



Digging Deep with Cynthia Brian

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Feng Shui

Mindful decorating during the holidays



Photos provided

By Michele Duffy

Holiday Feng Shui ... is that even a thing?

The answer is a very merry yes! Whether you celebrate Christmas, Hanukkah or Kwanzaa, the holidays offer a fun time of year to experience Feng Shui since decorating your space creates intention and attention on your home. Home is exactly the point of the holidays, especially as we gather together with family and friends, share the year's bounty with gift giving, special foods, and celebrate the holidays with those closest to us.

We can apply the Feng Shui Bagua map and principles to almost anything. The home, office, garden, car, desk, the list is endless! How do we approach the holidays with Feng Shui? First, let's remember the entire level of lighting that factors into excellent Feng Shui in a space. The holidays are the season of light and beginning with a Christmas tree, lights energize the space and create mood, atmosphere, magic and warmth in our homes. Placing your Christmas tree, Menorah or Kwanzaa Kinara in a specific Bagua area will immediately energize that Bagua area, so where do you need an

energetic boost this time of year? Be more mindful this year when you place your tree, menorah or kinara. Overlay the Bagua and identify what Bagua area is blessed by these pieces and then create your own intention for that Bagua area to be uplifting and ignited. With a Christmas tree, the Wood Element (actual tree), Fire Element (the Christmas tree lights), and Metal Element (ornaments) are all present, and chances are with a multicolor scheme with a kinara, all Five Elements are included and that creates total balance.

A Kwanzaa kinara offers a soft glow and will energize whatever Bagua area it is placed in.

Second, Feng Shui encourages us to create a front entrance and front door that are well appointed with unique and inviting wreaths and seasonal displays. Also make sure your foyer is well lit and decorated as well!

Space clearing is always recommended in Feng Shui and involves purposely changing the energies of our environments and raising the overall vibration of the place. Consciously go through the house and kids' rooms and remove broken toys, toys that have not been played with in months, and toys that are no longer age appropriate. The end of the year is the perfect time to let go of clutter, making room for new beginnings, new energy and new opportunities.

The holidays elevate your space and letting go of some of the tougher mental and emotional stories we cling to and replay over and over again will elevate you mentally as well. Contemplatively gain clarity on what you want to release and what you want to welcome more of into your home, heart and life.

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