



# GNR DESIGNS JOURNAL

## Do It Yourself Case Study #4: Special Holiday Issue

This year, the holidays are more important than ever. The past few months have been challenging for all of us, but we must think positively and let celebrate Light, Hope, Happiness, Joy, and New Beginnings. Whether you are celebrating: Christmas, Hanukkah, Kwanzaa, the New Year, or your own culture's holiday, what comes to mind is LIGHT: twinkling glass baubles, Christmas Tree ornaments, Hanukkah candles, and the warm light of a fire place. There is something magical about this simplest of holiday decors!

### The Project:

How do we transform our home into a festive Winter Wonderland full of Joy, Magic, and Fun? While many traditions associated with this season are specific to a country or region, others are universal: decorations, music, traditional dishes, greeting cards, gift giving, and many more. Our project is to incorporate them in this year's celebration and perhaps even create a few of our own.

### The Challenges:

This holiday season, culminating with New Year's Eve, will look a lot different than last year's celebration. Instead of big family dinners, and heading out for a night on the town, many of us will be settling in safely for an evening at home with our loved ones; But just because your 2020 holiday is different doesn't mean it cannot be just as festive, celebratory, and meaningful as in years past.



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## Our Solution: Engaging the 5 senses

Our home is our sanctuary; it is a unique place that reflects our personality and supports our activities. Let's bring forth our deepest emotions through our 5 senses, correlating with the Five Principal Elements of Feng Shui. LET'S ADD A 6<sup>TH</sup> SENSE: MAGIC!

**First things first: Choose the theme and traditions that are most important to you and your family.**

### **#1 – Sight – Decorate And Dress Up!**

Holidays have been associated with lights for hundreds of years. Go crazy, wrap colorful lights around your home; Light candles; kindle your fireplace. Don't forget to take photos!

Wear your favorite red sweater and holiday dress; put on some bold New Year's Eve makeup.

### **#2 – Sound – Turn Up The Volume!**

Sound changes the vibration of the space so fill your home with music. How about a family sing-along? Or downloading your favorite holiday list?

### **#3 – Taste – Pop The Bubbly!**

New Year's Eve is all about the bubbly; kick it up a notch by mixing a fabulous champagne cocktail. Raise a glass to all the incredible experiences you'll have in the New Year.

### **#4 & 5 – Touch & Smell – Get Cooking!**

Celebrate the Holiday with a delicious dinner: Plan a festive menu turn the cooking into a family-bonding experience. After a year like 2020, we all deserve a treat. Fill your home with the delicious aromas of vanilla, chocolate, and cinnamon. Spread the cheer by mailing Holiday cookies to your love ones.

### **#6 – Magic – Created Through Intuition**

Watch the **Times Square Ball** drop from the comfort of your home this year, get in-tune with your real and deepest desires and **make a wish**. The world desperately needs to come together symbolically and virtually to celebrate all that we love, and to look forward with a sense of renewal and new beginnings.

We still offer SAFE-DISTANCE in-person services; however, if you prefer using our new Do-It-Yourself service, you may complete a short questionnaire by [clicking anywhere on this email](#). This will allow us to give you an idea of what it will cost you to create the design of your dreams from a safe distance.

For more information, contact Nadia

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