spiritual Path through Painting will be available at the Jupiter Community Center in January, 2007. Pat Heydlauff is a Feng Shui consultant, public speaker, columnist and artist. She has been a Feng Shui specialist consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations, speaking engagements and energy design work in the home, office or for self, call Pat now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

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"Everything you say, think and do matters."

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