IMBOLC HOME WARMING

A Feng Shui Body Worksheet for Gentle Beginnings

The home is a body.
It holds memory, rhythm, and breath.
Before we rearrange, we listen.

Imbolc is the moment to invite warmth back into the corners,
to soften what has been holding its breath,
and to allow life to circulate again.

Listening Walk

Walk slowly through your home.
Pause in doorways.
Notice where warmth already lives.
Notice where energy feels cold, forgotten, or heavy.

You are not here to judge.
You are here to notice where life wants to return.

The Three Warming Actions

Choose only one to three actions.
Small is powerful at this time of year.

• Open one window for three minutes
• Light a candle in a forgotten corner
• Clear one surface completely
• Move one object blocking flow
• Wash the front door handle
• Add something warm (wood, wool, ceramic, light)
• Place fresh water somewhere visible

• Bring life: branch, plant, fruit, or flower

Reflection

What did my home respond to most?
Where did warmth return easily?
Where did it resist?

(This is information, not failure.)

Place one hand on your body, one hand on your home.

Say quietly:
My home knows how to receive life.
I am safe to warm what is ready.
I do not need to rush the season.