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# Feng Shui

By Sunita Sitara



Summertime is freedom time! I look forward to summer the most, though I do enjoy the variety of other seasons. There is something about the long lingering evenings of summer and the bright hot days.

I thought the best thing to do for this article is revisit some of the old advice I have given in the past -- sort of a review so that we can take care of issues that have been nagging us and summer is the best time to finish up projects before the fall! So, here goes!

I know that you, my readers think I clear away clutter 24/7! No, that is not entirely true; there was a time in my life when I worked on a project either daily or weekly. I am happy to say that now my life is very streamlined and I do have days I go without getting rid of things! However, anytime I want to bring in new opportunities into my life I do go through my closet or drawers to see if anything can be removed from my home. There are times when I find I have no excesses, those are the moments I start to file away papers and or recycle them.

Feng Shui is about how to manifest your desires in the material world. One very important component to this philosophy is the energy your thoughts create. The most crucial thing to remember is: where thoughts go so goes the energy to manifest. The thoughts and ideas that come to you have very powerful energy. Your thoughts have your unique signature stamped on them, what you send out returns to you ten fold. The adage -- sow, and you shall reap is very true. In that case wouldn't you want something positive coming back at you?

Another piece of advice worth repeating is: In order to invite new opportunities into your life, clean the windows, air out your home and allow the wind to remove the malaise present in your home. It's time to donate the clothes you have not worn in a year. By donating your clothing you will get silent blessings from those who are at the receiving end of your kindness.

Feng Shui can be applied to your garden as well; trim your trees and remove dead branches. Make sure our feathered friends have plenty of fresh water to drink, as well as seed to eat. When we nourish others we get nourished in return. The Feng Shui philosophy is simple yet very powerful.

If you want to jump start your career opportunities, hang a chime by your front door. The wind will carry your name through the community and opportunity will come knocking. Hang a red painting behind your desk at home or at your place of employment. This simple cure will empower you. Another great way to bring opportunities to your front door is sweep the sidewalk to your home and removing clutter or debris from the walkway of your home; this allows the 'Chi' to enter your home freely. The less obstruction there is for the Chi, the more of it will enter your living space, thus giving you more energy.

Recently, in one of my classes at Francis Tuttle, a student shared with me that she read my articles on Feng Shui, in *Saturday Magazine!* I was delighted to hear that the magazine articles inspired her to take one of my courses.

If you are interested in taking Numerology, Feng Shui or, one of my cooking classes, get in touch with Francis Tuttle at 717-4900. I will be teaching this fall. If, you have any questions for me please send them to [Sunita@sunitasitara.com](mailto:Sunita@sunitasitara.com).

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