

## Feng Shui



### What is Feng Shui?

Very simply, it is the Chinese art of design, placement and proportion. It helps insure that buildings are in harmony with the environment and optimized for health and happiness. By following patterns in nature, Feng Shui creates balance and harmony through the flow of chi (energy).

We can't always control which way our property faces or the position of the rooms, but there are several things we can do to give our

homes a better feel:

- Clean up the Clutter – This is often the first step in balancing and harmonizing your home. Clutter is both a cause and a symptom of stale and stuck energy. It can drag you down emotionally and energetically. It causes confusion.
- Clean your Windows – Dirty windows can cloud your judgment and make it hard to see things clearly.
- Replace burned-out light bulbs.
- Repair or replace any doors that stick – This can make it hard for you to progress in life.
- Install a water feature in your home. Attract good energy.
- In decorating your home, use objects and items that are important to you.
- Keep your kitchen counters free of clutter.
- ALWAYS keep your closets organized and clutter-free. Get rid of any clothing that is not worn and your closets will feel more spacious.
- Any rooms that you use for entertaining should be brightly colored to attract good energy and vitality.
- Make sure there are no mirrors opposite or at the side of your bed.
- Your bed should be positioned to always have a solid wall behind you....and also where you can see the door and anyone coming into the room.
- Use dimmers on light switches. This is a great way to change the mood in any room.
- When entering the front door, you should not be able to see the backyard through doors or windows. If your doors and windows are positioned in this way, use blinds or furniture placement to distract the view.
- Keep your front walkways free of debris. Plant flowers and shrubs to insure a pleasant walk to your front door. Make sure the entrance is well lit.
- Promptly remove any dead or decaying trees and plants.
- A red bow on the front door will symbolize strength and goodwill. It will welcome your visitors.
- Clean any congested area of your home.

The whole idea is to create a welcoming, open appearance and feel in your home.

Our homes are our place of refuge from the stresses of everyday life.....to rebuild our energy levels and find clarity. It should feel calming and nurturing to quiet the mind and provide a sense of peace and security.



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