



Creating *Harmony* in Your *Life* and Your *Home*

Creating health, balance, and harmony in your home can only happen by first acknowledging this balance in yourself. You can do many things to balance yourself. To begin with, it is good to know your limits. Saying yes to too many people or having too many projects is one way we become unbalanced. It is like a beautiful dance that is rushed. We miss the beat of the drums and get out of harmony with the natural rhythm of life. Having too much to do is one of the major stressors in people's lives. They may have beautiful homes, but no time to be there to enjoy them. Simplify your life. Get rid of the clutter that clouds your mind.

The next thing you can do is to take a look at the activities that fill your day. Are you always sitting at a desk analyzing problems, using the mind? Do you go home to sit in front of a computer or T.V. for several more hours? Get up and use your body. Do some physical activity every day. Bike, hike, swim, dance, or simply use the stairs. Gradually your body will become stronger and healthier, creating physical harmony.

Be aware of the beauty, balance, and harmony of nature. Take time to walk by the ocean, gaze at a tree or be in your garden. Allow that awareness into your being and let it be reflected in yourself and in your home. Perhaps while walking by the ocean you notice a piece of driftwood, or an interesting stone, or shell. If you are drawn to an object, you may enjoy having it in your home or garden. The balance of nature is a source of inspiration that can be reflected in our lives and in our homes.

One of the most important things you can do is to remember the source of all life's activities by reflecting on your true nature. Who are you? What deeply matters to you? Take time to find out through meditation. It need not be sitting cross-legged or in some uncomfortable posture. Meditation is paying attention to the inner world. The following quotation sums it up.

"True meditation has no direction, goals or method. All methods aim at achieving a certain state of mind...no effort should be made to manipulate or suppress any object of awareness. In true meditation the emphasis is on being the awareness;"

The Impact of Awakening,
by *Adyashanti* ~

From this place of inner peace and silence, all creations flow. When we are in this flow we create harmony and balance in our hearts and in our homes.

Feng Shui has been an interest of mine for many years. It is the oriental art of balancing and harmonizing one's environment. Many people practice this on an outward physical level. For example they believe wind chimes are fortuitous so they have three or more of them. I am sure many of these beliefs had their root in practical applications, but today some of the practices seem little more than superstition. Anything done in a mechanical soulless way will not harmonize the home. Buying specific items and placing

them strategically to have a final end result will only work if you believe this to be true. Your home is a part of you and it is an extension of the people who live within it; it cannot be separated from them.

The true Feng Shui is about harmonizing yourself with the environment. In order to do this the individual finds inner balance and harmony within themselves. This inner balance is then reflected in one's surroundings, creating a richness and fullness in life. Our home then becomes a sanctuary and a place of peace.

