

Nurturing Your Home:

“The Essence of Feng Shui”

By Linda King

It's often hard to remember that our homes are meant for living, not cluttering. From kitchen to bedroom we fill our spaces with digital distractions and the detritus of daily living. Seldom do we have places in our homes to experience the natural rhythm of movement and rest.

The ancient Chinese philosophy of feng shui (*fung schway*) can help bring a sense of harmony and balance into our homes and our lives. In practice, it means matching our modern needs with comforting rituals and sensory pleasures. We are all created of the earth and we need homes that reflect our origins. We need places that are richly human, havens that hold our memories and offer comfort to family, friends and strangers alike.

The words **Feng Shui** mean “wind” and “water.” *Wind* represents the *chi*’ or *energy* circulating all around us in our environments. The results from aligning our own energy with the natural flow of energy in our environment can be overwhelmingly profound. In many ways it’s similar to having our car’s steering and tires realigned. Prior to having the alignment work done, all the pulling to the left and right is wearing on our car and draining its energy. Feng Shui is a process of alignment, which lifts the extra burden and obstacles that prevent us from getting to our personal wishes and desires. When our cars are out of alignment and pull to the right or left we have them taken care of in the shop by a professional mechanic. When our bodies are sick we go see a medical professional. So when our homes are out of alignment which is made evident by an imbalance in our lives or simply speaking when we want to explore “*what possibly could work better*” we should naturally seek out a **Feng Shui Expert** to assist us in making enhancements that can improve our overall success and well-being. Everything in life is interconnected! We are just beginning to explore that energy exists on many levels even though we don’t fully understand it yet. What you will experience when you change your environments in harmony with nature is that what once appeared out of reach becomes clearer and more accessible. Relationships and creativity flourish, businesses, careers and finances thrive, health stabilizes, and opportunities manifest themselves.

The essence of water, its fluidity and ability to sustain life is also paramount to good design. Just as houses, roads and fields were laid out in harmony with powerful and sometimes dangerous water courses, rooms, hallways and beds must be placed in harmony with one another and out of harm’s way. Bringing things back into order may be as simple as moving your desk into a better energy position, adding extra light to a room, changing the color of your bedroom, a well placed plant, the position of your stove, or simply changing the direction your door is facing and much more. By working with a **Feng Shui Expert** and learning how to work with energy through designing the interior of your home and workplaces you can ultimately shape and alter the many different situations in your life. A **Feng Shui Expert** can locate the areas where energy is blocked, stagnant, oppressive, or flowing too strongly. The assessment of the *chi*’ in your home, which we call the “*Feng Shui* of your home,” will give you all the information that you will need to make the proper adjustments to bring back into balance the things in your environment that are out of the natural order of nature’s flow. Some patterns, colors and arrangements help us come to life while others hinder or suppress. By relying on Feng Shui expertise as a form of interior design you are actually giving your home and workplaces an acupuncture treatment. Opening up the blocked areas and enhancing the circulation of the *chi*’ in your environment. Just as your body has energy circulating in and all around it so does your homes and workplaces. Making sure the *five elements* are in harmony and yin / yang principles are in place, as well as balanced shapes, colors, artwork, and furniture placement in the most auspicious directions or locations. Each area of your room has its own energy patterns which correspond to different areas of your life and can be calculated by your birth dates. Good building design can be implemented with experienced **feng shui eyes**.

In balancing the five elements in each room of your home you can choose certain patterns, colors and furnishing to enhance the feel and energy that each room holds depending on where it is located within the home or business. In Feng Shui Design it is important to incorporate a design that feels inviting and allows sunshine and *chi* to enter the space as well as a place to rest and relax surrounding yourself with design items such as colors that feel good, a variety of patterns and furnishings you love and that nurture your well-being as well as make you feel alive and healthy. Feng Shui theory is widely used by architects and designers all over Asia, including Japan, and is proving to be so effective, that it is now being used in the U.S. by architects, designers, contractors, landscapers, organizers, and real estate professionals. For today’s designer, the work of **feng shui** is to create a gathering place for the goodness of life and to regulate the flow of life’s difficulties. The goal is to create those special and intimate places that resonate with all for the good of all!

Linda King consults in the art and science of Feng Shui Design. She assists clients in creating non-toxic homes, workplaces and environments that nurture and enhance their overall wellbeing. She was invited to be a guest on AM Northwest, Good Day Oregon and featured in the Oregonian to talk about some of her experiences and successes. She has been exploring how energy works in our inner and outer environments and sharing her knowledge with clients for over 25 years.

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