

# Feng Shui

## Placing an ancient art in a modern setting

Designing a new home or redecorating a treasured old one? Take a look at bringing special energy flows into each room to enhance not only the appearance, but the harmony of your home for you and your family.

The ancient Oriental art of Feng Shui has made a comeback in homes all over the western world and is based on the principle of arranging objects appropriately, combined with a thoughtful choice of colour to achieve balance and harmony.

### Clear the clutter

The most important Feng Shui tip is to de-clutter. A clutter of objects and large furniture in a small room are the most potent sources of energy drain, blocking a clear, relaxing flow. Look with new eyes around your home and you will see objects that have just 'been there', seemingly forever – old clothes you will never wear again jammed in your wardrobes and drawers, broken appliances that will never be repaired, objects placed temporarily that never found a true home. These are reminders of unfinished projects and unmet goals, of obstacles and frustrations in your life – all draining to you, mentally and emotionally. Clearing the clutter has a wonderfully refreshing psychological effect. Look with fresh eyes at what you truly want in your living room, your bedrooms, kitchen and dining room. Then recycle what is no longer useful or beautiful or truly sentimental - and clear the way for a new beginning.

### Be aware of colour

Each shade carries a vibration which influences mood and emotions. Increase your energy by using bright, bold colours in the rooms you use as you start your day, like the kitchen or breakfast nook. Brighter colours also assist creativity in the kitchen.

Warm earth shades of brown or green are good for settled areas like the living room or bedroom. In living areas, water features with soothing movement, crystals, plants and flowers bring nature inside, providing a natural source of relaxation (but watch the crystals don't proliferate to become a source of clutter and contrasting energies).

Feng Shui is all about balance, so avoid overpoweringly bright colours or dark shades that could have a depressing effect. A good guideline is to start with neutral or pastel colours and bring the room to life with splashes of colour in rugs, throws, paintings or feature ornaments. Need new carpet, but it's not on the budget yet? Bright curtains can draw attention away from faded floor coverings.

### Bedroom talk

Feng Shui has a lot to say about bedrooms, your ultimate sanctuary where you sleep and recharge your chi. Bedrooms require a 'yin' energy - a quiet, peaceful and protected environment. They should be as far away as possible from the front door and if you have an en suite, the door into the bedroom should always be kept closed. A strong, stable headboard is recommended, much better than a blank wall or an ornate brass bedstead. As you sleep, chi energy enters and exits your body through hands, feet and crown.

A shared bed should be placed equidistant between the walls to give both individuals equality in the relationship. If the bed is crammed into a corner, one partner will feel 'up against a wall.' Ceiling beams over the bed are a Feng Shui nightmare, with the load they carry forcing pressure down. If you can't move the bed, paint or drape the beams with fabric. Avoid placing a mirror at the foot of the bed, or where you can see your reflection from the bed. Place something beautiful to inspire you when you first awake.

For those looking for a new relationship, the biggest NO is having a television in the room. Then, clear out space to make way for another person, always place twin pillows on the bed, ensure the bed is accessible from both sides and if possible, make sure the foot of the bed doesn't point toward the door. Pictures should feature more than one person, while a rose quartz provides a magnetic focus in the room.

Feng Shui helps to focus what you want in life and by transforming your environment to mirror your ideals and desires, you elevate your chances of achieving them. Romance, friendship, creative ideas, peace and harmony, financial/career success – with Feng Shui, your home is much more than just a roof over your head!

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## Make Your Home Stand Out From The Rest

