



House of Light & Harmony

Timely Tips

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It was a high counsel that I once heard given to a young person,
"Always do what you are afraid to do."

Ralph Waldo Emerson

Take calculated risks. That is quite different from being rash.

George S. Patton

If you do not hope, you will not find what is beyond your hopes.

St. Clement of Alexandra

We are all inventors, each sailing out on a voyage of discovery, guided
each by a private chart, of which there is no duplicate. The world is all
gates, all opportunities.

Ralph Waldo Emerson

We are what we repeatedly do. Excellence, therefore,
is not an act but a habit.

Aristotle

House as a Mirror of Self and Soul

Beginning in childhood, as we change and grow throughout our lives, our psychological development is punctuated by relationships with people and the homes we have lived in.

The dwellings range from urban mansions, housing projects, rented apartments, trailers, tents, tipis and suburban homes.

Some people, wealthy enough to own several houses, never feel “at home” anywhere; conversely, others feel great contentment in a single studio. What all these people have in common is a strong emotional relationship with their home – whether positive or negative.

In this month’s Timely Tips we look at what Feng Shui and Vaastu can create in our on-going personal story in “the search for a place for our soul to be safe, thrive and be open to love.”

Often people and families who share living spaces or who are buying a new home need to work out the private and communal spaces. Often, this can turn into a “power trip” where individuals might try to dominate and be overly demanding about their need for personal space when they feel hurt and not heard.

It is essential for peace, tranquility and healthy relationships that these issues be worked out - and Feng Shui and Vaastu have useful techniques to do this.

TIP #1 RECALLING A SPECIAL CHILDHOOD PLACE

Reflect on your childhood tree forts, house forts and other special magical places. Breathe, relax and visualize yourself being there again. What did you do there? What made it special? What did it feel like? Now draw these spaces with crayons.

This exercise will give you insights into how you use or feel about your current home; issues of importance in a new home; how your unique experience of home may differ from your spouse, partner or children.

TIP #2 VALUES INVENTORY

Here is a way to understand more deeply what you value in a house. Look at all the visible material contents and try to categorize them in terms of what they mean to you. Objects are expressions of our identity and soul.

Certain categories might include nature, cultural and ethnic identity, environmental concerns, family, health and diet, spiritual concerns, writing and reading, socializing, enjoyment of outdoors, and warmth and coziness. How do these reflect your childhood and early adult years?

TIP #3 ALWAYS OR NEVER LEAVING

Reflect on where you live now. Does it feel like a home to you? If so, what is it about its form, location, furnishings or ambiance that enhance these feelings?

If it doesn't feel like home, is that okay with you, or not? Is this a transition period? Where have you been and where are you going in life? If this doesn't feel like a home, what is it about this place that is un-homelike? Is it the lack of comfortable furniture, empty sad spaces, too much clutter, an un-kept yard, no outdoor spaces, no garden?

The point of this exercise is to focus on the frustrating aspects of your relationship to the place where you live. Focus on repetitive patterns. Are you echoing your parents' attitudes toward your childhood home? Are you rebelling against some feeling or situation from the past, like parents or a previous relationship?

TIP #4 RELATING TO THE CLUTTER IN YOUR LIFE

Personalize your relationship to your clutter by drawing a rough sketch of the house and each room with its doors and closets. Give your house a name like “the messy house I love” or “home is where the clutter is.” Write the name on the bottom of the page with the drawing. Prop it on a chair about four feet away and dialogue with the house. You might say, “All this clutter in the basement is making me feel constipated.”

When you’ve finished your dialogue, ask yourself this key question, “How does this stuff and clutter serve me?” Leaving large piles of stuff around may be unconsciously venting anger at a parent or a spouse. Parents who leave the room of a child just as it is, even though the child has left, may recognize their grief.

Calling in a Feng Shui and Vaastu professional who is also trained to motivate you and is an organizer of objects may be just the thing to help you move from awareness to actually doing the much-needed decluttering.

TIP #5 DISCOVERING A NEGLECTED PART OF YOURSELF

A subtle or nagging dissatisfaction with your present environment or a reluctance to spend time there are clues in needing to find a deeper part of your soul and Self. Another cue is an unwillingness to personalize, decorate or put your own “stamp” on your home. You may leave walls bare although there are many things you could put up. You may leave belongings in boxes, unwilling to admit you are here to stay. You may even feel that your home has

some kind of uncomfortable hold over you, that it is making unreasonable demands.

Another approach is to focus on where in your home you feel most comfortable, or which rooms or spaces feel particularly alienating. These are powerful clues as to what path you need to explore in discovering hidden aspects of Self. Is there discomfort in the kitchen because you dislike “motherly” tasks? What other rooms are uncomfortable for you, and what are the feelings behind this?

TIP #6 BECOMING PARTNERS: MAKING A HOME TOGETHER

Falling in love and deciding to live together are happy but serious occurrences. When the honeymoon is over, differences may surface regarding issues of privacy and boundaries. It is wise to explore these issues before the Big Move.

Creating a healthy home mirrors your ongoing, co-creative healthy relationship. Write or draw what *home* means to you. What are your needs around style of space, private space, garden, light, colour, textures, furniture, indoor plants, art, sculpture, music, Remember and draw the dwelling that most made you feel like home. Was it a grandparent’s home, a home of your best friend, a summer cottage, a vacation property? Draw the physical arrangement that conveyed a feeling of home for you.

TIP # 7 WORKING OUT DIFFERENCES

Have each person in the family take out coloured markers or crayons and paper and put down in pictures, diagrams and words what this home means to each. Do this separately and then come together to openly and lovingly discuss, only when you're ready.

You identify the spaces you need for personal use, which spaces need organization and storage, communal spaces, recreational spaces and so on. When sharing feelings, be open to co-creating healthy boundaries in the spaces of your home, office and garden. Do the actual work together on the changing of your physical spaces.

TIP #8 LIVING AND WORKING AT HOME

Try the following exercise. Each family member can draw a layout of the home and colour or shade in rooms or portions of rooms as to whose territory they are. When everyone has done this, it is instructive to compare how each see the home as "divided up."

If in your home, the home-based worker and other family members have different perceptions of spatial boundaries and privacy needs,

this is a good place to start a discussion. Hear the conflicts of roles experienced by the home-based worker. For example, Mother is working from 10 am – 2 pm and cannot be disturbed; Father is speaking to clients on the phone from 8 – 9:30 pm every evening. Children need to agree to divide a room in half if two are in one room.

Once privacy needs are met, and everyone respects each other's territories, then harmony, peace and balance are created according to these Feng Shui and Vaastu principles.

For a Feng Shui consultation for harmony, balance, energy revitalization and peace for home and/or office, or for Prepping™ (Advanced Staging) a house for an easy, quick sale, please contact Joseph at

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