

positive life

A NEW BEGINNING

The end of the world as we know it

ASTROLOGY

Rebirth of the light within

THE PATH OF NO PATH

Wishes come true when you let them

THE SHARING ECONOMY

Sharing is our future



WINTER 2012/13 PRICELESS



feng shui for the heart of winter

By Amanda Collins

Honouring your senses in the North of your home

14

Winter Greetings to you!

As we welcome the cold rainy weather, short days and long nights create anticipation. Leaves are falling and the universe's energy is shifting, bringing the possibility of snow and frost. This is the yin time of year, a time for stillness and patience. During this season, we'd do well to remember that we are human *beings* not human *doers*.

Five elements comprise Feng Shui: water, wood, fire, earth and metal. Winter is associated with the element of water. Water represents intuition, the inner knowing that emerges when we allow the water element to guide us deep inside to a place of trust. Winter is the time to refill, to dream and plan for changes in the approaching spring, where new beginnings start.

Winter is a time when the earth rests and prepares to sustain life for another year. Winter offers us a special opportunity to go inwards for introspection. A nurturing, harmonious home will support you in staying grounded and joyful throughout the season.

In Feng Shui, each of the seasons is linked to a specific area of your home. Winter supports the areas that face north. That direction is known for its impact upon your career and life's journey, so it is important that the north-facing areas of your home represent support in those areas of your life.

The best way to evaluate that support is to stand in the north area, close your eyes and sense how the energy

feels. Does your own energy rise or fall? What is this area of your home saying to you? Do you feel light or heavy?

The northern sections of your home are associated not only with the water element but also with the kidney, bladder, ears and reproductive systems. So, from a health standpoint, it's vital that the energy there is flowing freely.

“Winter is the time to refill, TO DREAM AND PLAN FOR CHANGES in the approaching spring...”

Make sure there is no clutter in the area, only things you love and use. Remove all sharp corners and objects as well as broken items. Introduce crystals that are related to water to support health and career: black obsidian, tourmaline and turquoise. Add moving water to a room in the north to stimulate the energy in your career. A small fountain or fishbowl can do this. You might also add artwork featuring water images. Spend time each day sitting by the fountain whilst you focus on your career or business goals.

This is also a time to make sure your bathrooms are in good working order as they are filled with the water elements. Check the plumbing. Since the

bathroom already has access to the water element, bring earth in to balance with a bowl of river rocks, some brown towels and floor mat.

During winter, make your home warm and bright. By putting your lights on timers, you will arrive in the evening at a gently lit home. Use full spectrum lighting which most resembles natural light and will be kinder on your eyes. Plants also love full spectrum light, so put some greenery nearby, and create a small winter garden that will cheer you up and provide oxygen for your rooms.

Honour your five senses by lighting candles and sweetening your home's scent for the holidays with mulling spices and cinnamon.

Find the areas that capture the most sun. There you can curl up with a good book if you've created a cozy space with a soft throw and pillows in warm yang colors such as burnt orange, yellow and red.

Honour the sense of touch by thinking about your feet and protecting them from cold tiles or stone with warm rugs on the floor, preferably in natural organic fibers.

Honour the sense of taste by cooking wholesome, seasonal organic foods such as pumpkin and squash.

Make time to be outdoors each day. Take a stroll, do a little gardening, hug a tree and free your child-like wonder by exploring and connecting with Mother Nature.

www.AmandaCollins.com