



House of Light & Harmony

Timely Tips

December, 2009



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**"There is no ideal Christmas; only the one Christmas
you decide to make as a reflection of your values,
desires, affections, traditions."**

Bill McKibben

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**"The only blind person at Christmastime is
he who has not Christmas in his heart."**

Helen Keller

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**"Christmas waves a magic wand over this world, and
behold, everything is softer and more beautiful."
Norman Vincent Peale**

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**"He who has not Christmas in his heart will never find
it under a tree."
Roy L. Smith**

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**"May peace be more than a season,
may it be a way of life"
Author Unknown**

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**"Despite everything, I believe that people are really
good at heart."
Anne Frank**

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“Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!”

Anne Frank

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Feng Shui Home - How to Create a Happy Home with Feng Shui

Feng Shui for home is one of the most efficient therapies ever - you work on the house, but what you are actually doing is healing your own life - your past hurt, pain, sorrow, blockages, whatever it is that you have accumulated over the years.

Feng Shui teaches us that everything is energy, and we are in a constant energy exchange with everything around us. Thus, it is it very important to create a Feng Shui home that has a happy and healthy energy. Feng Shui has a variety of tips for a happy Feng Shui home, all based on the fact that if you live in a healthy and happy Feng Shui home, your own energy will inevitably become healthy and happy!

Have you noticed how happy people change the energy of the room when they come in? And how you become happier and more optimistic when you hang out with your happy friends? This is happening because you are in a constant energy exchange with everything that surrounds you - people, animals, buildings, trees. The Source of this is the Love that you are and that exists throughout the Universe.

Now is the best time to do yourself a big favour and use Feng Shui

to create the ultimate happy Feng Shui friend - your own home.

The more you know about the anatomy of your space, that is Feng Shui, the more you can achieve in terms of establishing a healthy relationship with your home.

This new relationship will beneficially reflect in all areas of your life: your love life, your career, the relationship with your children. If you are just beginning to explore Feng Shui and are curious what can it do for you, here are two essential Feng Shui starting points:

1. CONNECT to your home just like you would connect to a person. Ask, listen and pay attention.

Look and see which Feng Shui areas of your home "hurt." By "hurt" I mean they are not working well, not looking good, you don't like to spend time there. Just like the pain in one part of your body stops the energy flow in the whole body, the same happens with the Feng Shui of your home. As every part of your home is connected to a specific part of your life (for example, the East Feng Shui area is connected to your health and family), low energy in a specific Feng Shui part of your home will start reflecting in lower energy or blockages in specific areas of your life.

2. ACCEPT whatever state your home is in without a strong emotional response, just try to get to the bare essence of it.

Let's say you dislike to see that bathroom upstairs, but you are also resistant to deal with it. No matter what the reason is, be it time, money, low self-esteem or all of the above, just accept it! Sit down and write several Feng Shui steps you need to go through to fix the bathroom and make it look beautiful. Again, try to define it with no emotional attachment, just as if it is a job you have to do, a little project you have to manage.

Strong emotions will most probably come to the surface, and you will have to be ready to let them flow, but do not let them stop you from what you are doing to use Feng Shui to heal your home, thus

specific parts of your life.

After you have experienced these two Feng Shui essentials, get started with these basic and practical Feng Shui steps and know that your life will change!

Feng Shui for home is one of the most efficient therapies ever - you work on the house, but what you are actually doing is healing your own life - your past hurt, pain, sorrow, blockages, whatever it is that you have accumulated over the years; and are now creating a fresh new Feng Shui space to happily manifest your dreams.

Feng Shui for Family Harmony

To have a family that is loving and supportive at all times is a blessing. To have a healthy, beautiful and happy environment in which to live with your family is to be blessed twice.

To bring more harmony into your family life, consider implementing some basic Feng Shui cures that are guaranteed to shift the energy in your home, balance and harmonize it.

- For example, a fountain in the East area of your home will bring benevolent Qi to your family. Be mindful about keeping the water clean at all times.
- Have many happy images of your family throughout the house, especially in the kitchen, living room and the East area of your House.
- Be mindful about keeping your bedroom, as well as the bedroom of your children in the best possible condition.

- Balance your environment according to the five elements, taking into consideration the element of each family member.
- Lower the level of electromagnetic fields in your home, limit the use of harsh and dangerous chemicals. Opt for having a healthy home.

A harmonious home is a place that can accommodate a variety of activities and a variety of people without losing its healing essence; and creating a place with such power takes time. The beauty, though, of this creation process is that the more love you put into it, the more love you receive back.

Do not delay and start loving your home now, no matter how it looks at the moment. It just needs your help to uncover its healing potential.

Create a Harmonious Home with Feng Shui

Feng Shui wisdom places a big importance on the centre of your place, also called the Heart of the Home, or the Tai Qi point. It is a sacred place where all other energies of your home originate from and thus, depend upon. Keeping it clean, open and clutter-free at all times is a must for a healthy and harmonious home.

In Feng Shui terms, each area of your house is connected to a specific area of your life. For example, East area of your space is "responsible" for the energy of Health and Family, while Southwest area - for Love Relationships and Marriage. The Bagua, or Energy Map of the space, is used to access the relationship between the physical space and the lives of people who live in that space.

Ideally, you would start applying Feng Shui cures after releasing

most of the clutter from your environment. Living in a clutter-free home will bring amazing clarity and heightened energy levels into your life. It will also make space for new and better things to come to you.

To bring more harmony into your home, consider implementing some basic Feng Shui cures, such as:

- Have many happy images of your family throughout the house, especially in the kitchen, dining, family room, as well as the East area of your house.
- Pay special attention to your bedroom, as well as the bedroom of your children.
- Balance your environment according to the five elements theory.
- Lower the Electromagnetic fields in your Home; opt for having a healthy home.
- Use essential oils and crystals to heal and bring harmony and balance to your home

Feng Shui Christmas Tips

TIP #1 CHRISTMAS TREE PLACEMENT

If you have several options, consider placing your Christmas tree in either one of these Feng Shui areas: South, East, Southeast or Centre. The placement of your Christmas tree in one of these Feng Shui areas will bring a beneficial balance of the five Feng Shui elements.

TIP #2 PURIFYING WITH FIRES AND CANDLES

Burning candles or sitting by the fireplace (the real one!) purifies all your energy centres. The closer you are to the fire, the higher the benefits to your personal energy field. Consider creating groupings of colourful candles and using them in the evening. Avoid burning many candles in the East Feng Shui area which is connected to your health and well-being .

TIP #3 COOLING THE FIRE ELEMENT

While I mentioned to bring purification and Qi through fire element, it needs to be balanced with cooler colours. Be mindful about balancing the strong Feng Shui Fire element of the Christmas season with a cooler colour scheme, such as soothing light blue

(Feng Shui water element colour), cool silver or grey and calm white (Feng Shui metal element colours). The green of the Christmas tree, even though it is visually balancing, actually feeds the Fire and makes the Feng Shui Fire element stronger.

TIP #4 AVOID OTHER PEOPLE'S STRESS

Christmas may result in your home being bombarded with long-lost relatives, friends you haven't seen in ages and a whole host of other visitors. Whilst this may be fun, you'll want to protect your home and your family from other people's Christmas stress. Let's face it Christmas can be an emotional time!

The best way to do this is to burn incense sticks before your guests arrive. Smoke has always been a great purifier which is why you'll see large urns full of incense at the entrance of a Buddhist temple. People will stop to breathe in the smoke as a way of purifying their souls before entering the temple.

Similarly, if you burn incense or smudge sticks (the natural and not synthetic kind) you'll alter the energy of your home and the individual who enters. It is a signal to your guests that they are now leaving the outside world and entering a new and harmonious space.

It is traditional for Canadian First Nations families to smudge with sage when entering the home. You may not want to wave burning sage in front of your guests but there's nothing to stop you burning a small bowl of herbs in the corner.

The most common and effective herbs for this purpose include sage, sweetgrass or cedar.

TIP #5 CLEAR THE CLUTTER

Yes, it's that old clutter issue again. Christmas can bring with it a whole new opportunity for clutter to surreptitiously enter your home. It comes in the guise of gift paper, cards, party invites, decorations, candles, unwanted gifts and the list goes on and on.

Try to keep a handle on what enters your home so that you avoid living in a grotto and feeling totally overwhelmed by the experience. To ensure Feng Shui harmony in the home, work towards a clutter free environment - a welcome haven from the hectic outside world.

TIP #6 IMPLEMENT THE COLOUR PURPLE

Colour plays an important role in determining your general mood and state of mind. Long, winter nights and reduced sunlight can generally dampen spirits. So, in common rooms, think about introducing strong Yang colours such as purple to create Feng Shui harmony in the home. This still pertains even though we've balanced the fire element, fireplace and Christmas lights with surrounding cooling Yin colours.

Purple is a very powerful colour which is closely associated with the colour red and the fire element. It is ideal for stimulating Qi flow and bringing vibrancy into your home. If your home lacks warmth or intimacy, purple will create a sumptuous, sophisticated and glowing atmosphere for Christmas.

Purple can be used effectively in the (nine) Fame and Aspiration area of the Bagua to enhance social recognition and reinforce your personal goals.

Equally, it can bring about passion and romance in the (two) Relationship area of the Bagua.

If you feel purple is too bold a colour try violet. Violet shades are great for meditation, healing and reconnecting with your spiritual side (which can often be overlooked during the festive season).

Please note that I'm not suggesting you totally redecorate whole rooms in purple or violet for Christmas - just add a hint of purple vibrancy here and there and you'll feel the difference immediately.

TIP #7 TUNE IN TO YOUR SENSES

Since we've talked about colour it may be worth mentioning the other four senses (sound, smell, taste and touch). Think about how these senses can be incorporated into your home at Christmas. Here are a few of my personal Feng Shui remedies for the senses:

Sound:

Christmas carols & various songs that you love such as the Canadian Tenors

Smell:

Fresh pine needles on the Christmas tree

Touch:

A soft, wool sofa

Taste:

Mulled wine with cinnamon and, of course, chocolate!

What are your favorite Feng Shui remedies for the senses and how can you make full use of them to create your ideal Christmas home?

To balance your senses at Christmas time, you can go to the gym, for a swim, and take up yoga.

It will help you:

- **instantly relax**
- **decrease anxiety**
- **foster a sense of inner peace**
- **step out of the rat-race**
- **recharge your batteries**
- **aid meditation**
- **decrease irritability & moodiness (rife at Christmas time)**
- **improve sleep patterns**
- **enhance your dreams and goals**

TIP #8 PROMOTE FENG SHUI HARMONY IN THE HOME

To ensure Feng Shui harmony in the home this festive season here are a few Feng Shui remedies you may want to implement:

- **Remove sharp knives from being on show in the kitchen. By placing them out of sight you symbolically diminish the scope for irritability and family arguments.**
- **Use an oval or round shaped dining table as opposed to a rectangle table. A circular shape is symbolic of eternal unity plus no one family member is required to sit facing the sharp edge of a table or “cutting Qi.”**
- **Place sofas and seating in your living room in a circular or octagonal shape which is conducive to easy communication. Try to**

avoid L-shaped arrangements that may cause imbalance or one family member to feel cut off from the rest.

- Avoid placing a large coffee table in the centre of your living room. Keep the center clear so that family members have a focal point where they may gather. By keeping the centre clear you are freeing up Qi flow.

TIP #9 PRIVATE TIME AND SPACE TO REGENERATE

Christmas can result in a plethora of rich food, alcohol, minimal exercise, office parties and a frantic rush against time to buy those all important presents. What tends to happen is that our inner Qi becomes stagnant or clogged, resulting in colds or flu.

The way to overcome this is to create sacred space or what I call "guarded time." Don't be afraid to say "no" to the odd party or two. You'll be giving your system a much needed break and reducing the chances of your inner Qi becoming stagnant or clogged.

Treat yourself to a relaxing evening at home. Turn all mobile phones off and surround yourself with candles. Indulge some of those senses we talked about earlier. In short, give yourself chance to recharge your batteries and regenerate mind, body and spirit.

All that remains is for me to wish you a Happy Christmas and I look forward to sharing more Feng Shui tips with you in the New Year!

AUSPICIOUS CHRISTMAS GIFTS

What gifts are auspicious?

Almost any auspicious object makes an auspicious gift unless there are special circumstances that make it inappropriate. Allow also for cultural sensitivities and local customs.

Avoid giving clocks and watches - these are inauspicious if given by a younger to an older person. As a birthday gift it is definitely taboo no matter who gives it. Measuring the passage of time, they symbolize time running out.

Swords, knives, ceremonial daggers, any kind of weapon or representations are most inappropriate. Where such a gift is unavoidable, the recipient can give the giver a coin to neutralize the pernicious effects of the "gift." The recipient has then symbolically "bought" the knife or sword. If this remedy is not put in place, relationships can end or they will simply stop speaking to one another.

Another taboo incredibly inauspicious gifts are empty boxes, containers, receptacles, wallets & purses. Never give anything "empty." If you receive a gift like this, fill it with a couple of coins or dollar notes, and then give it away quickly to someone else. This instantly remedies whatever bad luck vibrations might have inadvertently been created. Receiving any empty container suggests the person giving you the gift has nothing genuine to offer you - and especially not friendship. Such a gift will also never prosper you.

A neighbourly gesture requires a fitting response. In receiving a pot of your neighbors secret recipe curry, please ensure when returning the pot, you place fruit or eggs in it, or reciprocate with your own special dish! Otherwise, the symbolism is you have eaten them out of house and home and you will be returning emptiness for goodness. Feng Shui requires a giving and receiving balance.

Always keep an auspicious gift for yourself. Do not give it away. This applies to everything including sweet chocolates given over the holidays. Never give away anything sweet that's been given to you and delivered into your home. Recycled gifts are tacky. Keep these for yourself - they represent good wishes for you to have a sweet life, symbolizing good fortune.

Here's a testimonial from a home I Feng Shui'd recently:

Joseph's expertise in Feng Shui was recommended by a friend to help choose paint colours and generally freshen up my home. The respectful, intuitive, and gentle manner in which Joseph assessed the situation, how he communicated recommendations and implemented them were greatly appreciated.

I always loved the location of my home of the past 23 years but never actually felt totally "at home" in my house until after Joseph had "worked his magic." His ability to listen, his warm laugh and ability to communicate with people of all ages and walks of life plus his considerable training and skill supported me through the experience. I heartily recommend his services.

With love and gratitude,

Margo

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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