

Keep the Chi in your home healthy and abundant

2011 is just whooshing by! Here we are at the end of another year, where does the time go? I am grateful that I stay healthy all the time and I know that a lot of it has to do with what I eat (vegetarian and drink plenty of water!), I also know that the Feng Shui philosophy I live by helps me maintain a sanguine disposition!

Here are a few checkpoints you can employ in your life to keep the Chi in your home healthy and abundant!

- For good health throw away anything that is dead. This includes dried flowers, dead deer heads, fish mounted on the wall, animal skulls and animal skins! Keeping dead animal body parts retains the anguish of the animal at the time of its death in your space. I definitely don't wish to have such foreboding energy in my home!

- To keep both partners in a relationship feeling on an equal footing, happy and safe in the relationship; make sure the bed you both sleep in has plenty of

Feng Shui

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room on both sides. Otherwise the person who sleeps against the wall may feel confined or disempowered in the relationship.

- Surround yourself with happy and healthy images to uplift the Chi in your home.

- Sweep away debris, leaves and make the entrance to your home inviting.

- For better financial health, keep your stove in good working order and keep your kitchen clutter free.

- Your office files need to be organized for a healthier financial bottom line.

- Clutter behind closed doors is just as depleting as visible clutter.

- In fact keep your entire home clutter free!

- You can use different essential oils to keep your state of mind

in optimal condition.

- Peppermint will bring clarity and it helps to relieve stress.

- If, you and your significant other argue, use Jasmine to reduce the strife.

- Lavender reduces stress.

- Any citrus aroma will energize the inhabitants of the home.

- Rose and Gardenia awaken thoughts of romance!

- Remember to breathe deeply into your abdomen to fully oxygenate your entire body.

- To have good health through the holiday season, have green plants or fresh flowers in the middle of your home.

- Keep your home dusted!

Well, this checklist should keep you busy for a while! My philosophy is "Less is More"! I hope that during this time of giv-

ing you will think about adding less to the landfill and more to the heart. Give gifts that bring joy to the heart instead of something else to dust!

While we are on the subject of gift giving, I shall unabashedly promote my consultations! A Feng Shui gift consultation will bring joy to the giver as well as the receiver. Visit my website for more details:

www.sunitasitara.com. For this Holiday season, I am offering mini one-room consultations; they are flying off the shelf! If, you are interested in receiving my newsletter let me know and I would be happy to add your address to my database. Just email me at Sunita@sunitasitara.com.

The newsletter lets you know the classes I teach as well as great tips. I am always grateful when I receive your e-mails or come across people who have read this column. It's wonderful to know that these articles help and inspire you to lead a healthier lifestyle!

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