

positive life

MEDITATION

Improves Your Health

ELVA CARRI

Staying Happy

TANTRA AND BEAUTY

Bliss, Intimacy and Grace

1916 - 2116

A Vision for
the Next Century

GOLDIE HAWN

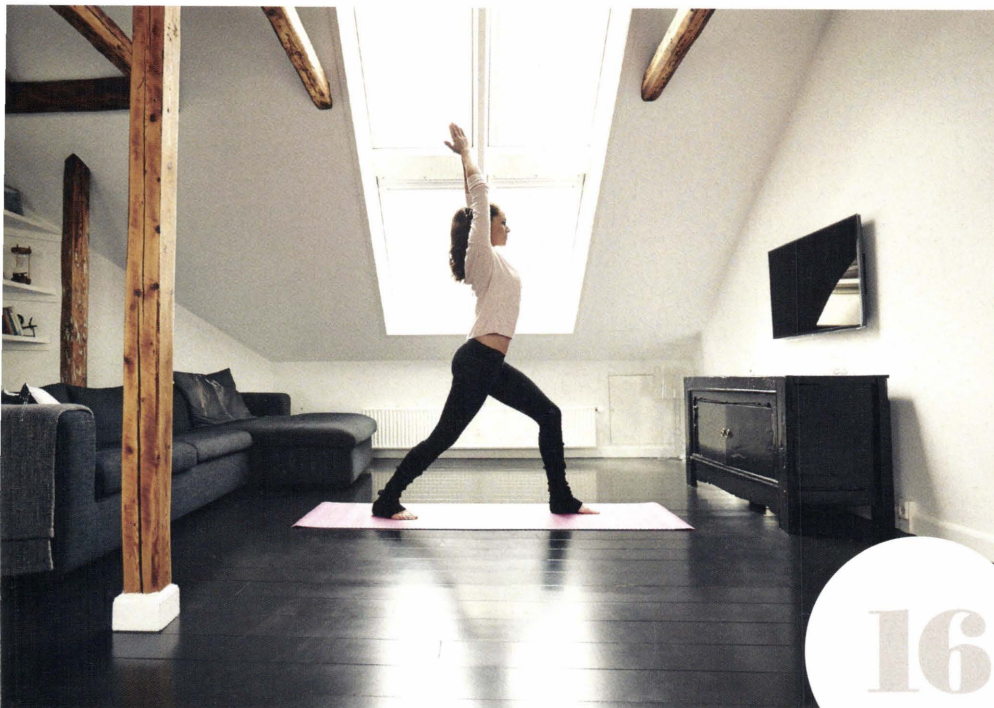
the golden age



feng shui to *get in shape*

AND NOT JUST FROM MOVING FURNITURE!

By Amanda Collins



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Your home can be arranged in ways that either block or support you to be the best version of yourself. A supportive home nurtures, inspires and becomes a sacred space in which to live and thrive.

Start at the start - the first thing you see when you enter your home defines how you perceive it. People who see the bedroom as soon as they step in may feel tired. If you see the dining room your guests will eat and run. If you see your kitchen first, your first thought will be to eat or go back and forth to the fridge even if you already know what's in it. Place a plant or hang a curtain to divert attention from the kitchen. Create a different focal point with a beautiful artwork on the opposite wall to invite your energy in the other direction. Place a mirror at eye level on the fridge to look yourself in the eye, the window to the soul, and ask yourself if you are really hungry and really need this? Also add a mirror above your stove to place yourself in a powerful position when you are cooking.

“Display images of vibrant health, including a picture of yourself exercising and enjoying it!”

Is your fridge covered in magnets? Avoid this magnetic pull and instead, keep only one magnet with an affirmation: “I love my body and feed it natural healthy foods.” Bring in nature and healthy choices by growing fresh herbs and greenery in your kitchen window and create a clutter-free

kitchen with a sense of freshness and lightness. Clean out the fridge, pantry and cupboards - I recommend taking everything out, and then, piece by piece, putting back only what you use.

When it comes to colours, reds, oranges or bright yellow on the walls, plates or placemats in the kitchen or dining room will stimulate your appetite so choose earthy colours such as cream, tans, blues and greens to relax the nervous system. A bowl of fresh fruit on the table also suggests healthy choices, and makes an accessible snack. Keep the energy flowing by allowing only what you use out on the counter and place sharp knives in a drawer out of sight.

Make eating a sacred ritual by decorating the table with fresh flowers and using good china for meals. Bless your food and show gratitude for it. Try not to eat dinner sitting down watching television, give yourself the gift of time and chew your food 12 times per bite! Calming crystals and minerals such as blue lace agate or sodalite can also help quiet your appetite and slow down the pace of your meal. The slower you eat, the less likely you are to overeat.

In your closet, get rid of old clothes you have been saving for “when I lose weight.” Holding onto clothes that don't fit symbolises holding on to old behaviour patterns. Keep only clothes that honour you and that help you accept and love yourself, as you are right now.

Display images of vibrant health, including a picture of yourself exercising and enjoying it! When working out, keep a bit of the fiery gemstone garnet in your pocket to enhance your strength and endurance. Finally, uplift your mood at home with citrus scents by adding a few drops of lemon oil to spring water in a diffuser. Then play some dance music to get your chi energy up and your feet moving!