

DIAMOND HOLIDAY FENG SHUI FOR THE HOLIDAYS

By Marie Diamond

CELEBRATING FENG SHUI AT HOME

Holidays are the time when you want your home at its welcoming best. According to feng shui consultant Marie Diamond, even the smallest detail--the color of your ornaments or where you place your wreath--can subtly affect your mood of your family and guests. If you want to do full-scale holiday cleaning, follow our 8- step plan or incorporate these easy-to-do tasks that will clear the air and make room for good cheer and blessings.

1/ Declutter one closet. You may not have time to declutter all your closets, but at least clean one out. Marie Diamond says, "The more space you create, the more positive flow can effortlessly come to you." Open the energy to a "new you" by discarding old clothes that don't fit and donate to charity.

2/ Clear the entrance hallway. Feng shui promotes the belief that golden opportunities come through your front door, so clear the pathway leading to it. Remove boxes and bags and make sure nothing is pointing toward incoming guests, like spiky plants.

3/ Empower your front door. Placing an ornament or wreath on your front door creates movement in your life, as well as welcoming your guests with beauty and warmth. If your front door faces north, east or southeast, decorate with a bubbling fountain or blue ornaments; if your door faces northeast, south or southwest, decorate with candles or red, purple, rose, or yellow ornaments. If your door faces north or northwest, place a wind chime nearby.

4/ Beautify your side doors. If you regularly enter your home through a side door, give it a beauty treatment by planting lush plants or flowers nearby. Feel as if you are entering your "castle" as a king or queen, no matter which door you enter.

5/ Delight the senses. Refreshing your home this season by adding a new scent. Marie Diamond says that the scent of lavender helps release energies from the past and creates a welcoming embrace for guests. Clean your house with lavender-scented products and let the air become a garden of lavender with sachets and dried bundles

6/ Invite the light. Create a welcoming feeling by opening your view to the world. Sparkling clean windows help maximize winter's dimming light and help keep any seasonal depression at bay

7/ Maximize the sparkle. According to feng shui, crystal spreads energy through space so create a sparkling feel by cleaning all your crystal, including chandeliers. Remove everything from your china cabinet and clean all its contents, including the cabinet's windows before putting back only objects you love.

8/ *Generate warmth.* A fireplace, especially at the holidays, generates warmth, love and kinship and invites guests to gather together. Sprinkle a few drops of essential oil on a log before burning, such as sandalwood, cinnamon, orange, rose, lemon or rosemary. Add a water element, like a fountain or fresh flowers if the fireplace is the center of house to ease tension between family members and stabilize finances. Take out old photos from frames and refresh with the most recent ones of friends and family.

DIAMOND FENG SHUI BEFORE YOU TRAVEL

If you're traveling far from home for the holidays, don't invite chaos by leaving chaos behind. According to feng shui consultant Marie Diamond, chaos in your house can create obstructions in the free flow of your chi (or life force) and thus draws chaos to you wherever you go! So, prep your home before you go to ensure a safe trip and a welcoming return. Read on for details.

1/ *Bed prep.* Make your beds before you leave home. Mussed-up sheets disturb the energy in a room and give you a sore eyelid on return. After a day of stressful travel, imagine how wonderful it will be to sink luxuriously into clean sheets!

2/ *Hang it up.* If you view picking up as important as packing up, the good energy of your vacation will stay with you longer, according to feng shui expert Marie Diamond. Don't leave clothes you're not taking with you strewn about your bedroom. Place them neatly back in the closet and bureaus. Do the same for shoes.

3/ *Give away food.* Don't leave food festering in your fridge. Give away any food that you won't be eating on return to family, friends, or the needy. Pack leftovers can be packed in plastic containers and or wrap treats like cookies in plastic wrap and ribbon as presents.

4/ *Stock the cabinets.* Everyone comes home hungry after traveling. Stock up on nourishing staples, like peanut butter, canned tuna, and crackers for a late-night snacking. Or, ask a neighbor to fill your fridge with fresh milk, bread and eggs before you come home. That way you begin the New Year in your home feeling satisfied and nourished.

5/ *Breathe free.* Ensure your closed home won't smell on your return by placing air fresheners in your bathroom and bedroom. Place scented candles around your home at strategic places so you can light them easily on return.

6/ *Bring home the chi.* According to Marie Diamond, the first thing to do upon arriving home is let the fresh energy in and get it circulating. Open the windows wide and let water run in sinks and showers to create a sense of moving chi. Fill your home with pleasant musical sounds.

7/ *Create a bridge.* If you've had an exotic vacation, create a bridge between paradise and your real life with exotic air scents that remind you of your vacation. Find a scent that matches the visited locale, such as a mountain alpine scent or a tropical fruit aroma.

DIAMOND FENG SHUI ON THE ROAD

The stress of traveling to and fro during the holidays can make you long for a second vacation. But according to feng shui expert Marie Diamond, taking familiar sights, sounds and smells with you can transform any environment, from your hotel room to your mother's home; infix your own peaceful refuge. Here's how to take your inner peace on the road this season.

1/ Stress-free cleanups. Is your car a victim of on-the-road snacking? Travel with handy wipes filled with your favorite cleanser to do on-the-spot cleaning.

2/ Scent as you like it. Carry a scented candle or incense with you to refresh the air of your hotel room. Check the rules of your hotel first before lighting it.

3/ Blossom up. Add color and energy to your homes-away-from-home with a small flowering plant or fresh flowers (your hotel can supply a vase).

4/ Enhance the view. Ask for a room with a pleasant view, far away from busy elevators, stairwells, or outside traffic and construction. One side of the hotel is usually superior--ask in advance.

5/ Plug the leaks. According to feng shui, closing the bathroom door and putting the toilet seat down keeps energy from being wasted, and thus preserves good fortune. Also, drape a scarf (or bathroom towel) around sharp corners of night tables and bureaus to soften sharp energy (also excellent advice if you have small children).

6/ Avert trouble. Pack a nice fabric that makes you feel luxurious and cover mirrors at night opposite a bed. Marie Diamond says that mirrors pointed at a bed double your stresses, especially disadvantageous during sleep.

7/ Open hearts. When you visit another home for the holidays, bring a gift--preferably something sweet and homemade--because it helps soften the energy between you and your host. Giving a candle with a special scent {[link Glade Candle](#)} of the season also does wonders.