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Articles by Consy Malasoma

Happy Valentine's Day

Before I write about romance I want to touch on the Chinese New Year. We have entered the year of the Earth Rat. The celebration begins on the second new moon after the Winter Solstice. This year the Chinese Lunar New Year fell on February 7th. The energy is Yang Earth, although the Rat is a water animal. The Rat possesses intelligence, charm and a love of humanity. Last year in the Fire Pig energy it was more about passion. The Earth Rat is more about romance and new beginnings. This is a great time for a fresh start. This is a great period for social events and connecting with family. Relationships begun during a Rat period have a high probability to succeed. This is also a great year for personal health. This is a time to start a new healthy regimen of exercise and healthy eating. We will see more weight loss in the greater population as a whole. Last year was a more decadent time but the Rat year is about peace and a more traditional approach to the arts and entertainment. Films and TV will show more powerful social messages than before. Enjoy this new time of beginning and ask for guidance during meditation.

On another note, this month is always about romance and Valentine's Day rituals.

In previous columns I have written about ways to bring romance into your life. So here are more suggestions using Feng Shui. The romance corner falls in the upper right hand room in the back from your main entrance. It could be your kitchen, a bedroom or a family room depending on your floor plan. The compass reading for the romance corner known, as Kun, is Southwest and the element is earth. The colors that match that area are: beige, light yellow, gold and peach. There are various schools that believe peach creates infidelity. I recommend golds and light yellows with a complement of reds for that corner. Always have artwork or photos depicting (happy) couples!

The Kun (romance) area of your home is a great place for relaxation and reading. Kun relates to the quality of relationships. Take a moment, whether at work or at home, to reflect upon and send love and gratitude to someone who has made a difference to the quality of your life. Kun relates to the stomach. Be sure to include antioxidants in your diet such as organic fruits and vegetables. Even a sculpture of two people entwined in each other's arms is a great symbol to show in this corner. If you are at a loss what to place then think of what romance means to you. I know of clients who have framed a favorite love letter, or placed books on romance and romantic poetry in their love corner. Be sure to include furnishings for a couple. If this falls in the family room then create seating for two people. If this is your bedroom then be sure you have two nightstands and two lamps beside your bed. If you are familiar with my column then you know how I feel about clutter, especially in this corner and especially if you are single looking for a partner. If this area falls in your bedroom and you have too many clothes in your dresser and in your closet, then weed them out and make room for that special someone to come into your life. Just as important, be sure to make the time to love and nourish yourself and then you are ready to attract the right

person. When you take the time to nourish your soul, to align yourself only with people who support and love you, then the next Valentine's Day that comes around may find you in an entirely different space.

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