

## Use Feng Shui Tools to Create Holiday Joy

You know the holiday season is here when Thanksgiving is only a couple of short weeks away. It doesn't matter what holidays you celebrate, where or with whom; what does matter is that they are memorable, enjoyable and filled with hours of loving good wishes and joy.

One way to ensure your holiday season is filled with positive energy and joy is to use the principles of Feng Shui. You may wonder, why Feng Shui? And what does it have to do with the holidays?

Everything! Feng Shui principles are used everywhere during the holidays. The holidays are filled with the most wonderful positive energy of the entire year. Our society has a tendency to bundle all of our use of positive energy (good Feng Shui) into the last six weeks of the year and forget about all of that great energy by January 3<sup>rd</sup> of the next year.

### **Feng Shui principles create holiday joy**

Feng Shui is all about the use of positive energy (the colors, sights and sounds of the holidays) to bring about desired results (a Merry Christmas, Happy Hanukkah, and Happy New Year). The holidays are the one time of the year society puts aside the negative energy and allows this wonderful positive energy we call joy, peace, love and hope into our homes, offices and lives.

### **Feng Shui energy creates memorable holidays**

**Colors increase positive energy.** Many people begin their holiday decorating by placing colorful plants such as poinsettias by their front doors and hanging lights on their house to create festive energy. Placing colorful plants and flowers by the front entrance or a wreath on the door creates great positive energy that welcomes in not only the positive energy of the holidays but also welcomes guests and the year ahead.

**Lights create uplifting encouraging energy.** Next, the indoor decorations are hung, placed and displayed with great care along with lots of lights and candles that burn brightly. Lights and candles are filled with a warm glowing positive energy that further set the scene for the holidays. They provide that joy-filled uplifting energy that is too often enjoyed only in these few weeks but forgotten about the remainder of the year. When you light a candle its energy radiates and

fills every corner of a room, much like throwing a pebble into a lake and observing the ripples that reach further and further out. Let your candles burn brightly for uplifting radiating energy.

**Sound and music are significant holiday energizers.** There are so many beautiful, inspirational and fun holiday songs that are relegated to being heard only once or twice a year. Take a trip down memory lane in your own stash of holiday music and play the ones you really love often or listen to a radio station that plays holiday music all year long. Enjoy the positive energy of the sounds of the season during the season and whenever you are in need of a joy-filled boost.

**Scents and fragrances should be considered for the holiday joy?** The wonderful, homey scents of the holidays whether it's cinnamon or sugar cookies, sweets and holiday treats or hearty chili/stew on the stovetop. These scents will bring back wonderful positive memories of holidays past. The sense of smell is certainly heightened and enhanced during the holidays -- and can bring back many happy memories.

Approach the holiday season with a grateful heart so you create the memorable holiday season you desire. This season is truly filled with hope, joy, peace and love. Enjoy every minute of it and absorb its wonderful uplifting energy into your heart and soul.

The holidays can be used as a blueprint for creating this same wonderful energy throughout the year.

- Use color energy year-round by your front door and entrance to encourage positive energy and welcome guests to enter throughout the year.
- Light candles and allow their radiating light energy to glow all year round.
- Surround yourself with uplifting and inspirational music all 52 weeks of the year.
- Scents and fragrances that encourage joy-filled memories.

These are basic Feng Shui principles that help create positive energy not only during the holiday season but 24 hours per day, 7 days per week 52 weeks per year. Use positive energy in your world to create joy-filled surroundings that will help reduce stress, create peace within and make all days memorable.

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