

# Feng Shui

By Sunita Sitara



Feng Shui is present in all aspects of our lives. We have home Feng Shui, garden Feng Shui and even our body uses "Chi" to nourish and heal the body. In our body, chi, the energy of our psychophysical system travels through channels known as meridians. Acupuncture is an ancient practice, which taps into these meridians to facilitate healing. In the same way as when we remove clutter in our home, those tiny needles clear away stagnant blocked energy in our body. Amazing to know that even our body does Feng Shui! Having a healthy body during the upcoming Holiday season is so crucial. So, I decided I would give you ten simple tips to keep your health in check as well as your relationships in tip-top order!

In my last article, we discussed the nine Ba-Gua map areas of our home. You can see what the map looks like, it has been uploaded to my website, [www.sunitasitara.com](http://www.sunitasitara.com). Look under the consultation tab and then FAQ's. This way you will have a visual map of where the Feng Shui areas lie according to your floor plan.

Below are some very simple ways to energize your home, ready for the Holidays, now that you are armed with the Ba-Gua map!

1. To have good health through the holidays, have healthy green plants in the middle of your home!

2. Clear away clutter from under your bed!

3. Add some type of exercise to your daily routine; this way your body will release endorphins, which in turn will boost your immune system!

4. Have items made from wood, pottery pieces, metal objects, candles and a water fountain or a painting of water in the middle of your home. This will strengthen your relationships as well as your health!

5. Have paintings or objects in pairs for the romance area of your home to bring romance back into your life or to invite a new relationship!

6. Have pink /white accents in the romance area of your home to keep your love life sizzling!

7. To have harmonious relations with extended family, place healthy green plants in your living room. Fresh flowers will also help to promote amicability!

8. Paintings depicting landscapes, in the middle of your home will encourage good health for all the occupants of your home!

9. Photographs of family members in the study of your home, or in the living room will enhance family relations!

10. My best cure of all time... Dust, dust, dust your home! This simple action removes stagnation and livens up the energy of your home!

I hope that these simple tips will make your life easier during this stressful time of the year. Another way to reduce stress is to simplify the gift giving process. Why not start new traditions amongst adults, where gifts of the heart are exchanged? A gift that can be given at a different time of the year, such as hiring someone to spring clean the yard of a loved one in March or April next year. Or, special meals prepared throughout the year. I have asked all my friends to give me the gift of food rather than an object. We live in an over abundant society, having less stuff is a good thing! Think about it -- less stuff to dust, a win-win situation! I hope all of you will have a delightful, festive time. This time of the year is truly magical, it all passes away too soon; enjoy the moments with family and friends. I am so happy that I get the opportunity to connect with all of you. I will see you in the New Year!



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