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Feng Shui

By Sunita Sitara



Having an orderly closet is very important. People often ask me the reasons for organization. Well, the obvious one is being able to find all your belongings efficiently. The Feng Shui reason is a deeper one. Feng Shui is based on the vision and understanding of nature, particularly on the idea that the land is alive and filled with "Chi" or energy. It is a complex body of knowledge that reveals how to balance the energies of any given space to assure the health and fortune of people inhabiting it. When you are surrounded with clutter or, disorganization the Chi becomes stagnant and your ability to think clearly also diminishes.

Clearing clutter is emotional work. Layers of emotions are peeled away as we discard items of clothing. Our clothing holds strong emotions. Any time we look at a favorite outfit, we experience the memories associated with the garment. The flood of memories we encounter can be positive or negative. My rule of thumb is: If a dress or outfit brings in sad or melancholy feelings it does not get to live in my closet anymore. Sometimes we hold onto to apparel because one day we will fit into that size "6" again! Too often, we keep the clothes because we are emotionally attached to them. I have the same problem, but I suspect that I do clear away my closet more often than most people!

Clearing away clutter is one very important way to clear your mind. Other Feng Shui cures can be applying Feng Shui colours to your home. Here's a simple list of the qualities of different colours:

- Use the colour pink to have harmonious relationship with your significant other.
- Yellow will enhance conversation; use that in a kitchen but not in a bedroom.
- Green and blue are good colours to have in bathrooms and bedrooms.
- Green encourages good health.
- Earth tones in the middle of your home will help with health issues.
- Red is a powerful colour and it enhances your reputation if used in the "fame & reputation" Gua of your home.
- Purple can be used in the financial Gua of your home to encourage wealth.
- Black walls or black accents in the front of your home will help your career.
- White encourages creativity when used in the children/creativity Gua of your home.
- In order to find out how to apply the Ba-Gua map to your home's floor plan please visit my website www.sunitasitara.com. Click on consultations then FAQ, there you'll find the 9 quadrant map which you can overlay on top of your house's floor plan. Your front door will be in one of the bottom three Guas. If, you have questions you can send me an e-mail at Sunita@sunitasitara.com and I would be happy to guide you.

Surrounding yourself with loving images that bring a smile to your face will help lift the Chi in your home. When I am writing these columns, I am always amazed at the common sense in Feng Shui! There is something about seeing this philosophy in the written word, even though I say all of this to my clients; writing it I can see the validity in black and white. It makes sense to have an organized home; it makes sense to surround yourself with things you love. I hope that your home is your oasis!

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