

Feng Shui

*your home for
the holidays*

By, Dee Oujiri

The air is crisp, and the trees are shedding their leaves here in Minnesota. November kicks off the holiday season, which means entertaining, decorating, gratitude, delicious food, and lots of socializing! What a wonderful time of year! However, it's common for many people to feel overwhelmed during this festive period so I've put together a few Feng Shui tips to help you create a harmonious environment and better manage the holiday chaos.





Calm Your Holiday Decor

In Feng Shui, we utilize the Five Elements of Water, Earth, Fire, Wood, and Metal. Each Element affects the environment. For example, the Fire Element will bring increased energy into a space. And lots of fire energy may have your guests and family a little bit on edge.

What colors do you use to decorate for the holidays?

If you are like me, I love to bring in the red, but I am very purposeful in balancing the red with Earth and Water Elements to help calm the fast-moving, intense Fire Element. It is simple to add these Elements.

Symbols of the Earth Element are square pillows, terracotta pots, heavy items, large rugs, and earth tones. Mirrors and black are a great addition representing the Water Element.



Free Yourself From the Clutter

With the holidays, come the cards. I know some people that save them every year, which for some works, but do you need to? Think of all those extra boxes, and from a Feng Shui perspective all that extra energy, both positive and negative, being stored in your home. If you want to save the memory of the pictures, then grab your iPhone and take a picture of each card, create a folder (reducing your digital clutter), and store the images there.

Now, you can toss them when you take down your décor.

Other types of clutter during the holidays come in the form of gifts. After the celebrations are over, don't let them sit in a pile, but give everything a home. This is a great time to take an inventory of what you have and see if there is anything you can sell or donate to create space for the new items.



Breathe

Don't forget to take a moment to breathe deeply – it's crucial for both you and your home. Fresh air can make a big difference and bring a sense of lightness to the atmosphere.

When you have guests over, try opening a few windows to let in some fresh air. This helps improve the overall energy flow in your home, which we refer to as "chi" in Feng Shui. It's like giving your living space a little boost of positive vibes.

Once everyone leaves, be sure to open up all the windows, letting out the extra energy they brought in. Create a simmer pot of fresh oranges, cinnamon, and clove to help clear your home and attract abundance. Your home and your senses will appreciate the bright and cheery citrus. Clove has wonderful antibacterial qualities for helping clear your home of any germs that may have snuck in. And cinnamon is a spice to attract abundance.



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Dee Oujiri is a multifaceted professional who combines expertise in Feng Shui, Reiki, and luxury real estate. With a focus on holistic wellness, Dee empowers individuals to create harmonious living spaces that support physical, emotional, and mental well-being. Join Dee on a transformative journey to a fulfilling life by harmonizing your home and nurturing your soul. Follow @dee.oujiri on Instagram or @fengshuibydee on Facebook for more on Feng Shui and home harmony.