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## Articles by Consy Malasoma

### How to Stay Positive Using the Principles of Feng Shui

These following suggestions are in random order but applying at least 60% of them will improve and help to de-stress your life.

#### **Create a clutter free environment in your home and office.**

Look around at what you are keeping in your space. Clear out your closets, storage spaces, kitchen cabinets and bathroom cabinets. If an item does not make you feel good or does not bring revenue into your life, then pass it along.

#### **Set your intentions.**

Feng Shui supports the idea that before clearing your spaces know what it is you want the Universe to help you with. If you have no clear intention then your direction in life will be unclear.

#### **Keep a gratitude journal.**

If you don't like to write things down at least be grateful for what is doing well in your life. Don't dwell on the negative! Count your blessings every day and end your day with a prayer of thanks.

#### **Get into some form of exercise.**

If you are not feeling terribly motivated, purchase a DVD on Pilates or Yoga to get you started. We must always nourish and nurture our bodies especially when we are feeling stressed. Include some organic fruits and vegetables and reduce your fast food and meat intake. The more naturally you eat the better you will feel.

#### **Use visualizations.**

Before you get out of bed in the morning (or evening) try to imagine how you want your day to be. Think of what brings happiness to you and visualize that experience.

#### **Reconnect with Nature.**

Seek out a trail at Red Rock or take a weekend and drive to the ocean in California. Spend some time in the mountains or for a "quick" fix walk through the Conservatory at the Bellagio during a slower time of the day and smell the lush plantings.

**Meditate.**

Try to sit still (cell phones and pagers off) with no interruptions and just breathe deeply. It is helpful to count your breaths to still your mind. If your mind wanders just cancel your thought and go back to counting your breaths again. It takes practice to simply sit and be.

**Surround yourself with things that you love.**

It might be family photos, or fresh plants, or your pet. This idea ties back to clearing the clutter out of your space. If you love to read or listen to music set a special corner where you can enjoy this and not be distracted.

Each item listed will affect your body and your spirit. Review my previous articles for tips on the various things suggested. Live without fear and loathing. Raise your vibration and improve your overall health. Simply save this article and set it where you will be reminded every day to integrate this into your daily life.

Consy Malasoma is a Feng Shui practitioner, color consultant, home stager, astrologer and speaker. She shares her time between Las Vegas at **702-245-6855** and Snoqualmie, WA in the Cascade foothills at number **425-891-9018**.