

Four Feng Shui Ways to Celebrate Valentine's Day

By Pat Heydlauff

Valentine's Day is designed to be a time of sharing and togetherness along with being fun and romantic. All of us at one time or another have struggled over the "what to do" issue or the "what to get" for our special someone. This day is meant to be a positive energy day shared with others whether at the grade school level where children exchange greetings with giggles and smiles or a romantic evening for two with candlelight and music.

Plan Ahead

In order to make your celebration a really special positive energy day, plan ahead. If you are a traditionalist and want to go to your favorite restaurant, make reservations today. If you use the "I'll get around to it" philosophy, you and your Valentine may be quite disappointed. If you also want to give a traditional gift, give great thought to what the gift should be and whether it will last all year long or perhaps a lifetime. Give a gift your Valentine wants and would love which provides great positive energy, not a gift you think he or she should have.

Try Something New

Are you looking for a fun new way to celebrate with your Valentine that is unusual or unexpected? Would you like to energize your relationship in a positive way? The list that follows should lead you to a whole new thought process on how to share your celebration with your spouse or significant other.

1. Maximize the energy you are gifting your Valentine by giving them a gift that will last long after Valentine's Day such as:
 - a monthly manicure, pedicure or a monthly visit to a hair stylist
 - Sunday breakfast once a month for 6 months at your favorite café
 - A surprise date once a month for 6 months for a picnic in the park, a walk on the beach or together time snuggling in front of a huge fireplace at a ski lodge

2. Gals, offer to watch one night a week your Valentine's favorite sporting event or show like 24 for the entire season – be sure to include his favorite snacks and beverages
3. Guys, offer to watch one night per week a full season of your Valentine's favorite show whether it is on the Country Music network, HGTV or Dueling Chefs – offer to fix her a cup of tea
4. Use a Feng Shui energy principle year around to focus positive energy on your relationship with your Valentine by creating a “coupleness” area in the southwest corner of your family room. To do this place something symbolic of two or a pair in this area; it can be two flowers of equal size in a vase, a pair of turtledoves, even two giraffes with their necks intertwined.

For those wanting a Valentine

If you currently do not have a Valentine, use another Feng Shui energy principle. 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, a silk plant will work nicely. Think of the growing energy of the plant as giving birth to a new relationship and you will. Use No. 4 above to further energize the beginnings of a new Valentine relationship. And, be sure to get you a gift so you reinforce your love of self. You need to love yourself in order to have enough love to share with another.

Ensure a positive energy Valentine celebration by planning ahead, giving a gift your Valentine will love and reinforcing the positive relationship energy area of your home for many enjoyable years ahead with your Valentine.

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REGISTER TODAY for Feng Shui classes beginning February 15 at the Jupiter Community Center plus Finding your Spiritual Path through Painting in Jupiter beginning February 1. Classes will also be held in Lake Worth beginning February 6th. Pat Heydlauff, Feng Shui expert is a consultant, public speaker, columnist and artist. She has been consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations,

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"Everything you say, think and do matters."

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