



Episode #18 Winter Wellbeing & Feng Shui

Athina from Feng Shui Flow updates us on what we can do to move towards wellbeing over the winter months. From the still and moving water elements - the energy of winter - to the foods and how we cook and how to use Feng Shui in the home or office.

Top Tips

With the changing of the season, we are entering the Yin phase of winter where the Water element is most prevalent.

The water element has 2 types of distinct qualities being still water and moving water

- *Still water* symbolises quiet, insightfulness and reflectiveness.
"Drawing the courage within to help us with the ups and downs with life"
- *Moving water* symbolises connecting with others, family, friends, colleagues.
"Communication skills, networking, cash flow and our career are all associated to the Water element"

When combined these qualities lead to a most powerful attribute, the power of *Hearing*:

Still water: Listen for truth and insight

Moving water: Listen for opportunities

As we incorporate Feng Shui design and application into our home and work to achieve a balanced and harmonious living space, so do we need to Feng Shui our body, to maximize our personal Qi (life force) and entire well-being. Specifically for the body, mind and our vitality

It is important to understand that our body has different needs depending on the season

The harmonious interaction between yin and yang foods is known as the balance between the mind and body

Examples of nourishing yin/yang winter foods include:

Apples, blueberries, blackberries, strawberries, bananas, grapes, oranges, dried fruits and cucumber

Root vegetables, green vegetables, cabbage, corn, peppers, chili, onion and potato

Lamb, duck, turkey, pork, liver, beef, bacon, seafood and eggs

Spices, oil, sugar, fruit juices, teas including herbal, coffee, milk, cheese, garlic, red beans, miso soup, soy sauce and salt

Cooking methods most suited for casseroles, stews and thick soups should be slow cooked or oven baked to absorb the nutritional value.

For the body and soul Still Water foods create (calmness and nurturing).

Moving Water foods represents (Warmth and spicy)

Your attitude with cooking is important. If you have had a hard day you could transfer these negative energies into the food. A clear mind creates a nourishing pure meal