

# New Year Renewal

BY Jessica Forsyth and Danielle Perry

All things seem possible in January, even if it's just a symbolic beginning on our Gregorian calendar. Nonetheless, the first day of the first month of the year seems like a fine time to start over – in life, in love, in habits and attitudes. But time and again, we're too ambitious, or maybe just focusing on the wrong things. A drastic diet regularly peters out in a couple of weeks, and vows of never eating another piece of chocolate last until someone comes home with a box of your favorite truffles. It's not that New Year's resolutions can't work, it's just hard to make them last. Or could it be that we're going about this all wrong? If the New Year is a time for genuine change, shouldn't that change come from within? We got to thinking that, here in Orange County, inspired and inspirational people work, day after day, to do the things they love. And they do some pretty big things, like Jennifer Trubenbach, who was recently honored as a "Hero Among Us" by People Magazine for her work with Lake Forest-based Operation of Hope, a volunteer surgical team that changes the lives of children around the world.

We think that's the kind of change we'd like to see – and do – in the world. But change doesn't have to be huge, and it doesn't have to be grand. It can be as small as trying something new (no gym this year – really connect with your body with Teo Moore) or **improving your chi with the help of feng shui expert Nola Wood**. Pick a goal that resonates from within, and you're bound to succeed. No chocolate moratorium required.

## MIND

### Get Feng Shui'd...

Balancing water, wood, fire, earth, and metal elements sounds like a juggling act for the circus, but for Nola Wood, it's a way of life. Since 1974, she has studied the effect that one's environment has on the psyche, eventually branching out into the practice of feng shui 10 years ago. Through her consulting business, Wood Wind & Water, Wood takes what clients have and guides them towards creating a more harmonious environment to reach their objective, whether it's purification, transformation, regeneration, vitilization, or activation. Wood works on transforming lives by removing the physical barriers we put up that represent our own psychological hang-ups. "I usually try to talk with people and see what's going on with them," says Wood. Whether that involves clutter removal, a color consultation or even a house blessing, Wood's goal is to maximize productivity and restore balance to our most important spaces.

Services range from \$225 for a spiritual feng shui consultation to \$25 per person to participate in a feng shui workshop. Other services include color consultation/\$175 and ritual house blessing/\$175. Call (949) 481-9235 or visit [woodww.com](http://woodww.com) for more information.