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Feng Shui

By Sunita Sitara



Ah! Spring is here! As Mother Earth is waking from her long winters' beauty sleep and renewing our surroundings, we need to follow her excellent example. We need to renew our homes, closets and cars! It's time to give the exterior of our house a fresh coat of paint. I say this as I am currently taking bids from different contractors for the cost of re-painting my home.

Our houses keep us safe from the elements; keep us warm during cold winter months and cool during our hot Oklahoma summers! Since you are reflected in your home and your home is reflected in you, your house needs to present its best façade to visitors and home dwellers alike. Think of the exterior of your homestead as you would think of how you present yourself to the world. You would not dream of going out in your tattered t shirt and pajama bottoms -- now would you? And, for some of us, heaven forbid, without make up on!

It is critical that your home have an air of elegance on the exterior. An air of elegance is not necessarily expensive. Keeping your walkway free of debris and keeping overgrown landscaping under control and a few enchanting, yet meaningful accents will provide plenty of elegance! Your place of residence needs to welcome you; it should be a place of solace for the weary.

Now, from the exterior, let's move to the interior! Closets! Time to de-clutter, anything you did not wear during the winter months has to leave your lovely abode and find different lodgings! This is the best time to go through your winter wardrobe. I usually make three piles; love it; not sure; don't love it anymore. The pile that I no longer love moves on to find different digs, pretty simple!

We spend a good chunk of our time in our cars. It's very important to keep our cars clean and clutter free on the inside. Weeks old fast food containers with a few fries left in them will simply not do! I know some of you out there with aforementioned cars!

The reason for presenting our best foot forward with our homes, closets and cars is, your mindset. When your surroundings are pristine, your mind can concentrate on issues at hand. You will be more focused to seize opportunities. Your attention will not be distracted with unnecessary clutter. Try the above-mentioned practices and then let me know how you feel?

On a different note, I have been invited to be a regular guest on a show called All About You on KSBI TV OK 52. My television debut was on March 7 and I will be a guest again sometime in April. Feng Shui relates best in a visual medium, so I am very grateful to have this opportunity. Host Kealey McIntire is very gracious and charming. The show airs daily at 10 a.m. and is repeated again at 5 p.m. You can go to my website www.sunitasitara.com to catch the segments, just click on community and there you can watch past episodes along with all the radio shows I have done. While there you can sign up for my monthly newsletter, which arrives, in your inbox with timely Feng Shui and recycling tips! You can also "Like" my page on Facebook, it's called "Sunita's Feng Shui", and on this page I give out daily tips along with doing fun Numerology quizzes, so please join me. What did we do before the Internet?!

As always, I am glad our paths have crossed and I do enjoy receiving your e-mails. If you have any questions for me please e-mail me at Sunita@sunitasitara.com. Until next month!



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