

Feng Shui

By Sunita Sitara



Happy New Year! I hope everyone had a wonderful and joyous December. Now, onward looking towards 2011! What is the message of the year 2011? When we reduce 2011 down to a single digit it becomes 4, as far as Numerology is concerned. A 4-year is a year of organization for the planet. Since this benevolent energy is already present on the planet, we as the inhabitants of the Earth need to harness this strength and put it to good use! Below are some innovative ways to use this vigor that has been provided for us. Here are your ten commandments for year 2011!

1. Take inventory of each room to see if unwanted items can be recycled!
2. Get rid of clothes you have not worn in over a year!
3. Those gifts you received over the holidays that were not stellar -- send them on their way to another life!
4. Glasses, cups and dishes that are chipped give them away!
5. In fact anything that is broken and seldom used give it away!
6. Clean all the mirrors in your home!
7. Repair all the doors in your home that creak, stick or are unsightly!
8. I know all the book lovers are going to cry out in unison when I say take at least ten books to the Library!
9. All the shoe lovers are going to cry out too, please donate five pairs of shoes!
10. My all time favorite -- less is more!

The reason for your ten commandments is you will start the New Year with a brand new burst of energy. When we donate items, there is an exchange of power; you will be sending your unwanted items towards a new life. Someone who receives your generosity will send you silent blessings. I would much rather receive blessings than to have an overstuffed house or closet! In this eliminating process you will begin to see the items you truly love as opposed to items that just take up space. In my home I am surrounded by everything I LOVE. Anything that brings sad or uncomfortable emotions to the surface needs to leave your space. Everything in our home resonates with memories, surround yourself with objects filled with happy emotions.

Now, to a couple of questions readers asked: One reader has kept the ashes of a beloved pet in an urn in the family living room, she asks if this is "good Feng Shui"? I am afraid it's not good Feng Shui, since this is dead energy in the center of your home. You want to be surrounded by live, vibrant energy in the middle of your home, since this is the part of your home that pertains to your health. I understand that keeping the ashes is a sentimental act, at the same time it keeping something that is no longer living defeats the purpose of vitality.

Another reader asked what is the best way to bring new opportunities into his life? This is an excellent question since we are facing harsh economic times. The best cure for this is to keep the walkway to your home swept, have an angel present to the right side of your front door, while facing your front door.

If, you are ever in a quandary as to how all the Feng Shui areas relate to your home please visit my website www.sunita-sitara.com. You can click on the consultations tab, then click on Feng Shui and then click on FAQs this is where you'll find a diagram of the Ba-Gua map which will help you figure out the pertinent areas to your home. I am always happy to receive your comments please write to me at Sunita@sunitasitara.com.

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