



Feng Shui Decorating for the Holidays

Christmas is a wonderful time of year to apply Feng Shui principles in a creative and fun way in your home. By incorporating Feng Shui when decorating for Christmas, you will calm the yang energy that comes with the excitement of the Holiday Season and create a loving, peaceful environment for your family and friends to spend time together while adding energy to create change to specific areas of your life.

Decorating your Christmas tree is a fantastic way to add Feng Shui to your home for the Holidays. The Christmas tree represents the ever-burning fire of life with the triangle shape symbolizing the trinity and pointing upward toward the heavens; the needles growing upward are like hands praising the gods; the colour green representing the life force and the lights symbolizing the fire of the spirit.

The Christmas tree truly does represent ***spirit uniting with nature***. Use Feng Shui with this powerful symbol of Christmas to add energy to your home and life during the Christmas season.

A Relationship and Love Tree focuses on love energy: self-love and romantic love.

- Red, pink and white ornaments should be hung in pairs on this tree.
- Symbols of love are essential: pairs of turtle doves, cupids, swans and hearts.
- Earth energy is added by hanging crystal or ceramic decorations and adding rocks to the bottom of the tree for grounding.
- This tree should be filled with luxurious textures: a variety of ribbons, boa feather garland, pearls and feather clusters.
- To add more love energy, hang pink 30 mm crystals on your tree.
- Add a pink or red tree skirt and a beautiful decoration with feathers to the top of the tree.

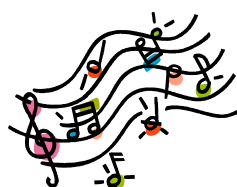
The Tree of Life (representing the Career and Life Path Zone) focuses on creating and living a life that you are passionate about that fulfills you completely.

- Decorate your tree with silver, icy blue and white ornaments (snowmen, icicles, crystals) and metal decorations.
- Snowflake and mirrored garland and 20 mm Feng Shui crystals add the element of water.
- Six or nine silver Life Path boxes (decorated with ribbon and jewels) are added to this tree. These boxes, lined with red silk, contain your intentions for your career and life path for the year to come.
- The tree skirt should be white or silver and the tree top could be a silver star or angel.

The Family Christmas tree focuses on promoting great relationships with your immediate family, relatives and close friends.

- Decorate with emerald green and royal blue ornaments.
- Add beautifully decorated wooden initials for all family members.
- Wooden picture frames (painted blue or green and decorated with ribbon, decorative balls and jewels) are hung on the tree showcasing favorite family photos.
- Your children's handmade decorations are a wonderful addition to this tree.
- Bells hung with blue and green ribbon add energy to your tree with their beautiful sound.
- Involve the whole family by decorating gingerbread cookies to hang on the tree.
- Blue and green 30 mm crystals add the color energy to the tree and calm the fire energy of the Christmas lights.
- Beautiful snowflakes add the element of water (water feeds wood).
- The tree skirt should be a beautiful emerald green or royal blue color and the tree top could be a large decorated gingerbread cookie.

Choose your Feng Shui Christmas tree based on the area of your home that your tree will reside in or choose the theme for your tree because you want to focus on that area of your life. It is important to incorporate mental, physical and spiritual energy in your decorating process. Create a powerful intention (mental energy) to think about as you decorate (physical energy) your tree. Add spiritual energy by blessing your tree once it is decorated.



*We Feng Shui a Merry Christmas,
we Feng Shui a Merry Christmas,
we Feng Shui a Merry Christmas
and a Happy New Year. . .*

~ Jill Ethier

Jill Ethier is a Feng Shui Practitioner specializing in home and corporate Feng Shui consultations. Jill is a graduate of the Feng Shui Practitioner Certificate program at Mount Royal College in Calgary, AB and has a Bachelor of Commerce degree from the University of Saskatchewan. Jill leads a team of certified Practitioners for the Feng Shui Zone. She may be contacted at jillethier@fengshui-zone.com.

You Asked About It ...

Q. How can I make sure that I get my New Year off to a good start?

A. Set up a plan for de-cluttering and start implementing it as soon as the Holidays are over. Clutter is a huge factor in holding our lives back, so start to think about where the clutter has collected in your home in 2006. Energy cannot flow in a home with clutter, and when energy is stuck, the impact on your life is negative. Pay particular attention to the key energy zones in your home - the front door; the bedroom and the kitchen. If you run your business out of your home - put that room on your priority list too. Clutter doesn't clear itself - so have a plan. Perhaps you will have a few days off soon and can tackle the job; perhaps you have family and friends that will have time to help you tackle the bigger jobs. Remember too, that when you move the energy around you, you move the energy inside you - get ready for exciting changes.

Christmas Product Specials

Feng Shui Holiday Decoration



When we decorate our homes for Christmas, we usually add too much 'fire' energy (by introducing so much red and burgundy) and this causes a hot, explosive energy imbalance. Hang these beautiful 20mm Feng Shui Crystals (strung on clear string) on your Christmas tree this year to add 'water' energy to your home and to calm the energy of the home down.

Order your Feng Shui Holiday Decorations today

Special Price \$10.95 ea

Regular Price \$11.95

Crystal Heaven – Holiday Savings Price \$209.65 – You Save \$59.90

We have a wonderful Christmas present for you. The holiday season is the time of year to focus on our families and what better way than to add the beautiful Family colour of Green.

Order any 7 Swarovski 30mm Colour Crystals

***and you will also receive a free Antique Green Crystal AND our new Emerald Green Crystal.
That's right ... FREE ... 9 Swarovski 30mm Colour Crystals for the price of 7 – this is a fabulous offer!***



Upcoming Feng Shui Classes at Mount Royal College

Balancing Energy with Feng Shui	January 15, 22, 29, February 5
Balancing Energy with Feng Shui	January 17, 24, 31, February 7
Clearing Clutter with Feng Shui	January 20, 27
Clearing Clutter with Feng Shui	February 21, 28, March 7, 14
Clearing Clutter with Feng Shui	February 26, March 5, 12, 19
Balancing Energy with Feng Shui	February 24, March 3
Feng Shui for Residential Decorating	March 8, 10
Feng Shui for the Garden	March 15, 17

[Click here to view more information about Feng Shui classes](#)

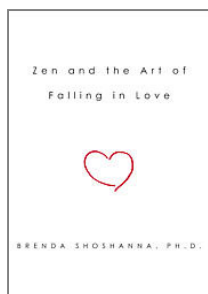
To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at mtroyal.ca Click on My MRC

Having too much stuff keeps wealth from flowing into your life.
Suze Orman

Booktalk...

ZEN AND THE ART OF FALLING IN LOVE

submitted by Liz Makarra



Author: Brenda Shoshanna, PH.D.

Publisher: Simon and Schuster Paperbacks, New York, NY, 2005 Edition

“We are meant to live a life of love. When we’re not in love, something’s the matter.”

Brenda Shoshanna, PH.D.

Living in a state of Zen is the dedication to knowing and accepting all the beautiful aspects of ourselves and others. Through training, author Brenda Shoshanna says Zen practice is actually the practice of falling in love.

Once we are at peace with ourselves, we are then in a position to meet many great loves in our lives. When we can accept the beauty of every aspect of any situation, we can openly welcome love into our life, and lovingly let it go once it is time...

This book introduces us to many characters, all sharing their different trials and tests in their experiences of love. We go on a journey with them into the Zendo – the house of Zen practice. There, we sit with them while they meet themselves and struggle with who they are until the Zen practice enlightens their situation, thereby enlightening the reader to accept ourselves as we are.

“When we learn to clean our house and lives thoroughly, to remove clutter and let go of the past, space arises for our relationships to breathe freely and for love to appear.”

Reading Zen and the Art of Falling in Love, I felt it related directly to the Art and Practice of Feng Shui. Shoshanna suggests beginning a life in love involves three ideas....

First, you must “take off your shoes” and become available. In Feng Shui practice, one must be open and available to balancing their personal energy with environmental energy.

Second, you have to “sit on the cushion” to meet yourself. You discover yourself, decide what you want in life and set your goals.

Third, you “do nothing”, you release control. You have faith in your intentions, your goals and your desires and trust they will manifest as they are best for you. Various situations come into our lives and it is when we are still and at peace we can enjoy the experience as it is. Welcome the situation when it comes knowing it’s arrived in perfect time and thank it when it leaves, because nothing stays the same forever.

*Congratulations to the 2nd Annual Feng Shui Christmas Party organizers – it was a wonderful evening!
See page 4 for Victoria Zyluk’s fabulous Gingerbread Cake with Lemon Sauce recipe*

Feng Shui Market Workshops

The hands-on training sessions exclusively offered to those participating in the Feng Shui Practitioners Certificate Program have provided the tools to become the most professional Feng Shui Practitioners in North America.

Marketing for Feng Shui Business, presented by John Ford

January 13

Register early, as space is limited – call 295-7336.

In addition, for all of you who have been requesting public workshops relating to ‘Feng Shui’ and ‘Energy’, we are pleased to announce that we are scheduling some wonderful new sessions for you in 2007.

Watch for more information in Feng Shui News!



‘Call for Writers’

Feng Shui Market and Publishing invites you to share your expertise with our newsletter readers and viewers. This is your opportunity to submit mental, physical and spiritual energy content that promotes the growth of personal energy. Submissions will be published both within the newsletter and on the Feng Shui Market and Feng Shui Zone websites.

[Contact us](#) by email to submit your topic and a brief outline of content (100 words).

Submission requirements: Final articles should be 650 - 750 words in length; if you have used any reference material it is vital to include proper credits; end the article with a 30 word bio, including your name, Company, email, website. Deadlines will be provided.

Feng Shui Market & Publishing

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*Best Wishes
for happiness
and abundance
in 2007*

Try this Gingerbread Cake for a scrumptious treat!

Recipe Card

GINGERBREAD CAKE

*Victoria Zyluk's
Gingerbread Cake
with Lemon Sauce
was a hit at the
2nd Annual
Feng Shui Christmas party.*

Heat oven to 325 degrees F
Grease 9x9 in. pan
(double the recipe and use two round pans if making a layer cake)
Beat all ingredients in large mixing bowl on low speed for 30 seconds
Scrape bowl
Beat on medium speed 2 minutes
Pour batter into pan
Bake approximately 50 minutes (don't overbake)
Serve with whipped cream or warm lemon sauce

2 1/3 cups flour
1/3 cup sugar
3/4 cup hot water
1/2 cup shortening
1 egg
1 cup molasses
1 tsp. baking soda
1 tsp. ground ginger
1 tsp. cinnamon
1/2 tsp. Salt
pinch of cloves

Ginger Whipped Cream

2 cups chilled whipping cream
1/4 cup honey
1/2 tsp. ground ginger

Mix and beat until fluffy
Refrigerate before serving

Lemon Sauce:

1/2 cup. sugar
1 tbsp. cornstarch
1 cup boiling water
2 tbsp. butter

3 tbsp. lemon juice
grated rind of lemon
pinch of nutmeg
pinch of salt

Mix sugar and cornstarch in small pan
Add boiling water, stirring constantly
Rest, boil 5 minutes and remove from heat
Add butter, lemon, nutmeg, and salt