

9 Winter Feng Shui Projects

Winter is a time of reflection and receptivity or “Water”(Career) element. Use this season to focus on your self and your relationship to your home.

Having a personalized Feng Shui or Interior Redesign consultation with your floor plans will give you individualized feedback and solutions for your home or work space. However, there are many universal ways that you can shape your environment on your own:

1. Visualize yourself in your most favorite room in your home. Ask yourself why it's your favorite... and think of ways to bring those elements into other rooms in your home. Visualizing is a first step of doing, and helps you define and refine what you'd like to do.
2. Bring life and energy to your front entrance (and keep it clear and safe in winter conditions!): Add a wreath of berries and silk leaves to your door to add color and symbolize growth, even during a time of hibernation.
3. Pay attention to your garage, mudrooms and entryways. Keep floors clean and coats/winter gear in their place. You'll get more life out of your floors and gear, while keeping healthy energy flow in your entryways.
4. Keep air clean and circulating in your home. Open windows, even just an inch, every day or two. Keep air moist with a humidifier (that is kept clean).
5. Keep on going from fall season... Pick one drawer or closet shelf a week for 9 weeks and clear that clutter! Less clutter means less dusting, which means cleaner indoor air.
6. Increase light in your home during the dark winter months: Add small table lamps and candles (without creating clutter) to create a warm, cozy atmosphere at night.
7. Winter is a time of deepness and contemplation. Go thorough your books and magazines and get rid of anything you don't need or won't read or reference in the next year. Then, choose something new to read for your own growth.
8. Again... continue from fall season: Experiment with one new cleaning product that does not have harmful chemicals. Check online for ideas and use natural products and remedies when possible. I will have a new website in February, www.practicalandgreen.com, where I'll share my own green/sustainable experiments and feedback with you.
9. Whatever you do... be practical, and take pleasure in the process!

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