



Peninsula Chinese Business Association

美國華聯商會

Leading because we care

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Dear Members and Friends,

Can you hear “Hello” from your house? Is there a place at your house that share your sorrow and happiness? Whether your answer is yes or no, home is the main biocultural adaptation we live our lives.

Studies have proven that healthy homes promote good human physical and mental health. Good air quality, clean water, safety, and being free of germs are fundamental to healthy living. In addition, the human mind and body are wired to their environment. A peaceful and visually appealing home arrangement can create greater well-being. The colors of the walls, lighting, furniture, and arts also generate positive energies.

Harmonize with nature to evolve living quality. When you are not connected to true nature, your mind gets lost in the dark and succumbs to depression and anxiety. Your home is the cornerstone to connect you with the nature surrounding you.

A human life cycle “born-old-sick-die” is the same as a house; the only difference is that the house lives longer than humans. Some say the house would get sick when the owner is sick. When the owner is depressing, they feel the home crying. On the flip side, the house also heals human sickness to groom happiness. A home is where we balance our lives with the imbalance imposed by the outside world.

Imagine how that place makes you feel at home. It is not just your destination at the end of the day but also the origin from which you go out in the morning. Living a busy life in the modern world, the home offers a place to relax, chill out, and have a few moments free to let the mind wander. You can define it at least partly by the absence of stimulation and novelty found in the outside world for resting your brain.

One of the home's unique relationships can be found in the miserable depths of homesickness. The simple sadness associated with losing something important has long been recognized as

potentially adaptive. This short-term depression is essential for human learning to deal with a complex variable environment. Homesickness is a reaction to losing a significant relationship in our lives; it can encourage us to rectify the situation by moving us forward.

Everyone has a right to a standard of living adequate for their health and well-being themselves and their families. Your home plays a critical role, and I share three components to improve mental health and enhance the quality of living.

Light is a symbol of wisdom and compassion. No light refers to the condition of being figuratively lost in the dark. Darkness is associated with chaos, increased chaotic thoughts, and less able to control emotions, causing sleeping problems and leading to chronic diseases.

Keeping sources of natural and artificial lights in your home clearly and free of grime will allow the light of wisdom to pour in, easing your troubled mind.

The growth of mold in a room coincides with the development of mold in the heart. Mold is a living organism; when it finds a good place to live, it settles there. To prevent mold is not to keep things prone to becoming moldy. Moisture often appears on the windows, grout, sealant, and drywall leading to mold growth. Poor breathing cannot connect your body to the world around you. Cleaning isn't just about removing the dirt; it's also cultivating the mind.

A simple life is a healthy life. Simplicity is to flow through life as a river flow through a landscape. When you know enough is enough, you already have enough. Where there is simplicity, there is authenticity. Clarity leads to humanity, pure relationships, and the right mindset to free the emotion and material clutter in the brain.

Occasionally you bring home germs, viruses, and negative energies. Your home never says "go away" to you; it fights the sickness, solves critical problems with you, and provides the true luxury of a condition you feel naturally comfortable with, almost without notice.

As you leave your home to face the morning and come home in the evening, it represents the fantastic possibilities the day offers and a safe place to recharge once the day is done. Before entering the house, try to stop for a moment, take a deep breath, and let yourself be filled with gratitude and passion.

Take good care of your house, and it will take care of your life.

Sincerely,

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