

What is Your Home Saying to You?

When you walk in your home, how do you feel? Are you happy to be there? Do you feel good about your living space? Can you truly relax in your home?

One of the things I have learned from my Feng Shui studies is that our environments are constantly “talking” to us. They are telling us things we may or may not want to hear.

If you enter your office and immediately feel overwhelmed, look around and see what items are bringing your energy down. Perhaps your desk is overflowing with papers. Each of those papers is saying “Work on me”, or “Don’t forget me”, or “Urgent matter”! No wonder you feel overwhelmed.

Perhaps instead of a messy desk you find the offending item is a picture of someone you no longer like to be with, or a broken down office chair that says, “You’re not important enough to have a nice chair.”

This month I’d encourage you to spend some time sitting in a room that you don’t feel comfortable in. Look around. What do you see? What are the items in the room “saying” to you? What do you need to do to make this a room you enjoy?

Make sure your home is welcoming and embraces you when you walk in the door. Your life will improve when you do it!

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