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# Feng Shui

By Sunita Sitara



The end of year is fast approaching; time flies when one is enjoying life! Here's an easy recipe to enjoying life; surround yourself with objects you truly love! Every time you gaze upon your belongings, whether they'd be clothes, shoes, objects d'art, even the china, silverware and stemware you use, needs to be something you absolutely adore. The reason for this is that you'll smile each time you look at the paintings hanging in your home. You'll be happy when you take out your best china to serve your guests, it will bring fond memories to the forefront. A happy person is a healthy person. When clutter or things that you don't love surround you it brings to mind things you dislike about your life and home. Even if it's on a subconscious level it affects you in a very deep manner. Unhappy memories attack our immune system, then it's easy to fall prey to the local bug making the rounds.

You didn't think that Feng Shui is so deep and philosophical did you? Most often people think this ancient doctrine is just about placing your furniture and colors you use in your home. Most of my clients and students are amazed at the depth of this old school of thought.

Feng Shui for me is understanding your environment at its base level. Figuring out why your home looks the way it does. Naturally your home is going to reflect your personality, since you are the one who lives there! If, you are experiencing blocks in any part of your life it's important to look at the Ba-Gua map. Overlay the map on top of your home's floor plan to see where the nine quadrants fall. The edge of your home's floor plan needs to line up with the edge of the map. You can find the map on my website [www.sunitasitara.com](http://www.sunitasitara.com) click on consultations and then on FAQ. Once you locate the troublesome area, the best thing to do is to take serious inventory, be ruthless as to what gets to live with you in your space. Only things you love get to share your home with you. Objects that bring up sad memories will affect you at the cellular level, so it's best to bid them goodbye!

We are coming up to the busiest time of the year--here are some quick and easy suggestions to prepare you for the upcoming Holiday season!

Move your furniture around to remove stagnant energy!

To recharge your finances, clean your stove!

To awaken your home beat a drum in every room!

Prepare your home for company this Thanksgiving with fresh plants!

Play soothing music while you get ready for guests to arrive!

Mist each room with water to hydrate your home!

Don't do all the work yourself-- ask for help!

I hope your Thanksgiving will bring you and your family joy.

At my home we prepare a vegetarian feast, it has none of the traditional fare that most Americans rustle up! Since I was born in Nairobi, Kenya we didn't celebrate Thanksgiving. It is most definitely an American holiday. I do like the idea of giving thanks on this day, though; I think the idea of being grateful each day is what I strive towards. I am grateful that you read my columns and I am always humbled when people remark as to how much they enjoy reading the advice written here. Please feel free to send me an e-mail [Sunita@sunitasitara.com](mailto:Sunita@sunitasitara.com). Thank you for your kind words and I look forward to more comments by our loyal readers! Happy Thanksgiving!

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