

## HOME & LIVING



### Simple Feng Shui Tips for the Holiday Season

**All is calm... All is bright...**

by Maureen Calamia | posted December 2008

Does this sound like your household? Certainly, doesn't sound like mine at the moment! With all the extra "things" that we have to do—like shopping, card-writing, wrapping, decorating, cleaning, baking, cooking, attending parties, and, of course, work—it's hard to find the time to fit it all in. It's easy to get stressed out.

So, this holiday season, take a few minutes to create a peaceful sanctuary so that you can relax when you return home, as well as welcome your holiday guests. Adding a bit of the five Chinese elements will help maintain a natural balance in your home, ease stress, and appeal to all of your senses.

#### Fire

If you don't have a fireplace, light some soy candles around your main living space. The Fire element is about love, sincerity, and delight. Sitting around the warm glow of fire stirs a deep desire for community. It's the element that helps you to connect to others on a meaningful level.

Fire is the element that represents the summer season with the thrill of being alive and passionate about experiencing life to the fullest.

#### Earth

You can incorporate the Earth element through the use of clay pottery, soil, and quartz crystals. If you use crystals, pick ones that seem to call to you. (Having a lot of Fire energy, the citrine quartz is one of my favorites with its warm orange glow). In fact, quartz crystals are a great, affordable gift, too. An interesting exercise would be to pick out crystals for your family members. (Check out local new age stores or crystals shops to find them, and be sure to ask how to "clean" the crystals, as they carry energy).

The Earth element brings out our nurturing qualities. Earth helps us be less self-centered, which tends to happen when we're stressed. It enables us to be grounded, stable, and enjoy the comforts of home and family.

#### Metal

You can easily incorporate the Metal element through the use of metallic decorations and the colors gold and silver. In addition, round objects can be used.

Metal is the element for late fall/early winter, when the pace of nature starts to slow down and people turn inward. It represents creativity, sensitivity, and gives us the grace to get through all of the hosting activities. Metal is the energy of beauty and discrimination. Metal helps when it comes to beautifying the home, our food and dressing fashionably.

## **Water**

Water can be incorporated through several ways: the use of actual water (fountains or aquariums), images of water, or dark colors, and wavy shapes. Pine roping and garland, a typical holiday decoration, represents the Water element as it's draped around the house in undulating waves.

Water is the element for winter, when much of nature is in a state of hibernation and people are more reflective. Water is the energy of wisdom, intuition, and courage. It provides us with the ability to dream and philosophize.

## **Wood**

Wood can be easily incorporated into your Holiday scheme with a Christmas tree, poinsettias, or other plants. In addition, the colors green and blue, typical in Holiday decorations, are readily used.

The Wood element represents spring, and the growth and vitality of an emerging seedling reaching for the sunlight. Let the Wood element remind you that, with the Winter Solstice, the Sun will be tracking a path ever closer to the Northern Hemisphere, as the days get longer throughout the cold, winter months.

Wood is the energy of striving, optimism, and curiosity. Wood provides us the determination to see things through. So, the Wood element is going to help you get your list done.

## **One Last Suggestion...**

And, one last suggestion for handling holiday stress: several times throughout the day, let the Wood element subside, and take a few moments to let the Water element in you take a few deep breaths and give gratitude for all that you have in your life. And enjoy this very special time of the year.

*Maureen Calamia is a certified Feng Shui consultant, board marketing director for the International Feng Shui Guild (IFSG), and member of the U.S. Green Building Council (USGBC) Long Island Chapter. For information about her Feng Shui practice, Luminous Spaces, call (631) 513-0059 or visit [www.luminous-spaces.com](http://www.luminous-spaces.com)*