

The Spiritual Feng Shui newsletter
Issue 36
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Dreaming of a Black and White Christmas

Q&A Title

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for December 2009; we hope you've been making the most of the warm weather! This month we are looking at Feng Shui for apartments. Apartments have their own particular problems, and if you are renting, the solutions are limited. But that doesn't mean you should leave your Feng Shui practice to another time! We show you how to start now. We also look at how you can find a good base for your Feng Shui practice if you are searching for a new apartment - a base which could make all the difference to your success. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in December!

- 0x Feature Article: A World Apart - Feng Shui for Apartments
- They may be small, but they can be mighty Feng Shui weapons!

- 0x Q&A: Apartment Hunting Techniques
- What to look for if you are moving into a new apartment

- 0x Feng Shui Tip
- Send It Into Space!

- 0x Inspirational Quotes

Enjoy!

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Main article: Dreaming of a Black and White Christmas

It's Christmas again ... already ... the passing of time never ceases to amaze me! You'll soon be hearing the sweet jingle of kid's voicing chiming that they're "Dreaming of a White Christmas". At the Spiritual Feng Shui, we'll be dreaming of a black and white Christmas! Ours will have perfect balance and flow - just a little bit of light in the dark, and a little bit of dark in the light. We're going to tailor our holiday season to have the natural, flowing and beautiful balance of yin and yang.

Christmas is a time of excesses, and these often lead to upset. Excess alcohol leads to arguments, excess food leads to regrets in the morning, and excess travelling certainly takes its toll on your body! You can help maintain a balanced atmosphere with the help of Feng Shui, and come out of the holiday season feeling like you've had a wonderful time and few regrets. We look at how to achieve a yin and yang balance within your home, for truly happy holidays.

What Are Yin and Yang?

Everybody has seen the black and white circular symbol, one half black and one half white, with the divide as a wavy line. There is a small dot of white in the black side, and a small dot of black in the white side. The white side represents *yang* energy, which is can be expressed in terms of:

- Light
- Sun
- Heat
- Up
- Right side
- Verticality
- Aggression
- Logic
- Science
- Activity
- Sharpness and hardness
- Square

Yang energy is often thought of as male.

Yin is the black side of the symbol, and is often thought of as female. Its qualities are the opposite of yang's, and are expressed in terms of:

- Darkness
- Moon
- Coolness
- Down
- Left side
- Horizontal
- Pacificism
- Emotion and Intuition
- Art
- Rest
- Softness
- Circle

You can see how each of these qualities is absolutely necessary! Neither side is good or bad, but each complements the other. So how do you translate these qualities into a balanced home for Christmas time?

Light and shade balance

When you are moving about during the day, keep your windows and curtains open for the light and fresh air. This will help keep people going ... especially if Christmas wine is making their energy levels bob up and down like corks on the ocean! However, when night-time comes, dim the lighting, soften the music, and turn up the warmth. This will encourage people to follow the natural balance of night and day ... and to get the rest that is sorely needed at holiday time.

Symbols and patterning

Since many of us redecorate our homes for the holiday season anyway, this is the perfect opportunity to use patterning to help the yin/yang balance in your home. Look at the visual clues in the description of each different Chi component. You'll see that yang energy is represented (and created) by verticality and hard-edged shapes, like squares and triangles. Yin energy is represented by circles and curves, and horizontal patterning. Look at which shapes and pattern-directions naturally dominate in your home, and balance them out with aspects of the other side.

If you can't see that any energy dominates within your home already, you may want to encourage both equally. A home with *no* energy is certainly not ideal at Christmas time! Here are some objects that it is easy to introduce either yin or yang patterning and energy through:

- Curtains
- Blinds (either vertical or venetian)
- Bedspreads
- Fabric covers for tables, desks, and electronic equipment
- Your clothing
- Christmas decorative items like streamers (hung either vertically or horizontally), patterned napkins and party favors.
- Books can be stacked either vertically or horizontally for different effects on your yin/yang balance

Home materials

The materials that you use in your home go a long way towards creating an overall yin/yang balance ... or imbalance, as the case often is! You would have seen in the summary above that yang energy relates to hardness, and yin to softness.

If you feel that your home has too much yang energy:

- Add plenty of soft pillows and throws to lounge suites and beds.
- Cover tables and drawers with fabrics
- Add petally, fluffy fresh flowers weekly
- A long term solution is to paint your home with a textured paint that gives a soft look, like suede paint.

If you feel that your home has too much yin energy, here is how to adjust the material balance to add yang energy:

- If you have fabric covers on tables or drawers, take them off.
- Keep a minimum amount of pillows and cushions on your couch and bed.
- Look for angular ornaments made of hard materials, like steel or rock

One caution when you are implementing all of these solutions is to keep stepping back, and taking a big-picture view of your home. In trying to correct an imbalance, don't go too far the other way! Enhance a few areas and make a few changes first, and then move onto others if you still feel that the yin-yang pendulum is weighted to one side.

If you really cannot tell which energy direction your home leans towards, there are a couple of solutions. Think about how you feel at home. Do you feel energetic, to the

point of being rushed, pushed around, and sometimes aggressive for no reason? If this is the case, your home may have excessive yang energy. If you find it easy to relax at home ... but sometimes it is too easy to relax, and not get things done, your home probably has an excess of yin energy. If you can't decide, then professional Feng Shui consultation will give you an expert opinion and advice!

Q&A: It's our family's turn to do the visiting this year, so we won't be home much over the holidays. How can I bring my own yin-yang balance with me ... without redecorating my friend's homes?!

Anything is possible with Feng Shui - and the principles you apply to your home can be carried with you to your friends' and family's houses quite easily!

The most important step in bringing your own yin-yang balance, is to even up the energy within your own mind. Meditation is a wonderful aid for this; both the sitting and active versions (like walking meditation or repetitive exercise) can really help you see things in a more balanced way.

There are also plenty of physical changes you can make, to carry your own black and white balance along with you! Try modifying your:

- *Clothing:* You can incorporate more bright, energetic and light colors into your wardrobe for a yang energy boost, or enhance your yin energy with darker, more muted colors. Use either vertical or horizontal patterns, and either soft or starchy fabrics to enhance the appropriate side of the yin-yang coin.
- *Accessories:* Angular, hard objects within your accessories (like earrings, necklaces, watches, belts, etc) will enhance yang energy, while softer materials and curved shapes will enhance yin energy.
- *Gifts:* If you feel that one of your family members or friends sways a little too far to one side or the other, why not give them a gift aimed at helping them balance out? Gifts such as flowers, blankets and pillows, anything creative, arty, horizontally patterned or dark-colored will help slow down a friend who can't keep still. For friends who have trouble finding motivation, look for yang-themed gifts incorporating rock and metal, sharp angles and definite shapes, light colors, and things that are related to logic and science.

Another important thing to remember is that a cluttered home will never be a balanced home ... the scales are being buried, not evened out! Try to clean up after yourself as you create clutter in other people's homes. Don't be shy to ask if your host would like any help. You may have to ask more than once - many hosts say 'No, thanks', when really they would love some dishes done! If it is appropriate, you can simply start helping with the tidying up. Removing clutter will help the yin and yang energies balance also.

Creating a holiday affirmation that you bring along with you can also help you maintain focus on what you want to happen through the holiday season. A sentence like "I am having fun without harming my body or other people", or "This holiday season I am enjoying the company of my family in a healthy, wholesome way" is a good way to focus on yin-yang balance. Just keep it in your wallet, rather than on a portable sandwich board!

You can also implement some of the tips from the main article in other people's homes - you will be able to tell what is appropriate. You may be able to open curtains or dim lights, or bring your own fresh flowers and plants as a gift to the host. Most of all, though, just wanting that balance will help you achieve it!

Feng Shui Tip: Eternal Flame

One of the types of energy that is often lacking in people's home is the fire element. If you don't have any pictures of fire, often don't do your own cooking, and don't have an open fireplace it can be difficult to incorporate. However, Christmas gives you a great excuse to embrace the fire element in your home - with candles!

You'll be doing plenty of things as a family, and candles create a lovely, intimate atmosphere for this. Besides, there are plenty of people around to ensure that nobody forgets to put them out!

Inspirational Quotes

Happy, happy Christmas, that can win us back to the delusions of our childish days; that can recall to the old man the pleasures of his youth; that can transport the sailor and the traveller, thousands of miles away, back to his own fire-side and his quiet home! ~Charles Dickens, *The Pickwick Papers*,

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

I wish we could put up some of the Christmas spirit in jars and open a jar of it every month. ~Harlan Miller