

27 is magic number to energize the home

Feng Shui

By Sunita Sitara



Oh my! Is it possible that the holiday season is upon us again? Thanksgiving is just weeks away and the end of the year not far behind! It's time to prepare your body and home for the extra stress of the upcoming busy season.

The first thing to do is to walk through your home and take inventory. This is an important action; it will allow you to see the rooms in your house through fresh eyes.

Take note of the areas where you feel uncomfortable or, feel drained. That area of your abode has stagnant "Chi."

The best way to feel liberated from the lethargic energy is to awaken it! You can employ several methods to energize your home. First and foremost get rid of 27 items. Secondly, move 27 items and place them in different locations.

You can stir up your sleepy home by beating a drum through all the sections of your dwelling. This will definitely wake up your house! If you are not a fan of beating a drum (I am!) you can play your favorite music through the house while you are cleaning and clutter busting. Sound energy is very important; we hear good news with sound, your house also wants

to hear pleasant vibrations!

During times of family gatherings sometimes there is the inevitable argument, to uplift the mood of your home and all those who are present mist the rooms with a water bottle. Water is the great healer of the spirit, we feel rejuvenated after a shower or a long luxurious bath, or even the sound of water is meditative and relaxing.

To keep your health in optimal state, place either green healthy plants, or silk plants in the middle of your home. Another great cure for vigor is to wear the colour green. To keep the health of your home in tip top condition you can place candles, items made from the earth e.g. pottery pieces; a metal sculpture or anything made out of metal, and a water feature in the middle of your living space.

I recently moved over 27 objects in my living room. My space now feels inviting and fabulous. It felt comfortable before too, but after five years of the same furniture layout I felt stagnant.

Ever since I moved everything around and dusted every nook and cranny I feel buoyant!

The upside of moving energy around is somehow it stirs up the

energy in every aspect --I have been incredibly busy with lectures, classes, consultations, and radio and television guest spots!

So, if you want your career to receive a boost -- move furniture, get rid of stuff and more importantly, surround yourself with things you love!

I have been very fortunate to receive many queries directly because of this column I write in *Saturday Magazine*. I want to thank all of you who asked me to come and speak at your clubs and the warm reception I received everywhere. I was heart warmed. I was very impressed with the way your homes were decorated and how beautiful your gardens were!

I have decided to offer private classes on a variety of subject matter. For the complete list you can go to my website www.sunita-sitara.com and click on the classes tab. I will be giving a lecture on Feng Shui on Wednesday, Nov. 2, 7-9:30 p.m., at Istvan Gallery. If you are interested in learning more please get in touch with me.

If you have any questions please e-mail me at Sunita@sunitasitara.com I am always pleased to receive your comments.

Until next month!

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