

The Spiritual Feng Shui newsletter
Issue 24
December 2008

Holiday Helper

Give Thanks, for a Healthy Bank Balance

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for December 2008; it is good to have your company, as always! Holidays are upon us, and if you haven't thought about Feng Shui for the last few crazy months, don't worry! We have plenty of quick, easy tips for having a harmonious time with your family and friends. We also explore how you can offset the strain of holidays on your budget, with practical and esoteric solutions. There is also a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in the last month of the year, and spread top your family and friends!

- 0x Feature Article: Holiday Helper
 - Have you had the cold sweats thinking about having your entire family under one roof? Breathe a sigh of relief.

- 0x Q&A: Give Thanks, for a Healthy Bank Balance
 - Emerge from the holidays with your credit card intact

- 0x Feng Shui Tip
 - The Hearth of the Home

- 0x Inspirational Quotes

Enjoy!

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*Feature Article: **Holiday Helper***

If you have a large family that you see for the holidays (or even a small one) they are probably fraught with joy, laughter and warmth, as well as arguments and sometimes tension! These holidays, you can help smooth things over and remember the true meaning of the season with a little help from Feng Shui. Don't make Christmas about what your mother-in-law *always* does, or your sister's crazy behavior, or the insanity of your or anyone else's children! Make it about sharing, giving, good food and friendly ears.

One thing that is as constant as taxes around holiday time is clutter. There are hundreds of people coming and going, plenty of unusual objects in the home (presents, wrapping paper, extra food), and neither the time nor the will to clean any of it up! As you know, clutter is toxic the good Chi flow, so make it a family event to help clean as you go. Far from being a pointless, boring diversion, it makes a real difference to how comfortable your family and your guests feel in your home.

Sing as you go, and use the opportunity to teach kids that messes have to be cleaned up, even at holiday time! If you get everyone involved, nobody will feel harshly done by. While the adult family members are doing the dishes, the kids can be clearing the table, mothers can be helping fold wrapping paper and organize toys, and grandparents can be feeding scraps to the dogs or cats. Realize that it will help you all feel more centered and calm, and get everybody in on the act!

Don't forget that if you are a visitor, rather than the host, everybody's house can benefit equally from this treatment. Don't feel like you are intruding - everyone wants a hand with the cleaning!

There are many parts of your house that are used at holiday time, but not often otherwise. Make your visitors a lot more comfortable by beginning to use the room a few weeks beforehand. This creates a more warm, energetic and comfortable atmosphere, where otherwise people would have been standing awkwardly around the walls, feeling out of place.

For example, if you have a formal dining room, treat your family to its use for a few weeks before holiday season. This takes some of the literal and metaphorical chill out of the air if it will be used during the holidays. Try putting the television in the formal living room when you put the Christmas tree up - if you are worried about delicate flooring or furniture, cover them with rugs and blankets to help preserve them from your family's dirty feet and grubby hands!

You can also have a positive influence on the energy that your guests bring into your home with them, by simply taking good care of your home's exterior. Give your front door a fresh coat of bright paint in time for the holidays, and place a miniature Christmas tree next to it. Hang some mistletoe above the door, and your adorable nieces and nephews will have no excuse for not giving you a 'hello' kiss! Make sure you've removed all the rubbish from your yard and trimmed overgrown plants and trees, and give the outside walls a once-over with a broom. If you have any stone statues, place them at the front door. They have a grounding influence on the energy

of the house. This is especially useful if you have dramatic relatives that are easily carried away!

Your Love and Relationships Gua is one of the most important to enhance at the holiday season. While putting energy into your Wealth Gua might get you a few more Christmas cards with \$10 notes inside, it is far more important to have your family and friendships intact! Your Love and Relationships Gua is the top-right square of your Bagua map, and the power spot is the top-right corner of all rooms. Dust off enhancements like:

- Photos of yourself and your family in happy times. Don't forget that holiday season is a good time to get fresh photos for this purpose!
- Anything colored yellow or beige, as well as clay, glass and rock ornaments. These earth-related items have a grounding influence on your relationships, just like the statue at the front door.
- Any gifts that your visitors have given you in the past. This not only lets them know that you appreciate their thought and effort, but helps create a harmonious energy and atmosphere.
- Use paintings and artwork that show love and friendship around the house, to create a positive atmosphere.

The Family Gua is the other that needs attention at holiday time - it is located in the leftmost square of the middle row, and you can use the corresponding power spot in other rooms for a boost as well. Use wooden furniture here, as well as green color schemes and ornaments, and plenty of green plants. One simple but effective trick for this Gua is to arrange your living room furniture so that it forms a square or rectangle, rather than the divisive, unbalanced L or U shapes.

If you thought that family harmony at holidays was something that happened only in movies, give these suggestions a go ... you'll be surprised, amazed and extremely happy!

Q&A: Holidays are such a strain on the budget, with presents to buy, extra food, and all the travel we have to do ... on top of the fact that we aren't working. How can Feng Shui help?

Holidays, as nice as they are, always create extra expenses. Presents bring joy, but cost money, and we love seeing our families, but when we have to travel to see them, it can become expensive. Both Feng Shui and some sensible tips can help here!

Regarding gifts, it is not only more cost-effective to make gifts for your family and friends, it is more personal, and creates stronger bonds between you. The things you make can be used as Feng Shui enhancements; what people make for you can enhance your own home.

Have your kids make paintings or drawings for your parents, brothers and sisters. This not only gives them a little piece of their grandchildren, nieces or nephews to take away, they can be framed and used as enhancements in their homes. If you give your kids a set of predetermined colors, or materials that are already well-matched, you are more likely to get something that is fit for display! For family members that have everything they need, or a very particular interior design, help your kids to bake gifts for them. Cookies, cakes and loafs are useful and delicious ... and don't contribute to clutter. Most importantly, they cost little to make!

If you and your family live some distance away, visiting them can put a dent in the finances. Try to arrange a roster system, so that on alternate years you can stay home ... and in the meantime, enhance your Wealth Gua to help offset the extra costs. This is the top-left corner of your Bagua map, and is also related to your work area, computer and where you keep your financial paperwork. Use wood and water colors, shapes and items here to help attract wealth to your home. Greens, browns, blues, blacks and purples are all favorable, as are cylindrical or wavy-shaped objects. Green plants are the living embodiment of the wood element, and help create energy for wherever they are. If it is not practical to have plants in your wealth Gua, use fresh cut flowers or plastic plants.

Your grocery bill is another thing that skyrockets at holiday time - despite the fact that it is enormous fun eating all of the delicious treats! Help keep it down with Feng Shui enhancements like a herb garden and a vegetable garden. These make practical use of your outdoor space, and a herb garden on a windowsill helps draw energy to whichever room it is in. The produce from them will be fresh and mostly organic - great for your health in literal terms, and also for your Health Gua, the center area of your home! Keep natural foods in your kitchen and Health Gua, and not only will your wallet rejoice (you may even hear it singing the Hallelujah at Christmas!), but your body will too. Processed foods cost more, and also contribute little to the Chi of your home. Colorful fresh fruits in a bowl will help stop the kids being hyperactive, draw energy to your Health Gua, and also shorten that receipt at the grocery store considerably!

*Feng Shui Tip: **The Hearth of The Home***

Your stove is the metaphorical heart of the home. Fire n ancient times provided life - it cooked food, kept away predators and maintained warmth. Your stove is still just as important to the energy of your home as it was to our cave-people ancestors!

At holiday time, one or two people often get stuck in the kitchen, bringing out platters of food to the rest of the family. Help create a harmonious atmosphere, as well as sharing the chores more fairly, by getting everybody to pitch in.

Kids can stir puddings, guests can do dishes, and one lucky person can carve turkey, of course!

Inspirational Quotes:

Christmas, children, is not a date. It is a state of mind. ~Mary Ellen Chase

Remember
This December,
That love weighs more than gold!
~Josephine Dodge Daskam Bacon

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John Fitzgerald Kennedy