



JULIE HAMILTON



ASK SELENA

Be our guest

Q Dear friends of mine are coming to stay for Christmas. How do I make them feel really welcome?

Laurie, Launceston, Tas.

A Firstly, create good Feng Shui by placing the bed in the Emperor position – as far from the door as possible, yet with a view of the doorway. Keep a solid wall, not glass or shelves, behind the bedhead. Next, clear away storage or junk items, such as a wonky computer or gym equipment. How can your guests feel valued if you stash them in a room with lots of trash?

Now look around your home for any family treasures – items you adore. Move at least one of them into the guest room. Perhaps it's a big pottery urn or a carved ornament you bought overseas. When guests spot something special in their room, they conclude

that you treasure them too.

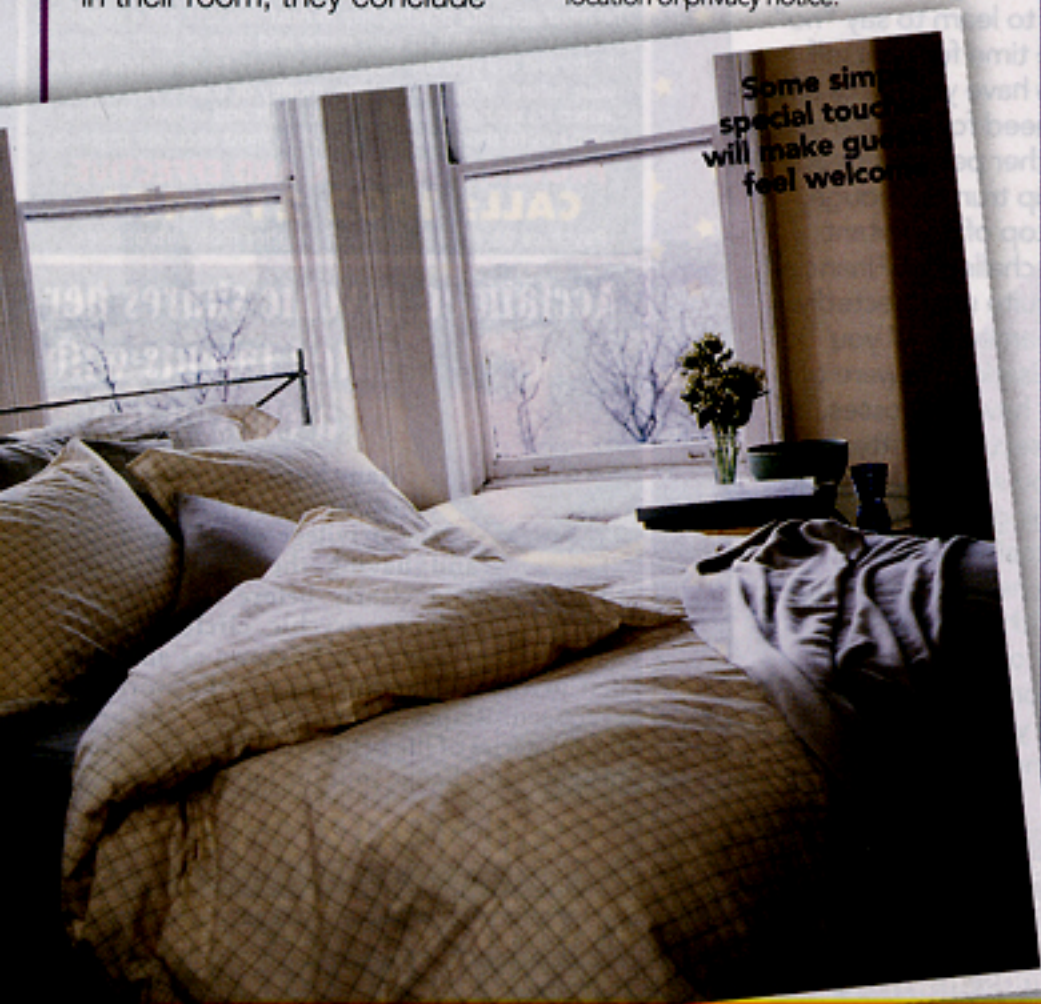
A bedside lamp with a soft shade is a must. Light creates harmonious energy and if your guests arrive after sunset, it's a magic moment when they walk into their room with its rosy lamp glow. Make sure the light switch is easy to find – as waking in the night in a strange room can make bathroom trips difficult.

A tiny welcoming gift on the bedside table related to your guests' hobbies or interests creates hospitable energy. For example, a tennis player would feel special receiving a mini book of witty tennis cartoons or jokes. Or give a book on flower arranging to a friend who loves gardening.

Explain household routines to your guests soon after their arrival. Let them know meal times, plans for the next day, convenient bath times and all about the possum that thumps on the roof at 2am. Check if your guests have special needs, such as food or pet allergies.

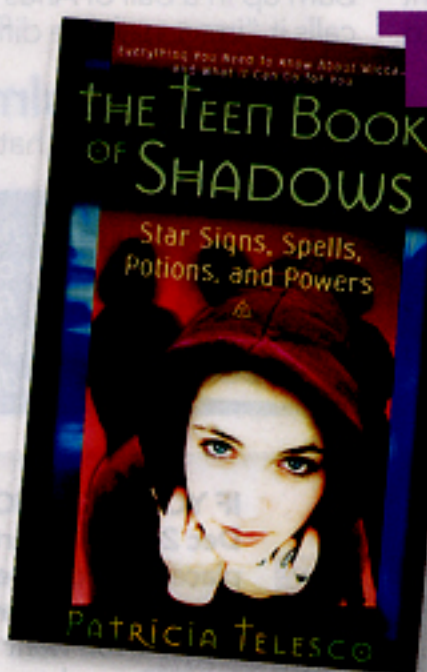
Watch pets too as some, like my parents' cockatoo, like to play tricks. With his sharp beak, he neatly snipped all the leather buttons off a new sports jacket a guest had left lying on a veranda!

Send questions to Feng Shui, Woman's Day, GPO Box 5245, Sydney, NSW 2001, or email Selena at womansday@acp.com.au. No personal replies. See contents page for location of privacy notice.



THE WRITTEN WORD

■ If you want to find out how you really feel about something, try unconscious writing. It's a way of unlocking your deepest desires and fears, and all you need is a pen and paper. Find a quiet space and take a pen in the hand you wouldn't normally write with – this allows access to the other side of your brain, which helps bypass your normal thinking and beliefs. If you have a question, let your pen move fast across the page in answer. It's best not to think or censor what you're writing. Read back your reply and you'll be amazed at the wisdom you find. Paul Pritchard, writer and therapist, teaches how to use words and creative writing to unlock the truth about ourselves. "Exploring your inner landscape in this way is very therapeutic," he says. For courses, see www.freecreativity.com



Teen craft

■ If you have a teenager who's interested in all things spellbound, grab a copy of *The Teen Book Of Shadows* by Patricia Telesco (from Adyar.com.au, rrp \$24.95).

This wise and practical guide for teens reveals that Wicca isn't about steaming cauldrons and pointy hats. Instead it's a life-affirming faith that embraces nature, tolerance, personal empowerment and individuality. Putting the emphasis on positive thinking and the occasional spell can harness the energy that's always around us for the greater good. It's Wicca with heart.

POWER PENDANTS

■ What do Deepak Chopra, Helen Hunt and Madonna have in common? They wear necklaces that heal! Pioneered by leading scientists, health professionals and engineers, QLinks are believed to help the wearer de-stress and energise. According to their inventors, they each contain a cell that is encoded with 'sympathetic resonance technology', which resonates the ideal note at which your body should hum. The result is a field that filters out unwanted energies. To order, contact QLink 1800 175 465 or see www.Qlink.com.au

