

Feng Shui(wind/water)**Simple ideas for harmonious home: Linda King**

1. ***You can redecorate without spending a fortune*** - When you use Feng Shui techniques to rearrange the furniture in a room or to move objects from one room to another in order to create better flow you will be able to completely change the look and feel of a room without spending a lot of money. Sometimes you don't have to spend any money at all.

2. Ridding your home of clutter - Are you one of those people that hangs onto every scrap of paper and every store receipt? Do you still have report cards, magazines and other items that have been sitting in your living room or office or bedroom for years? Using Feng Shui techniques will help you get rid of all the clutter that is taking up space in your home and interfering with the energy flow of your home or office. Getting rid of clutter is the first step to successfully using this Chinese Art to change your life.

If you take the time to explore and understand Feng Shui you'll be amazed at how easily you can take control of your life and reshape the vital energy that flows through you and your home every day in order to get the things that you want and need. Happiness, health, wealth, great relationships and more creativity can all be yours quickly if you just learn to use the power of Chi that is already around you.

Feng shui is becoming more and more popular, particularly since it is about the easiest way to "green" up your building. The front of your building is called the Face of Ch'i (pronounced chee). You can attract more Sheng ch'i (positive energy) by putting your home or office buildings' best face forward. The Face of Ch'i is made up of:

- The mouth, which is represented by the front door
- The tongue, which is represented by the walkway up to the front door
- The eyes, which are represented by the windows
- The skin, which is represented by the exterior walls of the home

Giving your building a facelift elevates the ch'i coming in and helps create a positive flow of energy from the outside of your property into the building. The front door to your building is called the Mouth of Ch'i. This is where the energy enters. It is also where friends, tenants, vendors, suppliers and potential clients enter, too. When looking at the front door notice whether the paint is peeling, or if there are any marks on the door, such as nicks or chips in the paint or finish. If needed, repair and repaint the front door. Next, check the hardware on the door. Is it rusted? Does it stick? Does it need to be polished or replaced? The hardware should be in good working order, shiny and attractive.

If there are glass panels in the door, make sure they are spotless. Wash away any cobwebs or dirt. If any of the panels are cracked or broken replace them. Broken windows represent negative ch'i and this negative energy is coming in your front door.

The landing area or front porch in front of the door is also important. Sweep it clean to clear away any dirt and cobwebs if that's all it needs, but pressure clean the landing area if there are stains or stuck debris. Place a black or charcoal colored welcome mat at the front door. If you have a water feature at your front door, such as a pond or fountain, place a red or brown doormat instead. Make sure it is big enough to enhance the front door (or doors if you have a double door entry). A tiny mat that looks out of place in the entry won't do. Your welcome mat should be solid (no holes) so that ch'i can flow into your front door without getting stuck.

Now let's talk about how to enhance the tongue, eyes and skin of ch'i.

The pathway up to your front door is called the tongue of ch'i. A straight pathway brings Sha ch'i (or negative energy) to the front door (similar to a poison arrow).

Sheng ch'i (or positive energy), likes to meander and flow like a winding river. A meandering pathway to the front door is ideal. Since it's not practical to replace the pathway we'll do the next best thing.

Place terra cotta pots filled with red, yellow or bright orange flowers along the pathway at staggered intervals. Place the first pot where the pathway to the house begins on either the left or right side. The next one will go on the opposite side of the pathway about 3' to 4' further ahead. Continue this staggering of pots until you get to the front step or porch. Then, on each side of the doormat, place a pot of red, yellow or orange flowers. If this crowds the front door then place these pots on either side of the front step or entryway to the porch instead.

Pressure clean or sweep the pathway to your home to remove any dirt and create an appealing walkway up to the door. Be sure to remove any dead plants along the pathway and trim back any overgrown bushes, trees or other plants.

The windows on the home represent the eyes of ch'i and draw energy into the home. Windows should be washed to remove dirt, dust, lime scale and cobwebs. They should sparkle and shine to let in as much light as possible.

The skin on the face of ch'i is represented by the exterior walls. If the paint is peeling, faded, or marked by iron rings from the sprinkler system then take the time to repaint your home or hire someone to do it for you. Fill any holes and repair any cracks in the walls too.

If you don't need to repaint, then take time to pressure clean or hose down the exterior walls of your home. Cobwebs, dirt, and insect nests tend to build up around the eaves of the home and around gutters. A good spray with cleaner and a hose will remove these for you creating a welcoming appeal.

All of these changes will help attract the right kind of energy into your home and office so that you can attract more of what you want in your life and your work.

Here are some simple things you can do today to improve your environment and increase the positive energy in your life:

Keep your toilet seat down at all times and close your bathroom door

- the toxic fumes and germs from the bathroom destroy good Chi

Remove all artificial and silk plants from your home - they just collect dust and let's not fool ourselves, they're dead or at least not alive.

Use natural materials, wood, metal, glass, plants whenever possible

- they are more harmonious with nature and encourage good energy.

Reduce the clutter in your home because it blocks good chi - get rid of those piles of paper, organize your environment and get rid of junk.

Get rid of plants that are unhealthy - you can always take a cutting and start a new plant.

Place a leafy plant near your computer - plants absorb harmful radiation, a lily is an excellent choice.

Make sure your bed is not directly in front of the bedroom door - in Feng Shui a bed in front of a door is considered to be the death position. The symbolism is when you die you go out feet first.

Get rid of broken items or fix them - broken items disrupt good chi. If you really want to focus in on a particular area of your life you need to set up your personal feng shui because it's like pushing the button on a vending machine to select exactly what you want.

So what is your personal feng shui? You have four directions that support your Success, Health, Relationships and Wisdom and these four directions are based on your birthday. That means that your personal directions are unique to you and will work better for you than general directions when you want to attract a new job, more romance, better health or even the ability to learn more easily in school.

You also happen to have four directions that prevent you from getting what you want in life. These are your Frustration, Theft, Disease and Total Loss directions. When you use these directions to try to make things happen it's not only a real struggle for you but your odds of succeeding are pretty low.

In Feng Shui kitchens are the second most important rooms in your house (second only to your bedroom). That's because, in Feng Shui, a kitchen represents wealth.

The kitchen is so important because it is where we receive our life-giving energy and nourishment: our food. There is a cycle in all things and the cycle in the kitchen goes as follows: The healthier our food is and the higher amounts of chi in our food, the healthier our body, mind and spirit become, the more capable we become, the more money we make, the better quality of food we can buy, the stronger we become and so on.

You can see how the cycle is positive and feeds into more positive energy. The cycle can also be destructive. The poorer we are, the lower quality kitchen we have, the lower quality of food we buy, the weaker our body, mind, and spirit become, the less capable we become, the less money we make, the lower quality of food we buy and eat and so on.

Understanding these cycles can lead us to see why the kitchen is so important. There are some basic guidelines for a kitchen and supporting the cook. First the cook is to always have the best vantage point and view (no backs to doors), as well as a brightly lit, spacious, and well ventilated area to cook in.

The Positioning of the stove

The position of the stove is the next important factor. A stove can influence the well being of a family. If it is stuffed into a corner it can inhibit the cooks movements and energy flow, lowering the quality of the food being prepared, which can then have a negative impact on the Health, Wealth, Careers, and Relationships of the family members.

Symbolically the stove in feng shui kitchens represents the home's finances. So it is important to make sure your stove is in excellent condition, works well and is kept clean. This symbolizes money easily flowing into your home. If burners are broken or clogged, business will be plagued with obstacles. The burners on the stove are believed to influence a family's prosperity, so the more burners you use more often, the more all avenues of money will come to you. You can place a mirror behind your stove to double your money.

It is also easy to see why if the cook is unhappy, due to structural, color, or functionality issues in the kitchen the energy going into the food is not of the highest energetic quality and will have a negative impact on family members as well.

Colors for your kitchen

Time to paint? Pick colors that correspond to the best colors for the area or that make you feel passionate as a cook. Shades of white are recommended for cleanliness and health.

Fix it, Clear It and Clean It

De-clutter your kitchen. What items are out that you never use and are an eyesore? What can be changed or moved around to make your kitchen more functional? Clean out those overstuffed cupboards and wash down the shelves.

Maybe you can purchase an inspiring tray and place your oil and vinegar out where you can get to them easily.

Keep working your space until it feels more spacious and you are happy to be in your kitchen once again.

Remember, "Feng shui kitchens make happy cooks, and happy cooks make happy families!"

Bedrooms

Feng Shui is the Chinese philosophy of design and arrangement which helps facilitate the flow of positive energy. In Feng Shui, the bedroom is the most important room in your home because it is where you spend most of your time. Remember that the most time spent in your bedroom should be sleeping and making love. Remove the television and computer to another area of the house.

First, clean out the clutter. Get rid of any useless items, dust collectors, old clothes in your closet, photos, drawers and stuff under your bed. Also, let go of any emotional clutter such as items from old relationships, or unhealthy thoughts or patterns in your life. Plants should be removed from the bedroom as well since they are not good for Feng Shui.

- Stand in your bedroom doorway and look to the far, back, right-hand corner of the room. This area is important because it is the relationship area of your room. You should decorate this area with feelings of happiness. Fresh flowers are a good choice, or pairs of things are great for this corner, so consider adding two candles or two small meaningful photos or paintings. Also consider adding a loving color to the corner.
- Choose a bed size that is proportionate with the room and choose a bed frame that is sturdy with a well appointed headboard. Your bed should not be lined up with the doorway; draw a straight line through your doorway to the other wall, your bed shouldn't fall in that line.

The far corner away from the door is usually a great spot; make sure the bed is approachable from both sides. Clean out anything from underneath the bed, this area should not be used for storage; it is bad for Feng Shui and can create baggage in your relationship.

- Purchase high quality sheets in a neutral color. Make sure to have lots of high quality pillows.
- It is important to have two bedside tables that are exactly the same which suggest equality in your relationship.
- Have several levels of lighting in your bedroom, or use a dimmer switch to adjust the brightness. Candles set a sensual relaxing mood, be sure to buy

toxic free.

- Use soothing neutral colors which suggest relaxation. Bedroom art should reflect happiness and relaxation.

Feng shui is manifesting at its best. It's a way of inspiring our minds to think more about what we DO want, and less about what we don't. When we create a bedroom that's already built for our perfect partner, we're more likely to bring that person into our life. Here are 10 quick feng shui tips to help add a spark to your current relationship, or help bring in the partner of your dreams.

1. ROMANCE!

REMOVE ALL LONELY, SOLITARY OR DEPRESSING ARTWORK Objects that remind us of being alone can keep us stuck in solitary relationship patterns.

2. INCORPORATE SETS OF TWO'S

By placing objects together in sets of two, it inspires thoughts of partnership and togetherness.

3. ADD ROMANTIC IMAGERY

Bringing in sculptures, artwork, photos or objects that inspire thoughts of love and romance can bring a sizzling spark to an otherwise loveless space.

4. CREATE A ROMANTIC ENVIRONMENT

Adding things like candles, soft fabrics, tactile surfaces, warm, sensual scents, soothing sounds and mood lighting can heat up a cold environment.

5. INTRODUCE SENSUAL COLORS

Using warmer skin tones or fiery colors into your space, especially your bedroom, can add warmth and inspire sensuality and intimacy.

6. REMOVE DISTRACTIONS

Keep televisions and exercise equipment out of the bedroom or keep them covered behind screens or in cabinets. These things can distract you from the business at hand:

7.

FRESHEN UP THE ENERGY

Try replacing your bedding each year to keep the bedroom energy fresh and alive. Another great rule of thumb: replace your mattress after every major relationship so the energy of your past doesn't end up haunting your future relationships!

8. REMOVE ALL THE BLOCKS

Remove any blocks that you may have unconsciously placed into your home. Look for clutter behind doors, cabinets or dressers placed in tight hallways, or furniture arranged awkwardly so that it's difficult to maneuver. All these things can unconsciously sabotage relationship efforts.

9. LET GO OF THE OLD TO MAKE WAY FOR THE NEW

Holding onto old, depressing love letters or sad memorabilia and nick-knacks locks stagnant or negative energy into our home and life. By releasing these, and only surrounding ourselves with things that inspire us forward into our

ideal future, we can easily manifest the partner of our dreams.

10. **BUILD A ROOM FOR TWO**

As they say, "If you build it, they will come". Same goes for bedrooms. Make sure the room is built for two: equal space on either side of the bed, two nightstands, two lamps, and a nice sturdy headboard to support a relationship.

Health

It's been proven that trying to manage a stressful job, home, and a demanding family schedule can seriously affect your health, but have you ever thought that your home or office was creating or contributing to your health problems? A workspace or a home that is lacking balance can create health problems ranging from headaches to depression, high blood pressure and other problems. ***In Feng Shui philosophy*** everything in the universe is tied together through the flow of Chi, so if the Chi that flows through your home is blocked or is not flowing properly then your body will feel the negative effects of the disturbance in the magnetic force that Chi is made up of. So any disturbance of the Chi in your bedroom, living room, or even your office can make you sick. ***The practice of Feng Shui focuses*** on realigning the energy of a particular space which will also help your body fix any imbalances in your own energy. According to Feng Shui each room contains spaces that correlate to different parts of life like health, love, prosperity and so on. You need to fix the balance of that area of the room in order to be healthy, have good relationships, be prosperous and so on. Some people might be hesitant to accept the idea that the placement of the furniture in a room can make you sick but if you think about it carefully you can probably come up with at least three places that you go everyday where you don't feel comfortable or where you feel ill for no apparent reason. Is there a room in your house or in a friend's house where you just never feel quite comfortable enough to really relax?

Color

In some cases, it is necessary to reduce specific colors and to incorporate new ones that will align themselves with your goals. Specifically, Feng Shui beliefs suggest that two types of energy exist—yin and yang. Yin energy is passive and portrays the ability to calm, soothe, and relax. Yang energy is not passive and it can be used to place our lives in balance. The yin colors are blue, black, purple, white, pink, and green. The yang colors are yellow, orange, tan, beige, brown, red, maroon, lavender, mauve, and gold.

Fire Colors

In the Feng Shui color guide, several colors are associated with the **element of fire including red, orange, purple, violet, pink, and a strong yellow.**

Pink is often considered a color of universal healing. It is associated with feelings of self-respect and self-awareness. Its use can bring about the opportunity for spiritual completeness as well as a sense of contentment.

Red is strongly associated with the following combinations- prosperity and abundance, fame and reputation, love and relationships. The color red stimulates joy, love, and strength within an individual. This exciting and vivid color promotes romance, wealth, and happiness. However, too much of it can lead to over stimulation and nervousness as well as exacerbating existing problems with fear, aggression, and anger. It is linked to happiness.

Orange, a yang color, is associated with purpose and organization. It can be used to strengthen concentration and creativity. The use of the color orange can produce feelings of optimism and confidence. This positive color offers the ability to portray enthusiasm and ambition. Too much orange can over stimulate and lead to nervousness and restlessness.

Purple is the color of prosperity and abundance. Purple, one of the colors at the end of the spectrum, is associated with mental and physical healing. Additionally, it is associated with spiritual awareness, intuitive powers, and calm. Purple can be used to create the proper atmosphere for meditation. It is also associated with dignity and wisdom.

Violet is associated with prosperity, good motives, and aspirations of a spiritual nature. It produces a calming influence that can soothe irritability, lessen feelings of hunger, and calm the symptoms of mental illness. Too much use of this color can lead to an atmosphere that radiates prejudice or snobbery. Strong yellow colors are associated with intuitive insight, joy, creativity, and wisdom. They encourage the ability to be flexible and adaptable. A bright color that lifts your mood, yellow can enhance your sense of well being. Too much yellow can over stimulate an individual.

Earth Colors

Light yellow and beige are associated with the element of earth. Light yellow promotes good health and can be used to suggest a sense of space in a particular area. Beige is a neutral color. Pale earth tones are unifying and can be used anywhere.

Metal Colors

Gray, silver, gold, and white are associated with the element of metal. Gold is associated with wealth, prosperity, and wisdom. The use of the color gold encourages good health and personal success. Gray can have a stabilizing and calming effect due to its neutrality.

White is associated with the combinations of love and relationships, creativity and children, and helpful people and travel. White is also associated with confidence, purity, and poise. If it is used in conjunction with either gold or silver, it generates calm. Since white blends all of the colors, it is a symbol of harmony and purity. Its use can lead to an increase in spiritual knowledge. Too much reliance on pure white can lead to an atmosphere of unfriendliness.

Water Colors

Blue and black are the colors that are associated with the element of water. The color **black** is associated with career and life paths and in turn, with skills and knowledge. When it is used in combination with metals, it has an especially strong association with money or income. Black is the color of power and emotional protection.

Blue, a color with yin energy, is calm and soothing. This color reflects love and as such, it has a great significance in its use. The use of blue brings about healing and relaxation. Blue can create an air and resultant feeling of trust and peace. In the beliefs of Feng Shui, blue is associated with exploration and adventure. Navy blue is associated with wisdom and intellect.

Wood Colors

In theory, the stronger or deeper a color is, the less you need to achieve your purpose. Colors are used to maintain, enhance, or achieve a specific energy. Large areas should be pale in color; smaller surfaces should be reserved for accent colors. Rely on your personal preferences for guidance in addition to the Feng Shui color guide. If you don't like a color, don't attempt to use it to achieve a purpose since personal preference is important too.

Brown and green are associated with the element of wood. **Brown** is associated with security and safety. **Green** is a restful, refreshing color that can produce an atmosphere of balance. It is associated with healing and the relief of pain. This color is linked to longevity. Too much reliance on green however can lead to feelings of depression, selfishness, or jealousy.