

The Spiritual Feng Shui newsletter
Issue 48
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Family – Don't Take Them For Granted

Q&A: Fit and Fabulous Families – How To Stay Healthy with Feng Shui!

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for March 2012! As the year starts to take shape I thought we could start to do some more thinking about those people we sometimes don't think about at all! With our family around us all of the time, this month we look at how to make more concerted efforts to appreciate and nurture family relationships with our Feng Shui practices. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in February!

0x Feature Article: Family – Don't Take Them For Granted!

0x Q&A: Fit and Fabulous Families – How To Stay Healthy with Feng Shui!
Does our home affect my children's health?

0x Feng Shui Tip
- Man's Best Friend – Benefits of a Family Pet

0x Inspirational Quotes

Enjoy!

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Main article: Family, Don't Take Them For Granted!

Our ever-changing world is getting faster – everything from what we eat to the way we do things is about speed and convenience. Even the way we communicate now is about doing it in the quickest way possible! However, how often do you stop to think about those who are nearest and dearest to you? I mean, really, really think about them? This month The Spiritual Feng Shui will focus on family and how we can ensure our relationships are beneficial for everyone.

The Structures That Are Your Home

Now unlike last month when we talked about the physical structures of your home, this month we are looking at what is even more important – the structure of your family that makes up your home. Remember the key to a strong family Gua is to ensure that you emphasize positive family attributes and get rid of any negative ones.

Easier said than done I hear you say! It is true – because our family is around us all the time it is all too easy to just accept they'll always be there, regardless of what happens. They can get pushed to the back of our minds or pushed aside in life while we are too busy pursuing a career or fostering other relationships.

Stop Right There!

Right, so before we go any further here are some of the most important things you must do for your family:

- Focus your energies on strengthening relationships with family members you love and respect;
- Focus on retreating from relationships with those who make life difficult and unpleasant;
- Do not lose sight of the fact that family is the most important thing and source of happiness in life;
- Remember to keep a balance between career and family – if you spend all your time at the work place trying to accomplish more, what's the point if you never spend time with your family?

Reorganize – It Needn't Be Complicated

When we start to talk about work/life balance people get all stressed and anxious about how to actually do it. It doesn't have to be difficult! With a few simple changes to the way you organize yourself and your home, you will be enjoying more time with your family, without letting your career suffer, before you know it! However you must exercise great self-discipline and persistence to make it work.

Use ALL The Hours In The Day!

- There are 24 hours in day – make the most of them and organize them so they give you the maximum return of happiness and contentment;
- As always, maintain a clutter free home that is well organized, so you have more time with your family;
- Make a “to do” list and set priorities of what is most important;
- Make a “don't” list – for example, “spend less time on Facebook or on email” – less time talking to the outside world can be spent talking to those people right near you – your family!

Put the lists in a place where you can see them often and be reminded of what's important to you and your family.

Quality Time – What's That?

It cannot be stated enough how important it is to spend quality time with your family. You will know from your practice of Feng Shui of all the tips and ideas you might be able to use, but here are a few:

- Work together with other family members including children to get household chores done;
- Spend more time one-on-one with your children. When's the last time you went for a walk or exercised together?
- Turn the television off;
- Turn the computer off;
- Turn your mobile phone / smart phone/ iPad / any other gadget off!

Imagine the conversations you might have if you actually talk to your family! And think of the unusual, yet positive example it will set for your children. Enjoy a meal together around the dining table, instead of in front of the television, just like people used to do in the "olden days"!

Physical Improvements To Assist Your 'New' Family!

Now that you have your family working together and talking and sharing with each other, consider some of the practical Feng Shui tips you can also do to build on the positive experiences:

- Keep a family photograph in your living room in a wooden frame as a reminder of your family values;
- Decorate the living room with healthy green plants and fresh flowers to circulate Chi;
- Paint the room a soft green to represent growth and health and promote calmness;
- Remember ancestors or relatives through art items that are made out of wood, be column shaped or contain floral print or stripes;
- Make sure the wooden furniture in the room forms a square or rectangle shape and ensure they are not underneath overhead beams;
- Hang a mirror in the dining room to reflect and strengthen the value of togetherness;
- A mirror can also be effective if you have an unpleasant view from a window – put one on the mirror opposite to send the image back outside!
- Burn incense or use essential oils or aromatherapy.

It doesn't need to be problematic to get effective Feng Shui results for your family. Simply follow these suggestions and you'll be well on your way to having a happy and content family around you!

**Q&A: It feels like my kids are always sick with some kind of cold or runny nose!
Does our home affect their health?**

The endless runny nose or barking cough is enough to drive any parent mad, especially if you have small children. And how easy it is to blame someone else for this ill health – we are all guilty of it! Little Johnny has had a cold continuously since he started kindergarten or the air conditioning in my office is so cold I am always sick. Sound familiar?

It's Not My Fault!

While these external factors may be contributing, don't forget to take a close look at your home. It can indeed affect the health of everyone living in your home! Firstly do a stocktake and assess how often your family falls ill – is it really all the time, or is it just now and then, and you feel like it is continuous because you are actually the one who is tired and run down?

If it is just sometimes, then congratulations. You have a normal family who are well on their way to building up a healthy immune system! However if you truly feel it is all the time, then take a moment to consider what you can do to rectify the situation. Does your family spend enough time together as a family as we outlined in the previous section? That is one simple step towards improving everyone's physical and mental health.

You Are What You Eat

What about diet? Just like your home, which is full of natural, earthy materials, what are you putting inside your own body? Is it a diet full of natural goodness with fresh fruit and vegetables, or is it a diet of fast food and takeaways because you are too busy to cook or go to the store?

Get Moving!

Does everyone in your family get regular exercise or is the only part of the body exercising the fingers operating the television remote control? Take the hint and get moving – preferably outside so you can also enjoy some Vitamin D!

If you've checked off all these then finally there are some other practical tips you can consider specifically related to the health and well being Gua, located in the middle of the Bagua map:

- Place healthy plants in the centre of your house and kitchen to enrich the Health Gua power spot;
- Hang healing crystals to enhance energy or use other crystals for different effects:
 - Clear = rainbow effect
 - Rose = aid emotional health
 - Green = aid physical health
 - Blue = mental clarity
- Paintings of scene or tranquil water, blue skies and vibrant, bright, healthy plants offer radiant health.
- Place blue and green items in this area to help activate the health gua.
- Paintings of scenes or tranquil water, blue skies and vibrant, bright, healthy plants offer radiant health.

As always The Spiritual Feng Shui does not provide medical advice. If you are concerned about health issues in your family you should consult a medical practitioner.

Feng Shui Tip: Man's Best Friend – Benefits of a Family Pet

Before you start rolling your eyes and groaning, just stay with me! The benefits of a family pet far outweigh the perceived cons. If your children have been pestering you for a puppy now is the time to say yes!

Now while the immediate thought might be of all that work involved with having a puppy, think of all the benefits. A puppy or any pet has stimulating life force energy and makes a great companion. They also love us unconditionally – who else bounds down the hall and just about knocks you over with love when you walk in the door after a hard day at the office?

If you have children, also think of the great life lessons a pet can teach them. The responsibility of caring for something or someone other than themselves. Also, consider the opportunities a pet will provide for family time – taking your dog for a run along the beach or the madcap fun of washing your precious pooch!

It needn't be a dog of course – if that's not a practical option for where you live, think about a cat, a bird, a goldfish or what about some chickens – you'll get the bonus of fresh eggs then too, a hamster ... you decide!

Inspirational quotes:

"The family is one of nature's masterpieces." ~ George Santayana

"You don't choose your family. They are God's gift to you, as you are to them." ~ Desmond Tutu

"There's no vocabulary For love within a family, love that's lived in But not looked at, love within the light of which All else is seen, the love within which All other love finds speech. This love is silent." ~ TS Eliot