

Happier with positive energy

A positive living environment with the right balance of energies has beneficial effects on us. Reiki and wellness expert, Mallika Bhatia, tells you how to fill your home with positive energy



What turns a brick-and-mortar home into a warm and loving one? Is it the

warmth of our presence, the love that we share with family and the memories created in that space? It is all this, and also about enhancing the positive energies of your house.

Living spaces have a unique energy characteristic that defines the general effect a space has on us, and this affects our general behavior. You can compare this to the deep sense of calm we feel at some places compared to the uneasiness we encounter in dark and dingy areas.

A positive living environment with the right balance of energies has beneficial effects on us. It makes us calm and peaceful, de-stresses our mind and body, and controls our anger and irritability. In such states, we automatically have a better, open communication with our family members, which results in fulfilling and happier relationships. Happiness at home leads to satisfaction and productivity at work leading to success.

How can we balance the energies of our home? The basic energy of a space is predefined, but we can

easily enhance that energy to our advantage with some simple changes.

Start by bringing in fresh air to your home. This cleans the used-up stale energy and re-energizes the house. It brings in fresh feelings and new ideas. Bringing in sunlight naturally disinfects surfaces. It has a positive impact on people who suffer from depression, indigestion, sleep disorders, PMS and more. Another practice is to burn camphor at home, directly or in a lamp. Camphor uplifts moods, disintegrates stuck-up energy and neutralizes allergens in the air. Burning incense relaxes the body and declutters the mind. Fragrance brightens up the mood and has a positive effect on our physical and mental health.

Wipe floors with a solution of water and salt. Salt has the property of collecting and cleaning negative energy. However, a salt wipe on the floor is incomplete if not followed by another wiping with plain water.

Also use pleasant colours, flowers, chimes and candles and put up happy pictures of the family to enhance relationships and the environment of the house. Make these changes to change the way you feel. A happy home means a happy mind.