

The background of the entire image is a dark teal color with a subtle, swirling pattern. In the upper center, there is a large, semi-transparent yin-yang symbol. To the left, a green bamboo stalk with several leaves extends vertically. In the bottom right corner, there is a stack of smooth, dark, rounded stones.

# FENG SHUI SECRETS

## THAT WILL CHANGE YOUR LIFE

LEARN HOW TO ATTRACT HAPPINESS,  
FIND LOVE, INVITE WEALTH INTO YOUR LIFE  
AND MUCH MORE IN THIS STEP BY STEP GUIDE  
THAT CAN TRULY CHANGE YOUR LIFE

[www.WayToFengShui.com](http://www.WayToFengShui.com)

## If you could change something in your life, what would it be?

Your luck perhaps? Wealth? To travel more?

Maybe even attract more money,  
loving relationships, a great career  
or just simply to be happier?

It's something that a lot of us wish we could do,  
and I believe that everyone has the right  
to experience this kind of happiness.

The trouble is, people seem to think  
it's something so difficult to achieve  
(you probably thought this too).  
Well, I'm here to tell you,  
it's not...

...You can start to transform your life  
into the one you've always wanted.

Just think about that for a second.

The way to a healthier, happier and  
more abundant life is now in your  
hands and the pages that follow.

It will teach you how feng shui can really help  
you get the most from life and guide you to living  
the one you really deserve.

**Welcome to the exciting world of Feng Shui.**

A world that can help you to truly enhance your life...  
...your journey has just begun.

- Lin Mai

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# Part



## An Introduction to Feng Shui

You've probably heard of the term 'feng shui' but you might be wondering, what does it really mean? I bet you didn't know that feng shui is an easy and fun practice that can help you live a better life!

Part 1 is designed to give you a thorough understanding in the basics of feng shui, what it actually is, its history and how exactly it can help you have a greater life, so let's begin!



# Chapter 1

## Feng Shui 101

If you move past the usual images that people relate to feng shui like old Chinese gurus, fountains and golden frogs, then you should be able to see clearly that feng shui can bring you a lot more than just a physically pleasing surrounding but you can also use this environment to help attract great positive changes in many areas of your life. It can help you to achieve simple things like getting better sleep at night and at the same time help you to welcome huge changes, like bringing you the love that you've been waiting for or even inviting more wealth and health into your life!

Feng shui is sometimes interchanged with interior decorating, and in a way it's related to that, but it's so much deeper than re-arranging things to make it look prettier and more presentable.

It relies on the correct positioning and placement of things in a given space to enhance energy flow. When using feng shui, you have to keep in mind that it goes beyond the physical environment, the balance should be external and internal as well. Personal balance is

just as important as balance in our surroundings.

## 1.1 What exactly is Feng Shui and what does it mean?

If you translate the term literally, feng shui means 'wind and water'. This practice has been around for thousands of years and is practiced by the Ancient Chinese and other Far Eastern cultures. Primarily, it was a method of selecting and arranging the most appropriate locations needed to attain a harmonious life. This practice can help you pinpoint a site where it will be best to put up your home, building or just configuring the layout and floor plan of your room.

Here in the West, the practice of feng shui is not deemed as a science because there are no proven scientific events to back up this theory. Also, contrary to popular belief, feng shui is not a religion, even though some avid practitioners might argue otherwise.

Feng shui teaches us how to live in harmony with our outside environment; so that the external energy will work with you to help you achieve harmony and balance internally.

## 1.2 Where did it originate?

Feng shui originated from China as far as 5,000 years ago. At first, it was used to determine the best location to bury the dead. This tradition of picking up a grave spot was handed down through many generations. Picking the best spot to place the dead is a symbolism of honor and respect and the Chinese put great importance in these two things.

Fast forward to thousands of years later, this practice has now spawned from just picking a burial spot to a general practice of improving health, wealth and prosperity.

Another name for feng shui is *Kanyu* which is the act of placing a building or structure in such a way that it's in

harmony with its surroundings. Based on the basic principles of feng shui, the cultural and social issues are influenced by natural factors. In order to employ feng shui in our everyday life, we need to understand the effect of cosmology in our earth. Furthermore, we should have an understanding of how the forces of nature will affect buildings or how astronomy can influence the placement of structures.

It's also important to have a good understanding of how magnetic fields can influence man. Knowledge of how to position buildings in order to tap into the good chi is key here. Structures should be built in locations that are comfortable in their immediate physical environment.

The roots of feng shui started with the West Han dynasty. One of their basic beliefs is that the earth is one big living entity that has its own life and energy. Energy or *chi*, as it's called in feng shui, is all dependent on the placement of an object in relation to its physical environment. If an area contains positive energy, then it's deemed to be healthy and thriving, leading to positive effects. A place with bad energy can lead to bad happenings which can be experienced by those who are living in that space.

The popularity of feng shui can be attributed to the fact that it has been incorporated in Chinese architecture which made it available to all people, no matter what their economic status is.

A classic example of feng shui being applied in architecture can be seen in the cities of Ancient China. In the floor plan, the area is enclosed in walls which are in turn surrounded by nature's beauty like hills, lakes or gardens. The Chinese were very particular about ensuring that both nature and physical structures are working together to promote positive energy. Taoist ideas such as the Yin and Yang, water and hill, and void and solid are also incorporated in the landscaping process.

In construction, buildings were built to further enhance the good relationship between each member of the family and in-turn, every family to their country.

To better illustrate this point, for example, the left of a building represents the male force of the Yang. This is connected to the heavenly forces. The right of a building represents the Yin or female force which is related to the earth's energies. Yang also encompasses built areas, sun lit roofs and elevation located in the front and in turn, the Yin covers everything from empty areas and elevations found in the back area. In a building construction, the Yin and Yang areas should be properly balanced because it's believed that if one element were to dominate over the other, creating an imbalance between the energies, it would surely lead to bad luck.

Emperors used feng shui in building their palaces during the *Shang* dynasty. The Kings of China were believed to be the offspring of heaven, and they used feng shui principles to create an environment which would be favorable to their power. Using feng shui, the forces between nature and man were put in harmony, inviting positive energy and power to their lives which led the emperors to use feng shui whenever they built new palaces, ensuring positive results.

The palaces were surrounded by breathtaking landscaped gardens and would often be engulfed in water and hills, which is also representative of Yin and Yang, the water representing fluidity and the hills representing solidity. The gardens were landscaped in a contrast of openness and closeness through curved and straight lines. This layout helps the negative (Yin) and the positive (Yang) energies to be balanced and in harmony. Needless to say, the many palaces and gardens of ancient China thoroughly reflect feng shui principles, creating harmony and a balance of energy in their environments.

## 1.3 The Benefits of Feng Shui

Living life to its fullest is one of the greatest benefits that feng shui can bring. It can come in many forms, like improving wealth and abundance, health, good relationships and happiness.

We are constantly surrounded by energy and the physical environment which are both factors that affect our lives. Thousands of years ago this cause and effect relationship was discovered and can be applied to any person regardless of culture. This set of observations will be ultimately known to us as feng shui.

Now in modern times, feng shui is very much present in environmental design which enables us to make use of environmental energy to improve our lives. At its most basic, feng shui studies: balance of the five elements and yin and yang forces in your life. Deeper understanding involves knowledge of personal cosmic energy, cosmic cycles, physical environment effects and how all these things all affect each other.

If you use feng shui correctly, you can welcome a variety of positive change in your life. Everything from financial improvements, health improvements, finding new relationships, better career opportunities, achieving quality sleep, higher energy levels, fertility, finding inspiration, better communication and over-all personal transformation.

## **1.4 Who Uses Feng Shui and Why?**

If you think feng shui is just for ancient kings, think again shui is very much relevant now, in today's modern life, in a society where everything is constantly changing. The truth is you probably need feng shui now more than ever. The modern world is characterized by complex challenges that you face every day and you need to find balance and harmony amidst this complexity.

Everybody wants to know where they all come from or why they're in a certain place. Everybody asks themselves at some point, even on a daily basis, why does this happen to me, why does that happen to me or why does [fill in the blank] happen to me. The Chinese call this a quest for a perfect knowledge. This knowledge requires that each person come to an understanding that there are four influences in our life. Two of these influences are based on being in the right place at the

right time, which in turn makes it very hard to control. The other two of these influences are very much under your control, which is where feng shui can help.

Feng shui is the study of the cause and effect of all the energies present in our environment. These are principles which teach us that we can live in harmony with nature and use the nature's energies to work for our advantage. The use of feng shui can truly help you take the reins of your life and command full control to have the best life possible.

Feng shui is not something born overnight; it's a deep understanding that's been studied, researched, refined and used over thousands of years.

## 1.5 How Can Feng Shui Change Your Life?

Human beings often attribute the happenings in their life to luck. If a person is experiencing goodness and abundance, it must be good luck. If a person faces hardships and trials, it must be bad luck. In feng shui, there are a variety of reasons why such a person may be having a particularly difficult time in their life, not just simply 'bad luck'.

For example, an unemployed woman uses a feng shui mirror cure to help her career. She hangs the mirror behind her stove and after a few days; she is called in and hired by a company.

Maybe a writer who's experiencing writer's block moves his desk so that his chair is positioned in a way that it is facing the door rather than have his back facing the door. This creates allows more positive energy to flow. After one week of re-arranging his desk and chair, he successfully finishes writing his novel.

Sounds a lot like coincidence? Probably not. Here's why.

Feng shui is based on an idea that the space you're living in is alive and full of energy and this same energy is what will take command of your life. Wherever you go on the face of the earth, you'll be surrounded by energy



and if it's good energy, it will have a positive impact on your life accordingly. But, if there is bad energy in a place you're living in, then you might experience more problems and negativity. This is where feng shui comes in, to help you create an environment that encourages the flow of positive energy and gets rid of the bad energy.

If you want to change something about your life, you usually turn to your inner self and change your behavior, attitude and actions in accordance. This is the usual process to change, but it can be very slow, difficult and there is no assurance that success can be truly achieved. In the past, the Chinese believed that reversing this usual course would be better. Instead of opting to change from the inside, people wanting to change themselves will have to start from the outside. The Chinese firmly believe that the outside world should be changed to help people achieve inner change. This same practice can be seen today. How many times have you heard a doctor suggest to a patient to have a change of scenery?

How many times have you gone to the salon for a haircut just so you can feel good about yourself?

How many consultants are being hired by top-notch companies just to help them to create positive images?

There are many more, just think about it. How about when you're stressed at work and you just need to get some fresh air outside. You feel much better, calmer and relaxed. Changing your external environment helped you to achieve greater inner change for yourself. We tend to not look too deeply into these situations, "I feel a lot better now" is usually the end result, but examining what exactly happened to create that feeling is very interesting, and is directly related to the basic essence of feng shui.

# Chapter 2

## Feng Shui Theory

As we talked about earlier, feng shui is based on an existing Taoist vision which highlights the understanding of nature, specifically on the thought that land is full of life and energy or chi. The Chinese believed that the land's energy can either make or break any kingdom shui also shares other common beliefs with Taoism such as the concepts of Yin and Yang and the five feng shui elements.

### 2.1 The Power of Yin and Yang

The ancient Chinese believed that the symbol of Yin and Yang can lead to a better understanding of how things work. The circle found on the outside of the symbol represents all things, while the black and white shapes inside the symbol represents the interaction between the energies of black (yin) and white (yang), which is the root cause of everything that's happening. All things are not just black or just white; these elements can simply not exist without the other, there must be a balance, a harmony of both.

The Yin would represent the dark, cold and weak while the Yang represents the bright, active, hot and strong. The shapes of these two different elements will give you an idea of continuous movement between these two energies.

The concepts of Yin and Yang can also be used in medical practice. Chinese biology and medicine are very much dependent on the framework of the Yin and Yang as well as the five feng shui elements. The different body organs all work together like how the Yin and Yang work together. If a person has an illness, it's believed that there is an imbalance between the Yin and Yang which might be caused by emotions, extreme temperatures or other forces.

The evidence of the effect of Yin and Yang can also be found in ancient medical texts, the earliest surviving manuscripts of which originated from the *Han* tombs. What can be found in these manuscripts are general theory, drugs, minor surgery and even magic spells. The medical theory that you now know originated from a fragment of the ancient manuscripts, which are also known as the Yellow Emperor's Classic of Medicine. These manuscripts are believed to be written in the 3rd Millennium by the Yellow Emperor.

According to the Yellow Emperor, the Yin and Yang is believed to be the foundation of the whole universe. It's where all creation started, and it brought forth every advancement that we now know today. The yin and yang is also the root and source of life and death and can also be used to cure diseases.

The Yellow Emperor believes that heaven is created with the pure concentration of Yang while the earth was created with the concentration of Yin. The two elements balance each other out, with Yang symbolizing peace, serenity, destruction and disintegration while Yin stands for confusion, turmoil, conservation and gives shapes to things.

Yang is also known as the element of light which can be found in the upper levels. Yin is the element of darkness and can be found in the back or lower levels. The six treasures of nature can also be exemplified with

the Yin and Yang. The Yin is representative of water and Yang is the embodiment of fire. Yang creates air while Yin creates the senses which can be identifiable with the physical body. If your physical body dies, your spirit will be one with air and the natural environment.

## 2.2 Chi: The Energy of Feng Shui

Chi is a term used to describe universal energy. This is the energy that comes from everything in existence around us. In feng shui, this term applies to energy found inside your body, as well as the external energy that originates from buildings and structures.

Chi is manifested in Yin and Yang characteristics as well as many other forms, according to the five elements of feng shui theory. The Chi has the ability to manifest itself through different shapes, intensity and color among other things.

One of the main goals of feng shui is to direct the Chi found inside your home so that it can support and affect the Chi residing inside your body.

*Sheng Chi* is a term used to refer to the vibrant and alive Chi that's around you. In feng shui, the *Sheng Chi* is the kind of Chi that you want to attract. On the other hand, you'd want to avoid the *Sha Chi* or *Si Chi* which are both low and depressing energies.

In any home, the main Chi blockage is usually personified by the main door especially if it opens into a wall. Other popular Chi blockages are clutter and closets.

Feng shui energy leakage can also happen. This is when there is a loss in energy that occurs when there is a direct door alignment happening in your home, when the main door is aligned with a big window or with another door.

The end goal of feng shui is to have a smooth positive energy flow. The better the flow is in your environment, the easier time you'll have in achieving positive chi

inside your body and achieving your goals.

## 2.3 Types of Chi

Chi can manifest itself in two forms, the Yin and the Yang. Different attributes and traits can also be stemmed from this. Keep in mind that these opposites can attract each other like a magnet and when the two energies harmonize it will result to brilliance. The perfect icon of a classic Yin and Yang image is what should be achieved within every one of us and every room in our house.

The two ends of the spectrum are fire and water, the Yin and Yang also represents these two opposing ends. When it comes to interior design, you can mix and match your home furnishings so that it will be reflective of your personality.

If you want harmony in your own self and home, you need to first understand your own character and personality so that it will be accordance to your Yin and Yang. The tendency of persons is to gravitate towards either the Yin or Yang, but not both. Still, it depends on the personality of an individual. In the next paragraphs, you'll learn that there are certain traits that you need to develop so that you'll understand yourself and your Chi better.

The Yin personality traits include being quiet, sensitive and having innate imagination. The individuals who can best identify with Yin are usually homebodies, the people who are more likely to spend time at home rather than go out. Other descriptions of the Yin personality include being introverted, shy, independent and loyal. These people are usually distracted because they have a huge abundance of passion for creativity and imagination. One downside to the Yin personality is that these people often rely too much on saving family treasures that it poses a serious threat in feng shui because of all the clutter this brings.

The Yang personality traits are those who have the tendency to be idealistic, outgoing and have great social

interaction with confidence. These people are really smart, but they have the tendency to be deficient in terms of creativity which can be a source of insecurity. The Yang personality has a high value of self-worth and they have the ability to stand up for themselves. The Yang personality will no doubt achieve more things in life, but this achievement will also bring them increased exposure to stress and anxiety attacks.

If you want to know what type of personality you have, it's best that you analyze yourself or seek the help of the people around you like your close family and friends.

The balance between Yin and Yang can best be exemplified if you're looking in somebody's home. A person's home decoration is greatly reflective of his or her personality, where real personality can shine through. Based on the descriptions above, you now know how to categorize people depending on their traits. Your furniture can also be used in determining what kind of personality you have.

## 2.4 How Chi Affects You

There are three main forces of Chi:

*Cosmic Chi* is the energy of nature. This is similar to how the earth is being pulled by the sun through gravitational force. The Cosmic Chi is helpful in making us understand how the weather can affect different moods of people and personal feelings. This energy is believed to be the source of wealth, peace, honor, good health and fortune.

*Human Chi* is the energy found in each person. Every person has a different Chi which can affect the way you interact with others, your personality and over-all mood.

*Earth Chi* is the energy of the earth and how it can affect you. The mountains, valleys and plains impact everyone. For example, mountains protect people from flooding and other natural elements.



## 2.5 The Art of Placement and Clearing Clutter

One of the main enemies of feng shui is clutter, so the first thing you should do is clear it. If a person is surrounded by clutter, they will have increased levels of confusion which in turn, can lower a person's energy levels.

Clutter is a big hindrance to Chi. Chi can't move around as well in an environment which is filled with clutter. The Chi will get stuck in clutter and become stagnant energy, which can have negative effects on you and anyone living in that space.

In your house, it's easy to remove clutter. You just have to learn to clean up; don't let clutter stand too long or pile up. If something gets out of place, you need to put it back immediately in its rightful position to avoid having a buildup of clutter.

Removing clutter can also be applied in our lives, once you feel like something or someone is acting like a hindrance then you have to remove it. There is no reason to be overwhelmed with clutter; you just have to remove it as soon as possible.

Dealing with clutter has always been an issue in feng shui and because of this, feng shui provides ways on how you can avoid clutter in your life and home. This technique is called Power of Nine which can work either by allotting 9 minutes of your time to get rid of clutter or choosing 9 things everyday to clean up so you can avoid clutter build-up.

Once you get the ball rolling, the de-cluttering process will become a habit and you'll see the progress that you're making. All the 9 minutes that you're allotting to clear the clutter will add up and you'll experience a clutter-free environment in no time.

The presence of clutter will make it impossible for Chi to achieve good flow so you really have to make an effort to clean up. You can start little by little, cleaning your closet or throwing away stuff that you don't use anymore. After you've successfully de-cluttered a space,

you'll feel lighter and calmer.

## 2.6 The Five Elements

To have a better understanding of feng shui, you need to know the five elements, which are Wood, Fire, Earth, Metal and Water. These five elements interact with each other in your environment and can form productive and destructive cycles that enhance or weaken energy. Each element has a color representing it, which makes it easier to establish a presence of feng shui in a given space.

One of the basic principles of feng shui is to bring in these elemental colors to strengthen and balance the environment.

In order to know the right placement of feng shui elements, you need to consult a bagua or a feng shui energy map, like the example on the following page.

## The Feng Shui Bagua Map:



Take this scenario as an example, the South area of any room or space is for Fame and Recognition. This area is primarily concentrated with the image that you're showing off to other people and the identity that you want others to see in you. The element representing the South area is Fire and the various colors representing this element are red, purple, pink, yellow and orange. In essence, it's recommended that you place objects of these colors in this area to enhance that particular life area.

Since the element of water does not work well with the

element of fire, you shouldn't put any object that represents water in this area, as well as its corresponding colors of blue and black.

Green works very well in improving health and balance of family life and should be used in the East area of your home. Blue works well with the North area in improving your career plans. Having a hint of yellow or orange in the South side of your home or room is recommended to invite happiness into your daily life. White also works well in the West to support your creativity.

Keep in mind that before you bring in color to any environment, you have to take into account the different light patterns that can change throughout the day. Other factors that need to be considered are the different furniture pieces that you currently have and the over-all theme of your home which can all represent an element or color to use for enhancing energy.

Don't worry if this all sounds a little complicated, we'll be covering a lot more about the bagua map and how exactly to use it later on in the book. I'm just introducing you to the concept to explain how it all relates.

The five feng shui elements also have corresponding shapes. The shape for Wood is rectangle, while for Fire its triangle. Square is for Earth, round is for Metal and wavy is for Water. They're very useful to keep in mind together with their colors for when it's time to focus on boosting an areas energy later on.

Since there are many representations that can be brought about by the five elements of feng shui, someone who wants to use these colors and shapes might be confused as to what specific object should be used to satisfy both color and shape requirements.

If you find yourself having problems in deciding which part (shape or color) should be addressed first, you should keep in mind that generally speaking the color should be the most important part. The second is shape and the last is material.

Again, we'll be covering in this in a lot more detail later.

## 2.7 The Productive and Destructive Cycles

In order to achieve harmony and balance, you should have the five feng shui elements present in your space. The first thing that you have to do is understand how the bagua works and all of the areas it relates to, as well as the corresponding colors, shapes and images so you can properly determine which elements should be present where.

For example, you have a fireplace located in the East side of your room. The East area of your home is representative of the Wood element. Having a fireplace which represents fire might be too strong for this area because fire burns wood, which makes the fireplace not a good match in this specific area. But it doesn't mean that a house will have bad feng shui because of this. What it means is that people living in this house have a higher probability of being burned out.

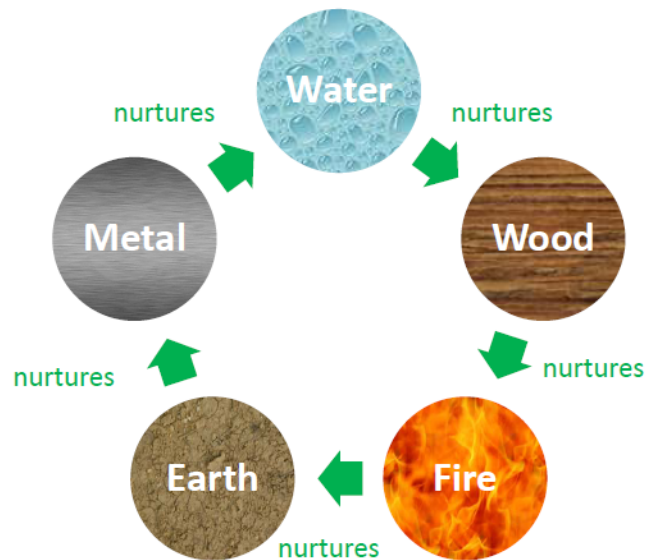
The East area of a house or space is connected to health and good family relationships which is the governing factor of the East. A strong representation of the Wood element in this area would be very beneficial to bring good energy into your home.

Since a fireplace is not easily removed, what can you do in order to keep the fireplace and still have positive energy?

This is where the concept of the Productive and Destructive Cycles comes in. The Productive Cycle is also known as the Cycle of Creation while the Destructive Cycle is known as the Cycle of Destruction.

In summary, the Productive Cycle happens when:

## Productive Cycle



Water nurtures > Wood nurtures > Fire nurtures > Earth nurtures > Metal nurtures > Water

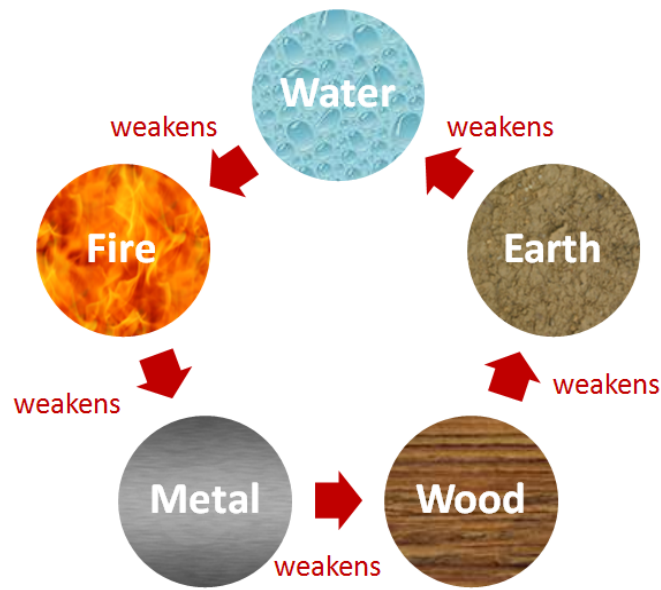
If you want to strengthen an element, you need to use the Productive Cycle. For example, if you want to strengthen the Wood element in an area, you place objects and items which symbolize wood, like plants, and place them in that area. The colors green and brown are also good representations of Wood.

Another element that you can tap into if you want to strengthen the Wood element is Water (water nurtures wood), so you can bring in images of water or fountains to be placed in the specific area that you want strengthened.

However, the Destructive Cycle is as follows:



## Destructive Cycle



Water weakens > Fire weakens > Metal weakens > Wood weakens > Earth weakens > Water

If you want to weaken a particular element, then you can tap into its Destructive Cycle. For example, if you think that the Water element in an area is too strong, you can remove things in this area that represent water or you can counter the strength of the water element by bringing in items that strengthen the element of Earth.

## 2.8 An Introduction to Feng Shui Cures

Traditional Cures are very common in feng shui. There are a lot of cures and charms that bring good luck, protection, and can help redirect energy to where it's needed most in your environment. The most common cure in feng shui is to hang a mirror or a crystal in a particular problematic area. To see how, when and exactly why we would use cures like these, let's look at some examples:

If you have a poison arrow directed at the location where you spend a lot of time in, you can use a crystal to redirect Chi. A poison arrow is an area where two walls meet and this meeting point forms a corner in the room. This corner exemplifies a dead end for Chi, which

is not good. To solve this problem, you should change the direction of Chi which could possibly be trapped in this area. As a cure, you can place a crystal hanging from a ceiling in front of the problematic corner. The usual size of the crystal should be between 30mm to 40mm. But keep in mind that the size of the crystal is dependent on the size of the room; if you have a bigger room then a bigger crystal should be used.

If you want to enhance the crystals effectiveness, you can use a nine inch red string and hang the crystal from the ceiling on it. Any multiple of nine can be used, in any measurement, like 9 cm, 18 inches etc

Another scenario where you can use crystals as a traditional cure is when you have a long hallway that has lots of doors. This area is not a pleasant place for energy to linger. To use a crystal to help with this area, you need to hang a crystal from the ceiling at any point along the hallway.

Having your bed or desk chair in line with your door is also not a good place for energy to linger. It may be hard to move the bed or chair away from the door so you have to use a crystal to help you out. The goal is to have Chi dispersed in such a way that there is no straight line between the door and your furniture because this will lead Chi to exit the area quickly. To slow this down you can do is to hang a crystal between your bed or desk chair and the doorway.

If you have steps descending straight to your front door, a lot of energy will be lost through this. What you can do is to hang a crystal from the ceiling in between the closest steps to the door and the front door to act as a barrier.

Another thing that you can use as a cure to solve common feng shui problems is by using a mirror, here are several scenarios where a mirror can be used.

In a poison arrow scenario, you can use a mirror to solve the escape or stagnation of energy. Using a mirror can help deflect the bad energy away. Bad energy can result from the presence of: funeral homes, landfills, noisy neighbors and cemeteries. Placing a mirror,

usually a 6" mirror for smaller areas and a bigger mirror like a 12-inch one for a bigger area; will deflect bad energy. If you have a circular driveway, then you can use a convex mirror. You can place the convex mirror outside so that it can help you get rid of the unwanted energy. Still, some people will prefer having a bagua-shaped mirror hanging in their front door.

Having slanted ceilings will also pose a problem in the energy flow of your house. Slanted ceilings will make the energy seem to be forcing down on you so this can disturb your personal energies. With a mirror, you can put it facing upwards and position above your head so that the energy will be deflected before it hits you.

If your bedroom is directly above your garage, you might want to put up a mirror below you, facing down, so that you won't get the negative Chi from the car, or the toxic fumes from down below (they're effectively reflected back).

If you want to bring in an outside element in your own house, for example, you live nearby a body of water and you'd want to have the element of water inside your house too, you can use a mirror to bring in this energy. What you can do is to place the mirror in the area of your home where you want to bring in the element of Water. You need to position the mirror in such a way that it will reflect the body of water.

## **Cures for Your Office**

Here are some scenarios where you can bring in feng shui cures in your office space:

- You can't see the entrance door of the room just by looking up from your computer screen. You need to move your computer in this scenario but if you cannot, you have to put up a convex mirror and place it in the side of your computer so that you can see the entrance.
- An air-conditioning unit is placed above your chair. You have to move out of this area to get rid of the draft, but if you can't then you can use other things like a scarf or umbrella so that the draft won't reach your shoulders.

- If there is a huge piece of furniture inside your room and it's directly in your line of vision, you have to move it away from your line of sight. Big, towering pieces of furniture can really affect your personal energies negatively.
- If a desk lamp is positioned in such a way that it's in line with your dominant hand side while you're facing your computer, you need to move it because the shadow created by the light will hinder you from seeing clearly. This will also hinder your ability to be creative.
- If you cannot see the outside of your room while you're sitting in front of your computer, you have to hang a nature calendar or a photo of your favorite scene so that your eyes will be exposed to a natural view.
- If your computer is placed in front of a door, you have to move it. If you don't want to move it, you can keep a live healthy plant or a screen that will divide you and the door. It'll prevent you from being surprised whenever someone enters the door without your knowledge.
- If you possess energy-powered objects in your office, you need to open your windows so that the air can circulate. If office policy prohibits you from doing this then you can bring in a small fan and place it beside a plant. This will lead to a fluttering of leaves whenever you turn on the fan which will lead you to be more energized.
- If your desk is propped against a wall which is a common wall with another bedroom, you have to hang a thick and decorative towel so that it will absorb the vibrations of the other room.
- If your office is located in an undesirable location, then you have to move it. But again, if you can't then you can use a 100-watt light bulb so that it can help light up the hallway leading to your office.

## 2.9 The Psychology of Feng Shui – Positive Visualization and Intentions

You've already learned about some of the ways feng shui can change your life by attracting the positive energy into your lives. If you have the pure intention of making feng shui a part of our life, the result will be magnified a hundred times.

Following the process in feng shui is easy, but having the right and pure intention is the hard part.

How do you force yourself to intend something?

For one, visualization will help a lot. Once you visualize the results, and they should be positive ones, your intention and desire towards a goal will increase.

The next step is to connect your body with the results that you're visualizing. Once you experience it in your body, we will be prompted to act on it. The last step is to expect the outcome or results.

Whenever you use feng shui in your life, you have to be clear on what you really want to happen. If you do not know what you want, achieving the end-result will be a hard task. You have to be specific in your wants. You can say that you want to be rich, but the intention is not as pure because you're not specific with it. If you say that you want to achieve a total Net Sales of a million dollars by year-end, this is more specific and your intention is clearer.

Deep inside each one of us, there lies a powerful tool which is needed for transformation. This is our imagination. Our imagination allows us to visualize things on how we want to perceive them. Imagination also helps in creating intention. If you have a powerful imagination, you'll have clearer ways of visualizing things which will strengthen our intention.

If you have pure intentions, you'll be closer to its manifestation. Expecting the results will definitely increase your desire. You have to act on something before you can actually achieve it. You need to want it

so bad that you can already make it happen just by purely intending it to happen.

Of course, you can use the services of a feng shui professional. A professional can help you achieve a clearer mind and help you analyze what you want and what you need. A feng shui professional can steer you in the right direction and give you the needed push if you want to have a change in lifestyle.

## 2.10 Discovering the Magic of the Bagua

As you have seen already, the bagua is very instrumental in feng shui. It will help you determine how the different areas of your house are impacting the specific areas of your life.

We've already touched briefly on the bagua, but let's go into more detail. The bagua is an energetic map and a tool that can be used in order to determine the energy levels in your house. This is based on the teachings written in I-Ching. Using the bagua, a given space is divided in nine areas with each area having its corresponding area in your life. Each space will have a definable boundary and main entrance. Before you practice feng shui, it will be very helpful if you can memorize the bagua so that you can automatically pinpoint which area should be worked on if you want to improve a specific area in your life.

The bagua is traditionally represented as an octagon-shaped map. It's basically a floor plan divided in nine areas which are called "guas" in Chinese. These *guas* are also known Life Areas and represent different energies that have a corresponding area in your life.

The following are the nine areas and the corresponding aspect in life and environment:

The figure above can help you to better pinpoint which area of your house corresponds to specific life areas. These areas are all positioned in relation to the front door of your house, which is now north.

**Note:** Not north as read by a compass, but north in



relation to the bagua map, which we'll now use as our guide for all directions inside our house, north south east and west.

The bagua can also be used in physical healing and achieving good health. There are different body parts that correspond to the nine areas and that will be discussed later.

You have to remember that in the practice of feng shui, no area is more important or better than others. All the areas are inter-related and all have equal contributions in helping you achieve a balanced and harmonious life. The area you should focus on is completely up to you and most importantly, you should first work with the areas in your life which needs improvement.

Another thing that you have to remember is that the areas are not at all exclusive with the particular specific life area that they represent. For example, in the family aspect, your dining room and living room can also be considered as a family area since this is where the family spends time together.

## **2.11 How does it relate to Your Life?**

The bagua is also referred to as the map of feng shui as every life situation that happens to you can be found and categorized in the map. The bagua simply states the basic feng shui principle that every area in your life should be balanced as evidenced by the nine equally plotted areas.

The main center of the bagua is called tai chi.

If there is more than one entrance in a room or space, then you have to choose the main entrance. Every space has a bagua, all rooms in your house have one, your house has a big one and even your office space has one. Here's the bagua diagram again to give you an easier time in plotting the bagua in any room in your house.



## 2.12 Mapping the Bagua Map onto Your Home's Floor Plan

The first thing that you have to do is to acknowledge that there are 3 bottom squares in the bagua and these are: Knowledge and Self-cultivation found on the lower left, Career and Life Journey located on the lower center and the Travel and Helpful People located in the right square.

Next, you have to start with the main or first floor of your house. You need to make a simple drawing on tracing paper so that you can see through it. It should outline the entire space, the perimeter and outline of all of the walls and rooms inside. Next, just mark down

where the main door or entrance to your space is. In essence, this is a blue print of the space that you want to be plotted.

Now, you need to put the sketch on top of the bagua map (or vice versa, however you've done it). You should basically be able to see the plan and the bagua at the same time, to see what goes where.

Now you need to line it up correctly. Use the front door of your house as the main reference point which should line up against the bottom 3 squares of the bagua map, as detailed on the diagram. The rest of the map should now flow into the rest of your space so you can identify where each gua (life area) is.

After you've done all the steps above, you can now select which gua you'd like to improve first, or the area in your life you'd want to achieve more harmony and balance in, and see exactly where it is located in your space.

When mapping the bagua in your house, you need to take note of the different areas which might be missing (your space may be irregularly built) so that you can employ cures and focus the right type of energy to make up for missing areas. Missing areas will mean that this type of luck (love, wealth, career etc), as shown in the relevant area on the bagua map, will be missing from your home.

If possible, you can build extensions to complete the rectangular or square shape needed for the bagua. Another possibility is to install a light in the space if it's accessible.

If it's simply not possible to reach the area, you can hang a wall mirror on the main inside wall that will mirror the missing space behind the wall giving you the lost area back.

Now when you target the missing area to enhance it's energy, you can use items to reflect in the mirror. However, they should not destroy elements and contradict the existing space's energy flow. Find out more on how to do that later.

# Part II

## Feng Shui in Practice: How to Change Your Life with the Bagua Map

Using the bagua map will be essential in helping you to locate the right areas of your home or office to use feng shui in the right way. It's very powerful in helping you achieve greater wealth, loving relationships and many more of the 9 life areas it represents.

Here in Part 2, I'll show you exactly how to use feng shui to enhance each of your life areas to achieve the goals you desire.

The first chapter will teach you how to attract more wealth and prosperity into your life, one of the most important and often exciting aspects of our lives, so let's get to it!

# Chapter 3

## Attracting Wealth and Prosperity into Your Life

One of the most important areas in feng shui is the Wealth and Prosperity. Prosperity doesn't mean that you have to own a million dollars in your bank account. It goes much deeper than that. Being prosperous would equate that you're healthy, wealthy and wise. If you are a prosperous person, it's expected that you have good relationships both in personal and professional levels. If you are living a prosperous life, you'll attract more good things into it. A prosperous person is often considered to be with the flow of nature.

If you look at the word prosperity in the dictionary, its definition is 'prosperous condition, wealth, success and good fortune'. People are always thinking prosperity is a measure of financial security and wealth. These are all valid meanings of prosperity but it doesn't have to always equal financial abundance.

There are many ways in feng shui that you can use to help you attract prosperity in your life. A major part of feng shui is the person's intention of making it happen. The first thing that you have to do in order to attract prosperity is to have a pure intention of wanting it. If you have intentions of achieving prosperity, you're sending a good image to the universe that you have the desire. The intention that you have puts everything on the right course and it's the springboard of your feng shui plans on achieving prosperity.

When focusing on prosperity you want to have the correct mindset, think abundantly and generously. The lack of prosperity shouldn't be on your mind. When you keep thinking of the lack of prosperity in your life, you are entertaining negative thoughts which will greatly affect the attraction of positive, prosperous energy. Do not focus on what you don't want, unless you want more of it.

Focus positively on what you want to achieve, feel the true emotions of actually having it and send out that energy from yourself. The last stage is almost mystical. The whole universe will align in accordance with your positive energy to help you achieve this prosperity. It will manifest and be presented to you and is truly amazing.

### **3.1 Benefits of Activating the Wealth and Prosperity Energy**

There are many benefits for people wanting to enhance their wealth and prosperity energy, including: enhancing the quality your life, empowering your career, manifesting peace, harmony and balance, improving your health and environment, creating spatial harmony and balance, increasing your wealth and reputation and experiencing love, joy and partnership with grace and ease.

In feng shui, the relationship between the environmental energy affects the personal energies that you have inside your body. It's important that Chi flows freely into your environments so that it can affect you

positively.

Feng shui is also an effective tool in helping you in easing conflicts, enhancing relationships, attracting love, reducing stress, feeling more relaxed, increasing wealth and prosperity, help in buying the perfect home and selling a home faster.

### **3.2 The Location of the Wealth and Prosperity Area**

One of the basic foundations of feng shui is energy flow. The placement of objects holds great importance in helping in bringing balance and harmony to any space or part of your life that you need.

The Wealth and Prosperity area is located in the southeast corner of your house, room or office space. To determine where exactly this is, you need to stand in your front doorway facing inside the house. The wealth area will be at the back and to the left. Using the bagua will help you out.

Once you've discovered the wealth area, you should remove any big or heavy furniture that stands in this area. This is reminiscent of clutter which will help stagnate energy and you don't want the wealth energies to be stagnant in one place. One thing that you can do to improve the flow of energy is to increase the lighting. You can make use of mirrors, crystals and chandeliers to lighten up a room and help the energy become energized.

Finding a good location for your home is one of the most important things that you can do. Living in the right place can help you create an environment which is conducive to health, wealth and success. For example, living on a dead-end street is not advisable because all the energy in your home will be stuck with no place to flow in and out of.

The size of your home also matters. Living in a large space symbolizes wealth and will help you attract wealth too. Energy needs a lot of space to flow, move

and even dance.

If you already have a home and moving into a bigger one is not an option, you might want to consider fixing the broken things in your house. All things inside your house should be working properly in order to have a smooth flow of energy.

Flowing water represents money in feng shui. Water makes the land abundant and fertile and the ideal home that you should live in should be in close proximity to a body of water. Having a good view of the water will magnetize all the good luck, happiness and wealth you need.

The way you handle money is also an important factor if you want to attract prosperity. You should be able to handle it orderly and neatly. Clean out your wallet and start handling your money well.

Living generously can also help you in attracting prosperity. Money is considered one form of energy so you have to let it flow in and out of your life. Giving to others too (within your means of course), will make your life will even more abundant. With the thought of sharing in mind, money is not the only thing that you can share; you can also give your time and energy to other people and causes.

Your attitude towards money is also one major factor that can affect the way you're attracting prosperity in your life. Applying feng shui practices is not enough; you have to match it with the right attitude. Get rid of all your negative thinking. For example, thinking that money is evil or will corrupt your life. This is a sure fire way to stop it coming into your life.

The corresponding element connected with the prosperity area is Wood. The elements which are known to clash with the Wood's energy are Metal and Fire so you have to keep these two elements out of this area. Metal has the ability to cut Wood, while Fire can burn Wood. You have to remember that your goal is to strengthen the Wood element and not weaken it by bringing other elements that can clash with its strength.



There are several ways which you can strengthen the Wood element in feng shui. Some of the tips that you can use are: bringing in healthy and lush green plants, employing the use of a beautiful water image or even actual water features and having objects and pictures which have the colors blue, green and brown as their dominant themes.

Feel free to think of other representations of money, prosperity and wealth, things that represent those qualities to you, and place them in the prosperity area.

There are also traditional Chinese feng shui cures that you can use, like: Chinese coins bound with red tassels with knot patterns, three-legged toads, pictures of ships or actual wooden ships with coins and crystals, even an aquarium with gold fish, arrowana or koi.

You also have to remember that these energies will work best in an uncluttered space so all the clutter in this area should be removed. You have to create space for good things to happen so you have to learn to clean up.

If the prosperity area in your house has a big window or a huge back door, it can pose problems because it allows the money and wealth energies to escape from the room easily. You can bring in a mirror, which is representative of water, a symbol of abundance, and use it to reflect the energy back into the space and avoid it leaving out of the window or door. Mirrors can be very useful feng shui cures, as long as you know how to use them right.

### **3.3 Colors, Numbers and Elements**

Colors in feng shui represent certain energies that relate to different parts of our lives. They can be used to greatly enhance the energies effectiveness, therefore increasing the positive energy in a particular area of our life. Elements are very similar in that respect, each of the nine life areas relates to one of the five elements water, earth, wood, fire and metal. To boost a certain area of our life, we would place objects that represent the correct element in the right place in our space. If

there is too much of a particular element in the wrong place, we can use the related destructive element (fire destroys wood etc, refer to Productive and Destructive Cycles) to defuse the elements energy and balance it out. A combination of elements and colors can work wonderful together to create perfect harmony in your environment, the right balance to accomplish your life's goals.

There are a few favorable numbers in feng shui like the numbers 1, 6 and 8. Also, the most unfavorable numbers like 2 and 5. When deciding a location of your home, you shouldn't just choose a house because of its house number; you should concentrate on other factors like the quality of neighborhood and physical location of the house.

According to the bagua, a home should face a good direction and negative forces such as funeral homes, cemeteries and electrical lines should not be in the immediate environment. The proximity of the negative forces should be examined. A good location for a house is a place far from cemeteries, hospitals and large buildings. A good house number combined with favorable surroundings and good energy flow is the best combination that you can get.

There are several debates sparked over house numbers, and their importance in feng shui, or if they're even significant at all. Sadly, no resolution has been reached, but what can be said though is that a number of different factors need to be taken into consideration before we can say that a house is placed in a good or bad location. A house number on its own cannot create problems, but a negative reaction can be created if the house number is mixed with different aspects.

While house numbers do not play an important role on the feng shui of the house itself, you do have to keep in mind that if you have a favorable house number, you can use it to your advantage. We can't choose which house number will be given to us but if you got stuck with an unfavorable house number what you could do is to have changes done outside your house. You should avoid having the house number shown on the outside walls or doors. The porch area should be clean and

green plants should be displayed in the front to act as a cure for the unfavorable house number that you have.

Wind chimes can also be used in helping free flow of energy. Specific wind chimes should be used in different places. For example, in the front porch, wind chimes which have five hollow metal rods and are point free should be placed in this area. Using the element of water through fountains and bird baths can also help get rid of the bad energy if your house has an unfavorable house number.

Another way of giving your house protection against an unfavorable house number is by using fu dogs. If you place these dogs facing outwards from the side of your entrance, it can help you get rid of bad luck trying to enter your home. These dogs can also be placed in your porch or lawn.

There are basically two kinds of feng shui beliefs, Eastern feng shui and Western feng shui. These two belief systems originated from two different cultures, so their interpretation of certain aspects differ quite a lot. Western feng shui has been developed from similar principles from the east, but they've been adapted to fit a much more modern society, which increases our familiarity with its principles much more.

Eastern traditional feng shui uses the compass method as a guide using sunlight, as electricity had not been invented thousands of years ago. Today, our need for natural light is commonly replaced by electricity to light up our homes and streets, whenever we need it. There are many more differences but basically, traditional feng shui comes from the east, along with a more regimented approach to the order of things, family especially and who holds what position within it. Men, the fathers, the breadwinners, one of the most important people in the family and therefore take priority in the household. Children, depending on birth order and gender are expected to fit certain pre-defined roles.

This doesn't sit well in today's western world, people are individuals, and in most cases choose their own path. Being the bread-winner doesn't have to fall solely on the

shoulders of the father, times have long since changed and feng shui has adapted too.

Another comparison would be when using eastern feng shui decide where to locate your new home shui suggests that you should always have a solid structure to support the rear of your home, to help protect you. Eastern feng shui would refer to large mountain peaks and natural features of the land as ideal support, where as western feng shui would interpret the solid support structure as a very tall building or high rise office block, a much more familiar sight in the sprawling modern cities of today's western world, rather than the ancient landscapes of the east.

Some differences between the east and west beliefs are vast, eastern feng shui is still very heavily used, even in the west, but this book is designed to help change your life in these modern times, our advanced societies, the 21<sup>st</sup> century, and for that reason we'll be focusing firmly on western beliefs.

Feng shui suggests that numbers don't necessarily fall into lucky or unlucky categories, but each one represents a simple principle. The energy of a number can be manifested in positive or negative energies but it's usually dependent on the person to whom the influence of numbers falls.

See the following page for the number interpretations diagram.

You can see below the different interpretations for numbers 1-9:

1	• symbolizes independence but can also mean isolation
2	• symbolizes partnership but can also mean co-dependence
3	• symbolizes enthusiasm but can also mean impatience
4	• symbolizes stability but can also mean stubbornness
5	• symbolizes excitement but can also mean restlessness
6	• symbolizes nurturing but can also mean martyrdom
7	• symbolizes spirituality but can also mean pessimism
8	• symbolizes ambition, but can also mean insensitivity
9	• symbolizes humanitarian ideas but can also mean selfishness

### 3.4 Power Symbols and Cures for Increasing Wealth

As mentioned earlier, money is considered as energy too. If you want to have it move to your direction, you can use symbols which can help you to create abundance, get sudden cash injection for emergency purposes or to maintain a steady stream of money over a period of time. If you want to increase your money energies here are several items that you can use to help you carry out this intention.

#### ***Hippo***

A hippopotamus is known as a symbol of birth,

motherhood and protection of the young. The hippopotamus, which is translated as 'river horse', is a good tool to use in protecting the woman of the house, especially if she reached an age that's healthy for giving birth.

A hippo can live in both land and water. It's a practical animal and has a tendency to follow fixed patterns. In essence, the hippo teaches you to follow a successful path in life.

Since the hippo can also live under water, this increases the ability of the animal to have higher perception. This increase of intuition can work very well with hard situations in life.

### ***Elephant***

Elephants are highly respected because of their old age which translates to wisdom. Strength and power are two words usually affiliated with elephants. Another reason why elephants hold such a great role in feng shui is because the Buddha has chosen a white elephant as one of his incarnations. White elephants are very rare and its presence is still considered a miracle from the gods.

Elephants are also known to be the most positive animal symbol. Characteristics that can be identified this animal include strength, wisdom, solitude, loyalty and intelligence.

This animal is also a symbol for luck. An elephant placed on your door will protect you from bad luck.

### ***Turtle***

Turtles are symbols of longevity and heaven's blessings. Different life lessons that you can learn from turtles include self-reliance, patience and balance among environments.

Turtles are also associated with longevity because they live long lives. A person's perception of time can be altered based on how he sees a turtle. A turtle will start from being slow and steady to being in grace and living

in harmony with its surroundings.

They're seekers of new adventures and opportunities because they hardly stay in one place. These animals can survive on both land and water which makes it easy to be self-reliant. Turtles are also known to be protectors of their families, as well as of themselves. They represent stability of the energy of earth as well as the heavens.

### ***Citrine Crystal Quartz Cluster***

Citrine is known as one of the most powerful healing quartz. It shows off a range of colors from yellow to brown in translucent hues. This combination of color works well in balancing the grounding stone or brown, balance stone or orange and solar plexus energies or yellow.

You can place this crystal in your home or office so that these places can be an optimistic environment in order to help you do better in your work and business.

### ***Yttrium Fluorite Ball***

This is a special fluorite that can be in any of the following colors: violet, gray, red-brown, green, yellow and brown. This crystal symbolizes mental clarity and concentration. This stone helps you gain understanding in relationships from objective viewpoint, increasing your wealth and promoting self-confidence.

### ***Aventurine Ball***

The green aventurine ball is a great healing stone that can help make your troubled heart or emotions better. The color green has the ability to bring in balance and harmony. This is a good healing stone if you want to get rid of mental, physical and emotional distress.

This type of crystal is also popular for its good luck. It's believed that just holding this ball in your hands will have money or good luck knocking in your door immediately.

### ***Golden Sheen Obsidian Ball***

Obsidian is formed whenever lava is mixed with water which cools down the hot lava and forms a stone that's characterized by a glassy texture. The water bubbles will sometimes get trapped in the stone giving it a golden sheen.

This stone will help in bringing out your hidden talents. If you have any will, this stone can help you get it aligned with the higher powers. It's also a powerful protection against negative energy.

### ***Pig***

This animal is known to be a symbol of wealth, prosperity and luck. The pig can bring you the best reaction in any situation. A pig has the ability to undertake the right actions in life.

In Greek mythology, the fertility goddess named Demeter kept a sacred pig which in the course of history became a fertility symbol.

For Native Americans, the pig is a symbol of abundance and it teaches to celebrate every day of your life by sharing it with other people. If you are having money problems, a pig can provide prosperity and abundance for you.

## **3.5 Decorating Ideas to Activate the Wealth and Prosperity Area**

Using a money tree or jade plant can improve the energies in the wealth and prosperity area. Jade symbolizes strength and money trees can help in improving the Chi of the whole room. A six-cylinder wind chime can also activate the Chi in this area. The professionals of feng shui believe that the six cylinders are very powerful and it can provide a soothing rhythm. The sound emanating from the wind chimes can activate the money Chi.

Continuous, flowing water is very important in feng



shui. The use of this water can work wonders in activating the positive energy in any area. Flowing water that's continuous can be achieved by using a water pump in an aquarium and placing fish in it.

### **3.6 Action Steps You Can Take Right Now to Enhance Your Wealth**

You can also use a bagua in mapping out the wealth and prosperity area of your house. The wealth area is located in the southeast area of your house or back left as you stand facing inside from your front door (refer to the bagua map).

The most powerful and popular feng shui cure to enhance your wealth area is to place a fountain in this part of your room. A water fountain will symbolize the flow of good energy and you can use this in visualizing that the money is flowing towards you.

To strengthen the element of water in this area, you can add an aquarium or a small fish bowl. If you go to large Chinese restaurants, you'll notice that there are huge aquariums inside; this is because the Chinese believe that this can create positive Chi in their business.

Aquariums shouldn't be limited to the wealth and prosperity area; if you want you can also place one near the entrance of your home or the career section in order to duplicate the wealth Chi.

If you choose to put water installations and aquariums, remember to periodically check that the water is flowing, flowing water is flowing wealth.

Another idea that you can try is to bury 9 I Ching coins in a plant tree and place it in the wealth area as well. As the plant grows, it's believed that your abundance and wealth will also grow. You can use fast growing plants like Bamboo to see the effect quicker.

If you want to have an increase in your pay check or you'd like to expand your business, you can place a bamboo plant in the left corner of your desk. You can

also hang 3 I Ching coins in the inside handle of your door by using a red string or chord.

If you are using feng shui in your life, you must remember that doing all the cures is just one side of the story. You need to visualize and intend the energy to come your way so that it will happen shui is utilized so that you can achieve balance and harmony in your surroundings which will affect your attitudes and behavior

It's important that you remove all the clutter found in the wealth area for the positive Chi to work. You have to fix any broken items found inside. The space used for feng shui practice should be clean. If you want, you can ring bells in each of the corners in order to release energy that's not moving or is trapped. If you don't have a bell, you can be creative and use pots and pans. You can also burn sage in this area to make sure that the area is purified and cleansed. In doing this, you have to make sure that the windows and doors are open to give opportunity for the negative energy to escape.

### **3.7 Things You Must Avoid**

Mirrors are used to enable you to see your own reflection. In turn, these mirrors reflect everything from good to bad. If you want to place mirrors in your house, make sure it has something beautiful to reflect. Having too many mirrors in one space can affect your mental health and will leave you confused.

The best place where you can make use of a mirror is in the bathroom and the worst place that you can have a mirror is your bedroom. You have to make sure that all mirrors in your house are clean. Clean mirrors can help us seeing more clearly the path that lies ahead.

A staircase that leads directly to the door is a big no-no in feng shui. It symbolizes all of your money leaving you out the door coming down from the staircase. You need to put up a plant or furniture to act as a hindrance so that all the positive energy won't flow out of your house.

Heavy beams are also not good in feng shui. Any overhead things and items can create pressure on you and can result in discomfort and illness. Heavy beams should especially be avoided above your bed or desk.

While healthy plants can work best in having live energy in your house, you should avoid having them in your bedroom. If these plants die, they will bring dead energy with them. So if you don't have a good track record of keeping plants alive, you'd be better off without them in the house.

Your bed should have no overhead things above it such as high beams, ceiling fans and artwork. The under of your bed should also be an open area, you should be able to provide energy with a lot of space to get into and that includes under your bed. If you're placing junk under your bed, you'll only hinder the energy from flowing.

Another big feng shui no-no is if your bed is just a few steps away from the door. The tendency is that the energies in your house will enter through your bedroom door which goes directly to your bed and can possibly disturb you while you're sleeping. If you cannot change this arrangement, you should keep your bedroom door closed while you sleep.

You should always enter your house via the front door or main entrance. Never enter your house through any other doors, side doors or back doors if you can help it. Your front door symbolizes the things that you want in your career and life and whenever you choose to not enter through it, it symbolizes you losing sight of your life's purpose and goals. You have to make a habit of entering through your front door only.

Another thing that you shouldn't do is to keep exercise equipment in your bedroom. Your bedroom is your sanctuary which is no place for any exercise equipment. It will make you feel exhausted.

You might recognize this little suggestion, I've told you about it so many times already, but it's very important, so here it is again.

## Clutter

It should be avoided like the plague. All the clutter in your house can weigh you down and lessen your energy. You should schedule a clean-up day or time and make it a habit to always clean up at the end of every day. If you have trouble remembering critical tips like this, don't worry, I'll be reminding you of them every now and again throughout the remainder of the book so you can really absorb them.

A note about closets, don't keep them filled to the maximum. These closets are representative of you being receptive. If you keep your closet full of junk and unused clothes you'll cut off the helpful people in your life. The rule of thumb is to have one-third of your closet empty so you can also store your burdens in there (symbolically of course).

Blank walls are very uninspiring. Walls should be decorated with relevant color or your favorite artwork. Whatever it is, make sure that it's something uplifting and inspiring that creates the right kind of energy you need.

Make a habit of leaving the toilet seat down after you use it. The toilet can suck out all the good things out of your life so you have to keep it closed whenever you're not using it.

Windows are connected to a person's reputation and fame, so it's important that you keep your windows clean. If you have sparkling windows, people will recognize you and your efforts and talents. However, if you're keeping your windows dark, dirty and dim, golden opportunities can pass you by.

Another thing that you can do is to always use your kitchen for cooking instead of getting take-out or microwave quickies. This area is considered the heart of every home and the more you cook, the livelier your house will be. The warmth of the stove can also symbolize warmth of a family and relationships.

# Chapter 4

## Improving Your Reputation, Fame and Social Life

The South area of a given space is also known as the Fame, Reputation and Social Life Area in feng shui. If you want to achieve more recognition, you should definitely enhance this area. The first thing you should do is determine what aspect of your life you want to earn more recognition for, so that you can focus positively on this thought.

### **4.1 Benefits of Activating the Fame and Reputation Energy**

Activating the location of the fame and reputation area is important if you want to achieve more recognition in your career, social life or for a particular talent. For most people, how other people perceive them is

important, especially in business. This *gua* (area) symbolizes success and how people perceive fame and reputation.

The South area of a home sometimes contains a sliding glass door, big French doors or large windows. Having any of these fixtures will make it easier for the Fame chi to escape. Decorations and furniture arrangements can also pose as an impediment to chi. The most popular feng shui cure that you can do is to hang crystals to slow down the chi when it's moving too fast.

You might ask, how big is the crystal supposed to be? Well, it has to be in proportion to the room, if you have a small room then a small crystal will suffice. But if you have relatively larger room, then you need a bigger crystal for the cure to work. The main reason for redirecting the energy is so that it can move around freely in your house.

## 4.2 Colors, Numbers and Elements

Fame area is also represented by the color red and can be supported by orange. Red is the main color that symbolizes fire, which is representative of the fame and reputation area. Red is the color to bring in your home or business area if you're feeling sluggish about work and want to inject a little stimulation.

If you have a new business it's important to incorporate the element of fire. But as with any other feng shui cure, you need to balance it because too much will make you infamous and too little won't make you not famous enough. The Fame area of your office is a good place for you to display your awards and recognition. A pyramid is also a good symbol of fame because of the triangular shape and adds well to the fire energy.

The Fame area also matches people to places and experiences which provide opportunities to enable an individual to move forward in life.

When employing feng shui cures, it's important that you use every room in your house so that you'll help the

energy circulate, and stay in harmony.

### **4.3 The Location of the Fame and Reputation Area**

The area to focus on is the south end of your home or office. Don't forget to use the bagua for precise mapping. Locating the right area is very important and must be done properly to be effective.

### **4.4 Decorating Ideas to Activate the Fame and Reputation Area**

Since this area represents the Fire element, you can put candles in this area or install a fireplace. If you don't like having a real fireplace inside your house, you can get creative and install light. Night lamps, night lights or flash lights can do the trick.

You can add a modern twist to the element of Fire by using electricity, which is a modern man's source of energy and fire. Candles are also a good source of fire and light; you can place candelabras here and place three candles in it. Light these candles for three times a week.

To boost the area you could install bright lights and play with the color red. It can also help if you place a green plant in this area because it can bring in the element of wood which produces fire.

If you choose to display your awards and trophies in the Fame area, the energy will attract more of the fame and recognition you want. You can even add a wooden frame to your awards and certificates to boost the wood element which nourishes fire. If you want your career to go through a specific course, you need to place objects in this area which symbolizes what you want to be in the future. You can hang pictures in this area to symbolize what you want to achieve.

Since the Fame and Reputation area is representative of

the element of fire, you can't put water elements in this area because water douses and kills fire. You can either put red or sparkling lights in this area so that your fame will increase.

Fame and reputation does not only mean being popular but it's also important to earn other people's respect. Once you have other people's respect, a good reputation will usually follow.

Red draws the most attention compared to any other color. People will stop and notice this color. Another alternative is gold, so you can also use this color in this area.

Other important objects that you can place in this area are pointy and triangular objects because these have flame-like shapes. A cactus can work well in this area because it's pointy. You can also place geraniums or any plant with red blooms, red roses or tulips.

Fame and reputation also has a lot to do with the sun and stars. You can place star or sun decors in this area. You can even place a picture of a famous person here, especially a person who you want to be like. You can also use images of other celestial bodies. Stars have the ability to dazzle people and attract a lot of admirers. Another thing that you can do is to place glow-in-the-dark stars in the ceiling or display pictures of sunrises.

Having clean windows can also help, as we mentioned before. Windows symbolize how our neighbors and other people see us so it's important that you keep them clean so that other people can see your potential and so you can capitalize on golden opportunities.

The same goes for all the mirrors in your house. Don't display mirrors which are chipped or spotted. A mirror should have the ability to display your whole face so you have to keep it shiny and clean all the time. Having unclean mirrors can only cloud your self-perception and you might not be able to realize your full potential.

It's also important that all light bulbs are replaced if they're not working properly. All the dark corners of your house are representative of being unpopular and



having bad reputation.

## **4.5 Action Steps You Can Take Right Now to Maximize Your Status and Achieve Recognition**

Energy can be likened to the weather as it is always changing and is never constant. You're unable to control it most of the time, but you can change your actions to make the weather work for you. Feng shui also has a time dimension like the weather. The weather changes during time and the same can be said when it comes to feng shui. For example, something that might work for you this year might not work for you the following year. Energy shifts and moves in a regular basis and there's no telling where it will go to the next hour.

Ancient gurus have established that the main problem of life is that people don't know how to live and maximize the opportunities that go their way. One positive approach to take is to make changes consciously so that you can reach good decisions in the future. Once you make these decisions, you'll be wiser and more fulfilled. If you have ample knowledge, you can turn your weaknesses to strengths and be prepared for whatever will happen in the future. If you have the ability to understand yourself, it will help you to understand other people better, very beneficial if you want to have good relationships with them.

As a human being, you have a choice. You have the power to control and take command of your life. All the choices that you're making, even simple choices are aimed at being in harmony with your inner selves and with other people.

Success is known to have five factors which are essential so that you'll know what to do to be successful. If you understand these five factors, you'll have an easier time bringing in progress in your life.

These five factors are destiny, luck, feng shui, virtues

and education/knowledge. Destiny is believed to be determined at birth and no matter what you do; you cannot change your destiny. Luck varies and is sometimes very predictable but constantly changes over time. Feng shui can help in developing your destiny and improving the quality of your lives. Virtues are good deeds and lies on the belief that the more you give, the more you'll receive. Lastly, education and knowledge both require individual and personal effort. Without the right knowledge, good luck will definitely be wasted.

## **4.6 Things You Must Avoid**

Since water tends to counteract with the element of fire, you don't need an aquarium or water tank in this area. Black and dark colors will compromise the power of the color red and you want this area to be bright and light. Pictures and images of unappealing characters won't do you any favors either. Try to steer away from displaying photos or posters of weasels, sharks or snakes.

# Chapter 5

## Boost Your Love Life, Relationships or Marriage

Practitioners of feng shui believe that one of the best ways to attract love is to fix your surroundings in specific ways. Clutter and run-down surroundings won't earn any of the love gods' favors. As with any other area in your life, feng shui can also be implemented to boost love, relationships and marriage.

### 5.1 Benefits of Activating the Love and Relationships Energy

Like the song goes, all you need is love. Simply put, it's something that you can't live without. Love comes when you least expect it and when it comes, you can't do anything to fight it, so you just have to let it happen. When it comes to love, there are many feng shui cures

to help you to create a favorable environment.

Feng shui doesn't only help you find love, but it can also help you strengthen your existing relationships.

## **5.2 The Location of the Love and Relationships Area**

The Love and Relationships area according to the bagua map is located in the Southwest area of any space. A good soothing shade like pink is ideal in this area and you can also put pictures of your partner or other family members. All the furnishings in this area should be soft. Avoid furniture or fixtures that have hard and sharp edges. Electronic items should also be avoided because it can interrupt the peace and tranquility energies that should be housed in this area.

## **5.3 Colors, Numbers and Elements**

The relationships that you have in your life are considered as the strongest support structure that you have. No matter what challenge you might face, as long you have strong relationships with the people around you, you can get through anything. You should make a conscious daily effort to strengthen your relationships. It'll be much easier once you employ the use of some simple feng shui cures. They have the ability to strengthen existing relationships that you have and if you're single, can help bring in the right person to your life.

One important feng shui color cure is using warm colors in the bedroom, which is an area representative of your relationships. Warm colors like light pink or light yellow can do the trick. You must stay away from dark colors like dark red because this can further aggravate your relationship problems and can cause fights between you and your lover.

Proper placement of symbols that represent couples should be placed in the bedroom to promote a

harmonious relationship. To strengthen your family relationships in particular, place pictures of your family around.

Pink quartz crystals are also very effective in making relationships better.

Even your sleeping direction can play have an effect on your relationships. Depending on your personal *kua* number, you can find out the best direction to place your head while you're sleeping. Incense sticks and candles can also help in encouraging positive energy.

One important thing that you have to keep in mind, feng shui love cures may vary from one person to another, depending on your situation. For example, if you're single, placing live peonies in the love area is a cure to help attract relationships. It's a favorable cure because it can help you meet the person meant for you, exactly what it was intended for. However, if you're married and you chose to place peonies in the love area, you'll be inviting infidelity to your relationship, not a great idea.

Be careful when you choose which feng shui cures to use, understand why and how they should be used, and if it suits your situation before actually performing them.

Again and again, no matter what area of your life you'd like to work on, it's important to remember one general feng shui rule which is to avoid any form of clutter in a given space. Every day, make it an effort to open up your doors and windows for at least 15 minutes. If you have unused items and objects lying around in your house, get rid of it. Make a habit of a monthly cleanup schedule so that clutter won't accumulate over time, which can make it uncontrollable.

Numerology can play an important role in determining compatibility between two people. Most people think that numerology is just for determining lucky days and numbers but it covers a lot more ground than that. Couples who want to get married choose to use numerology to determine if they're compatible. But the compatibility check does not end there because after

getting married they should check again because of the change in surname of the woman.

Love and relationships are really unpredictable. One day you're so in love with one another but the next day, you'll realize that the spark died and you need a boost of intimacy and passion. Most people believe that just because they've been with another person for quite a while that the duration of the relationship is a good indication of the strength of the relationship. It's not always true, and if you feel you need boost it up, you can use feng shui to increase the strength of your relationship.

You can make an effort to add colors like pink, white or light red in the Love and Relationships area. You can also add Fire and Earth elements to improve your love life.

The bedroom should be your sanctuary, where a lot of intimacy takes place. You shouldn't mix up other equipment like those associated with exercise and work because it defies the purpose of being a bedroom. Having a lot of equipment in your bedroom will just confuse the energies.

The most obvious thing that you can do if you want to attract love is to place heart-shaped items in your bedroom. You can place heart-shaped pillows, pictures of hearts or heart-shaped picture frames. The Fire element also represents the feelings of passion and you can strengthen this element by bringing in candles.

A wooden headboard is representative of the Earth element which symbolizes strength and support in relationships.

## **5.4 Power Symbols and Cures for Attracting Love and Romance**

If you want to invite or strengthen the love energies in your life, you can use love symbols that have been used effectively for centuries. These symbols are believed to be true enhancers of love life, romance, relationships

and marriage.

A pair of Mandarin Ducks is representative of happiness in love and symbolizes romance, affection, fidelity and enduring love. They live as a couple and once one partner dies, the other duck mourns the loss. This is the main reason why people see these birds as the most traditional symbol of love and marital bliss.

Placing a pair of Mandarin Ducks are placed near the couple will enhance their love for each other. For single people, a pair of Mandarin Ducks can help you find a loving partner. For lovers and couples, it can bring you marriage opportunities and for married couples, it can bring glorious happiness and togetherness.

Rose Quartz is also associated with love, relationships and romance. This is also known as the love stone and has the ability to speed up the process of finding your one true love, fixing broken relationships and spicing up your romantic life. If you want to understand love better or you want to heal emotional wounds that were caused by a lost love, Rose Quartz can help.

The Double Happiness symbol which is composed of two Chinese characters for happiness arranged next to each other, is another symbol used for marriage and conjugal happiness. These characters are linked by two lines which represents an inseparable bond between lovers. Spiritual and physical love between two people can be enhanced by using this symbol as a talisman (lucky charm).

Mystic knots are also known as lucky knots, love knots, infinity knots or the never-ending knot. A mystic knot is an endless symbol, which is one of the signs that the Buddhists use to resemble the number eight. This number is used to represent infinity or fortune. The mystic knot is a symbol of continuous love.

Peonies are also known as the Queen of All Flowers and the national flower of China. The direct translation of peony or *mou tan* is flower of riches and honor. Peonies are symbols of love and affection, feminine beauty and feelings of youth.

Yin and Yang are also important elements that you can use to strengthen your love life. The perfect Yin and Yang symbol to use for love and marriage bliss is the Dragon and Phoenix. The Dragon is the main symbol of Yang because it represents bravery and masculinity, while the Phoenix is a symbol tantamount to the Yin element because it's very feminine.

If you want to be successful in a love relationship, you have to be seen as a person who's loving and romantic (Fame area), possess a great quality of richness (Prosperity area), exercise creativity with the way you develop relationships (Children and Creativity area), count on the support of friends (Helpful People area), one main purpose (Career area), information and knowledge on how you can attract and maintain love (Knowledge area) and lastly, have the support and love of your family (Family area).

## 5.5 Tips for Finding Your Soul Mate

Everyone wants to find their soul mate. This quest will go on to span years and even decades all in the aim of finding that one person who's truly meant for you. Every person reaches a point in their lives where they would stop and think that it will be nice to be with someone who would complete them and grow old with them. This is the reason why a lot of very successful on-line dating sites have sprouted, especially when the world we live in is a fast-paced society and everybody is too busy to even think of dating.

But for most people who don't want to try dating services, where would they go?

There are a lot of options available and feng shui is one of these options. This age-old tradition is being used in attracting the positive energies of love in people's lives by allowing the flow of energy in your environment to work for you.

If you want to focus on finding your soul mate, you should concentrate on one room in your house, the bedroom. Here are some key things to keep in mind in



order to attract the soul mate that you've been waiting for.

Clutter. No surprise here. You probably guessed that clutter is the biggest impediment there is in feng shui. The first thing that you have to do if you want to receive positive energies and get the energy flowing in any room is to avoid clutter and mess. Just clean it up and try to keep it that way. Every space should be de-cluttered and that includes the space beneath your bed, which some of you may sometimes miss (purely by accident of course).

Electronic equipment like TVs, Computers and exercise equipment shouldn't be found in the bedroom. All these are hindrances in creating a warm and peaceful environment which is conducive to bringing in the love of your life into your life.

Having a big bed will also not work wonders for you if you want to bring in intimacy and closeness. Opt to have a smaller bed so that it promotes cuddling and being close to another person.

As for your beddings and sheets, never choose something too girly or too masculine. Strike a balance between male and female or yin and yang. Focus on having a rich and luxurious fabric like silk or cotton.

Also, try making a list of all the qualities that you want your potential partner to possess. You need to be very specific about what you want and most importantly, you have to be patient.

## **5.6 Decorating Ideas to Activate the Love and Relationships Area**

If you have pictures or images in this area that display lonely or solitary figures, it's time to replace them with pictures of happy couples. Art has a big impact on the subconscious. If you're constantly exposing yourself to images of lonely people, you'll also end up being lonely too.

If you have a single chair in this area, it's time to replace it with cozy seating arrangements. You can create this illusion by bringing in love seats, more chairs or a sofa. If you have a couple of chairs, you can place them facing each other to signal the fact that you're ready to enter a relationship.

As we talked about earlier, keep your television out of this area. The TV will only prove to be a distraction. For entertainment purposes, you can put romance books or a compilation of love poems in this area.

Time to clean up your bedding. If you have old pillows and sheets, get rid of them and buy new ones. If you have a king size bed or a large mattress, this won't send signals that you want intimacy. You can downsize from a king to a queen so that you can meet the love of your life.

The position of your bed is also important. If your bed is pushed all the way to the wall, then you're telling all the potential lovers to back off by doing this. Your bed should be placed in a position in your room so that you have plenty of room on both sides.

Your bedroom should be a representation of your romantic life. The last thing that you want to put in there are family pictures and remnants of your childhood. Keep these out of the bedroom and place them in the Family area instead.

The best colors that can work well in this area are the colors of love like red and pink, and keep them light. Softer shades like rose, salmon or coral can help attract a partner who'll be gentle with you and attentive to all your needs. If you want to have a more passionate partner, then you should use bolder colors like scarlet, crimson and burgundy.

If you're currently unmarried, what you can do is to place real peonies in this area or if you don't want to put live plants, you can opt to place a picture of it. This can help you meet someone a lot sooner than you think.

Decorating this area using pairs of items can also work. If you want to further enhance your personal

relationships, you can place crystals in this area, or use candles and roses without thorns as decor.

If you have mirrors in your bedroom and they're facing your bed, you need to move them to another area in the room. It's believed that if you have a mirror directly reflecting your bed, you're actually inviting a third party in your relationship which will lead to a broken heart and ultimately, a failed relationship.

If you have dark and abstract artwork inside the bedroom, it's best that you remove it. This can be a source of negativity and you certainly don't want anything negative here. Paintings of love birds and flowers represent love so you could put these on your walls.

Working out in the bedroom is also not advisable because this represents hard work and acts as a hindrance to your romantic life. Fixing any broken doors or windows is also recommended. Broken things will definitely hinder the energy from entering or staying in a room.

If you're unfortunate enough to have the southwest area of your home as your bathroom or toilet area, don't worry about it. Feng shui has a cure can be used to counter it. What you can do is to place a five-rod wind chime in this area.

## **5.7 Action Steps You Can Take Right Now to Improve Your Love Life**

One of the key principles of feng shui is that everything is connected to each other in terms of energy. The thoughts that you have in your head, the feelings that you're feeling and the behavior you're exposing are all influenced by your surroundings. If you're in a room which is very messy and cluttered then you'll also have the same feelings of being lost and suffocated. This can also affect your chances of attracting a romantic partner or if you're in a relationship, it's possible that you'll have hardships and problems.

If you want to attract your potential partner, you must know that the attraction part is only one part of the solution. For example, you've just came fresh out of a heartbreak, no matter how hard you want to date other people, you know that you need time out so that you can heal and get over your past relationship.

If you want to recover from heartache; the last thing that you should do is to keep the old mementos or remembrance of the relationship that you had. Throw away everything that you and your ex lover shared. The more you expose yourself to these things, the harder it will be for you to move on. In your bedroom, you have to get rid of everything that reminds you of your previous partner. If a marriage ends, it's better if you get rid of the old sheets and pillows because these things also have the energy of your failed relationship and you don't want to hang on to that.

Being single is the best time to concentrate on yourself. Pamper and treat yourself. Do something each day that genuinely makes you happy.

If you're suffering from heartbreak, don't beat yourself up too much, it really doesn't last forever. Keep treating yourself, going out with friends, make plans and generally keep yourself busy. Surround yourself with happiness and people; try to not spend much time alone. As the time passes while you're doing all of these wonderful things, it'll become easier to handle, and your pain will ease.

If the time has come for you to get back in the love game, then you can start actively looking for someone to date. In terms of feng shui, it's recommended that you offer space for the person even before you meet him or her. How? It's as simple as clearing half your closet space so that it can have more room. Another thing that you can do is to empty one dresser. The rule of thumb is that you have to at least clear 25% of space for your potential lover in your house.

When you've finally met someone who can possibly be the love of your life, you need to make your bedroom a sanctuary for both individuals. You have to keep in mind that the front door of your house should lead

straight to the bedroom door, meaning there should be no clutter or any other impediments in the area leading to your bedroom. This will help keep the energies fresh and positive.

There are some areas inside your room that you need to focus on and these areas are: what you first see as you enter the bedroom, the wall across the foot of the bed and the love area inside your room or the southwest area. As we talked about earlier, adding symbols of love in the southwest area of your room will work wonders for your love life,

These might seem simple steps that you can do to attract love in your life but these are very well used in attracting the love energies. As your environment becomes more romantic, this will lead to a more positive and romantic energy inside your body too. Once you have a clear intention of what you want and you do steps in order to make it into reality, you won't have any problems attracting the love of your life.

## 5.8 Things You Must Avoid

As we mentioned earlier, if you have stuff from your old relationships that you've been holding to, now is the perfect time to get rid of it.

You should also stop living in a single setup. Like for example, you can bring in another nightstand to your room if you have one which is overflowing with stuff. If you only have one nightstand which is filled with objects, this sends a message that you're comfortable with the singles' lifestyle.

Having too much feminine energy and girly things in your house is also a no-no. The same goes if you're a male and you have a very muscular motif in your house. Try to bring in a dab a little of the opposite sex into your house to make it appealing to the opposite sex.

Kids' stuff like toys, stuffed animals and games won't enable you to find mature relationships. You should

stop holding on to all these juvenile things because they will only attract childish chi, which does not go well with attracting love.

These three things can also be negatively affecting your love life: avoid sleeping with a mirror facing the bed directly, with a water feature behind your bed or on a water bed.

If you have a mirror facing the bed directly, or any other thing that can cast your reflection like television sets or computers, you need to cover them up with a cloth when not in use. The mirror is representative of the water element which can directly diffuse the heat element needed in the Love and Relationships area. The same reason can be applied so the water features shouldn't be inside your bedroom. As for water beds, the water inside this bed is stagnant which can lead to health problems like kidney problems and urinary tract infection.

Sleeping on a bed with a heavy beam hanging from the ceiling is also not advisable. The negative chi will attack you in the area where the beam crosses the bed. For example, if the beam crosses your bed in the head rest area, you'll have frequent headaches.

You should also avoid sleeping with your head facing the door. It will cause problems in your relationship because the *Sha Chi* or killing energy becomes very active.

# Chapter 6

## Energize Your Creativity and Children Sector

The Children, Creativity and Entertainment area in our lives, represents birth of creativity, birth of children, birth of a brand new idea or birth of a project. Anything creative is born in this here. If you want to increase your creativity or enhance your relationships with children, then you have to improve this area and make it feng shui friendly.

### 6.1 Benefits of Activating the Creativity and Children Energy

If you're a parent, it's important that you'll be able to create a space where your child's creativity will be nourished and developed. This is one of the main benefits of feng shui. As reiterated over the chapters, if the energy in a home or any given space is balanced, the personal energies of the persons living in this space will also be balanced. Every person living in a balanced

space will have great mental, physical and spiritual life and everything in life will be happy and positive.

If you have a feng shui home, you'll feel a sense of completeness. Likewise, a feng shui home is also a peaceful home. It's a place where mental and physical health is developed and it encourages relaxation which in turn will nurture the souls of the persons living in this space. Furthermore, a feng shui home has a sense of balance and order which is caused by the balance of energy in all directions or specifically, a balance of the Yin and Yang energies.

Zone feng shui is defined as a unique blend of traditional techniques and modern ideas when it comes to maintaining a physical environment. It's characterized by a positive mental energy or a deeper spiritual connection with someone who has bigger power over you. If your children have a balance of spiritual, mental and physical energies, then they'll be happy people. If a person has positive mental energy, they'll achieve a successful direction in life.

When it comes to physical energy, a person will be able to create an environment in their living space which will impact them positively. Lastly, if a person has spiritual energy, it will enable them to have a good relationship with a higher power and their inner self.

In accordance to these principles, Zone feng shui has the ability to create a home which emanates harmony and balance, a home which will nourish and support your children and a positive environment.

## **6.2 The Location of the Children and Creativity Area**

The Children and Creativity Area is found on the West side of your house, or space (when using the bagua). This is an ideal place for your child's room.

General feng shui principles used in a child's room can help them in activating their learning prowess and achieving success throughout their lives. Small children



are very receptive to Chi movement in the environment. This means that even if there are minimal or small movements around them, it can make a great difference in their lives.

You'll notice that Children and Creativity areas are one and the same. This is because these two areas have the same energies. Children and creative people are free to express themselves in any way they want regardless of what the people around them think. When these two types of people are around, fun will follow.

When using feng shui here, it's important that you also exercise creativity. You should make every attempt to be creative in raising your children.

## **6.3 Colors, Numbers and Elements**

Having water elements in this area such as a bathroom or shower might cause problems. The elements to be used here are earth and metal. What you can do is place vases or stones or any other items made from earth related materials to enhance your children's creativity. Metal elements like metal picture frames or metal sculptures will also be effective.

If you really want to help boost the creativity of children, you could place a metal mobile with seven pieces in the area. Another idea would be to place crystal spheres here to keep your relationship harmonious. White, Silver and Gold are also good colors and themes to be used in this area, working together to enhance that energy.

## **6.4 Power Symbols and Cures for Inspiring Creativity**

Metal is a very common material and should allow for a lot of variety when choosing what to put in this area. If this area is the same area as your kitchen, then you can even use metal pots and pans to incorporate of the element.

The color White also has a great impact on this area. You can have the walls painted white or have white towels or white dishes.

Round things can also do wonders. Look around in your house and find circles and balls so that you can place these items in this area.

This part of your house should be fun. So you should bring in the fun stuff and place them in this room. You can put in games, musical instruments, toys, TV and DVDs.

Since white works well in this room, you can also place a white board where you can place your child's achievement, track his or her progress and write down their dreams and aspirations.

Aromatherapy can also work well. These aromas can help stimulate a child's creativity and enhance their interests and energies. When choosing an aroma, you can include your child to make sure that they like the smell of what you choose. When using aromas around children, make sure that you only use minimal quantities so that it won't aggravate his or her allergies.

Grapefruit can increase your child's confidence. Cedar will create feelings of comfort and security and this aroma is recommended for children under 9 years old. Lavender helps to enhance concentration and gives off a calmness. Lemon will awaken your child's creative energies and can help in overcoming depression. Mint will help in removing misunderstandings between generations. Pine gives off feelings of freshness and calmness. Manuka increases the confidence that your child has, has the ability to increase life energies and it also helps your child in concentrating.

If you want to place these aromas in the Children and Creativity area, you can use an aroma lamp. Do keep in mind that you shouldn't leave it powered on around your children without adult supervision.

## 6.5 Decorating Ideas to Activate the Creativity and Children Area

Your main goal should be working with the energy so that you can enhance and bring more into your life. Since this area is concerned with your children, it's important that you bring them in the decision making process. This is good practice because it can prepare them for making their own difficult decisions when they're growing up.

I've said it again and again. Clutter is the number one enemy of feng shui. Clutter is a bigger problem in children as it's compared with adults. Clutter has the ability to suppress energy and hinder growth. In order to clear clutter it's important that you: remove things that your children don't use anymore, clean toys and clothes on a regular basis, make sure that they have fun storage spaces for the things that they own and most importantly, you should involve young children in decision-making about what to keep and what to dispose.

You have to place your children's bed against the wall as farthest from the door as possible. But you have to make sure that when your child is lying down, he gets a full view of the door. Doing this will increase a child's sense of security.

You should also provide a solid desk and position it in such a way that it has a view of the door. If your child has their back against the door, it will lead to concentration problems.

An area in the room should be chosen to recognize your child's achievements and awards. One good place where you can do this is the Fame and Reputation area inside their actual room (south area using the bagua).

Inside your child's bedroom, you shouldn't place TVs or other electronic devices. This will further expose them to electro-magnetic fields and it will also hinder their concentration and interfere with their sleeping.

As a child, it's also important that their knowledge and

wisdom be enhanced, to help them learn more. The Knowledge and Cultivation area (identified with the bagua) can be activated by a lamp, globe or crystal. A rock collection which is representative of the element of Earth is also welcome in this area as this supports your child's learning.

Another area that should be enhanced is the Helpful People area. This will ensure support for teachers and mentors. You can place here names and photos of your child's teachers as well as people who're always supportive of your child. We'll cover much more on these areas later.

Maps and educational posters can also be placed in this room to enhance curiosity and imagination. You can hang a crystal on the ceiling directly above the head of your child so that his emotions will be balanced and his self-esteem will be heightened.

When painting your child's room, it's important that you use a non-toxic paint. Blue and green helps with promoting growth and improvement. Primary colors will help stimulate brain functions and darker colors can help calm a child who is overactive.

It's important to acknowledge the fact that each child is different from any other. You have to give them a safe environment and at the same time, enhance their own special skills and abilities.

## **6.6 Action Steps You Can Take Right Now**

The number one action step that you can undertake right now is to clear clutter in the children and creativity area. After the clutter has been cleared, you should start adding the feng shui enhancements you choose.

The creative area can be used for a variety of projects, like sketching, or writing. A problem such as writer's block is inevitable at some point. What you can do to help push past it is simply place a clean writing pad, coupled with three freshly-sharpened pencils on top of

your dictionary or thesaurus.

If you're having problems with thinking of a new way to approach a situation or creative problem, you can place an object which is representative of what you're thinking in this area. You can write affirmations on a piece of paper that you're acknowledging the fact that a new, fresh idea will soon come to you which will benefit the greater good.

If you're fond of music boxes, put one in this area. The musical sound is definitely inspiring and calming.

As we said before, this area is representative of everything that you or your child wants to create. If you don't have any children, but would like to, then you can put in here images of a family, representing what you want. You can also use a silver baby rattle which will positively enhance the energy.

A word of caution, you should not place photos of your existing family or parents in this area. You're looking forward into the future and you want to create your very own family now. Existing Family photos will best be placed in the family area.

## **6.7 Things You Must Avoid**

The element of water should not be used here. Photos of lakes or waterfalls should be avoided especially in front of your child's desk. Try not to sit in front of the window especially if there is a tree or an ongoing activity outside, it will ruin your child's concentration.

Sharp points and angles should also be avoided especially if they're pointing to the study desk. Even a poster containing sharp objects should be avoided.

Computer monitors, alarm clocks and lamps shouldn't be placed within three to five feet away from your child. Electronic references like these equipments are in contrast to the natural elements of children and creativity.

Objects that represent the fire element should also be avoided. You have to keep in mind that in this area, metal is the main element and fire melts metal. Fire will pose a possibility of you being burned out. If you have fixtures of fire in this area like fireplaces which are impossible to move, then you should hang a mirror above it as a feng shui cure. Mirrors equate to water so if you put a mirror above a fireplace, it can also mean that you're dousing the fire element with the water element.

The color red also represents fire so don't use it in the room because it has the ability to kill all your creativity. Pointed and triangular objects represent fire too, so they should also be avoided.

## Chapter

# 7

# Awaken the Helpful People and Travel Zone

This area of your house can bring in a lot of fun kinds of energy for you. If you're a person who's traveling too much or too little, you can achieve balance through arranging this area and get a little more of what you want out of this situation.

If you feel like you've been doing everything lately without getting any help from other people, then you can enhance this area to turn that around. Maybe you're in a legal battle, want to buy a new home, if you need medical attention or there's a major event occurring in which you need to be treated fairly, you can attract the help you need by focusing on this area.

## **7.1 Benefits of Activating the Travel and Helpful People Sector**

As they always say, no man is an island. This rings true at some point because in people's lives, everybody needs extra help from other people. The help can come from anyone; teachers, mentors, neighbors, business partners and friends. The travel area in our life is included in this area because sometimes we need to travel outside our immediate family so that we can gain access to these helpful people. This area can also be called mentors, mentor luck, networking, travel, community, benefactors or friends.

## **7.2 The Location of the Helpful People and Travel Area**

The Helpful People and Travel area can be found in the Northwest corner of your house or room, the right-hand side of your home as you enter the front door (using the bagua). This area will help you attract other people so that they can be helpful to you. On the other hand, this area also helps you to be helpful people in return. Additionally, this area is also representative of the higher beings that are also helpful like God, angels, spiritual guides and saints.

Here are some techniques that you can use in this area: hanging wind chimes, placing ceramic tigers, panthers, leopards or lions, placing a water fountain, placing a three-legged toad, placing brochures of the places where you'd like to travel to and pictures of eagles.

## **7.3 Colors, Numbers and Elements**

Helpful people are those you can contact to help make your life easier, whoever the situation calls for. These people can possibly be teachers, inspirational writers or other people who're helpful to you. The colors dominating this area are gray, silver and white. This area is also associated with the number 5.



The helpful people and travel area is generally characterized by a strong and fast Metal energy. Feng shui experts also suggest using the element of Earth, as it produces metal.

This area will help you in increase the number of helpful people in your life so that you can have an abundance of help readily available for you whenever you need it.

You must focus on this area if you want to attract more mentors, clients, customers, employees or friends. It also helps you to feel more connected to spiritual guides. Remember if you want to travel, you can turn those dreams into reality by putting lots of pictures of places you want to visit here.

Symbols that you can use here include: pictures of your personal mentors, items that have strong representations of your spiritual belief and even brochures or flags of those countries you want to visit.

## **7.4 Power Symbols and Cures for this Area**

The primary gemstones in this area are rainbow moonshine and white jade. Symbols of spiritual beings like angels and nature spirits can also be brought in this area in order to give you assistance and protection.

This part of your home is also responsible for getting you in sync with whatever is happening to your life. The main benefit of being in sync is that you won't need much help in life. You'll to have an easier time in making more money and you'll be exposed to less stress.

You need to enhance the area if you're faced with: moving or traveling, big struggles, a situation where you'd want to be treated fairly and looking for the perfect person who can help you.

When this energy is working for you, it will be easier for you to find the perfect people to help you out. It might be someone you know or it might be someone you don't

know. It will also help you be treated much more fairly and equally.

If you're traveling frequently, you can use this area of your home to ensure that you have a safe journey and a balanced schedule.

## **7.5 Decorating Ideas to Activate the Helpful People and Travel Area**

As mentioned before, silver, gray and white are the colors most helpful colors in this area. One of the typical feng shui cures to use is putting a little gray, white or silver box here. You can write down your intentions or prayer of thanks in small pieces of paper and put it inside it. Try not to stuff the box with requests, make sure that you have three small pieces of paper inside at a time. If a wish has been fulfilled, you can remove it from the box and replace it with another request. If you're facing a legal battle, then you could put in the business card of your opponent in this box or any legal documents related to the case.

Hands are representative of a helping hand. Having images and pictures of hands can be a powerful symbolism to bring in helpful people into your life.

The power of the mind is really undeniable. Once you visualize other people helping you out on things, then you can do whatever it is that you want to do. You can also use personal affirmations in strengthening your intention.

Hanging wind chimes in this area can also work wonders to help bring in good luck. Porcelain figures of fierce cats can protect you from unhelpful people who might take advantage of you.

Symbols of other helpful beings like angels and spiritual guides are useful and you can even put your self-help books in this area.

Since it's also the travel area, you could put up photos and images of dream travel destinations you'd like to go

to. A bell is also a great symbol of calling attention if you want to get help from other people, travel agents, from friends or your boss (time off work!).

## **7.6 Action Steps You Can Take Right Now**

This area and the energy governing it represent how your actions and interactions with other people help your life situation. To experience life to the fullest, you need the help of people.

Remind yourself to put conscious effort in attracting wonderful people and places into your personal life.

You can display items and images of the following in this area: statues or pictures of spiritual beings, objects that were given to you by helpful people, posters of places that you want to visit, affirmations about your personal desires and items in gray, white or silver.

## **7.7 Things You Must Avoid**

You have to remove clutter and all the junk in this room because this can pose as a hindrance for helpful people to find you. As with any room, clutter must be removed. Also, make sure to fix anything that's broken like clocks or radios, or just get rid of them. Dirty and dusty things are also big no-nos.

If you have a drain in this area of your house, the helpful energies might be washed away before it can reach you. If you can't move the drain, then you can put a red tape or red ribbon around the outgoing pipes. You can even take a red nail polish and mark the underside of the drain. This will definitely help you in making sure that the helpful energies won't go down the drain.

General feng shui enhancements can be used like lightening up the space, fresh flowers and have pleasant sounds can help the energy move around, like small metal wind chimes for example.

# Chapter 8

## Achieve Career Success and Life Path Guidance

Health, wealth, personal relationships and career play the most important roles in a person's life. All four are interconnected and relate to each other. Of the four, career is probably the one that's most difficult to handle, with it being so much dependent on not just you, but on others around you as well—whether or not they're aware of how great their influence is in your career.

Feng shui has various techniques to secure and improve or achieve the career that you want. They are helpful in shaping life's uncontrollable factors by finding and creating a perfect balance of energy, vibes and elements.

### 8.1 Benefits of Activating the Career and

## Life Path Energy

Activating your Career and Life Path Energy will give you tons of benefits like increasing your income, jump starting your career or business, attracting good fortune, improving your life's path and destiny, opening up opportunities, getting a job you like, improving sales or business and making more money.

### 8.2 The Location of the Career and Life Path Area

The Career and Life Path area resides in the center-front part of your home or office. The path of least resistance can be determined by using feng shui on this gua. The path of least resistance allows you a steady flow of career opportunities in life. Opportunities will come at a proper time and in a proper manner, and will give you the freedom and peace in knowing that all things are progressing accordingly.

### 8.3 Colors, Numbers and Elements

The career and life path element is water, and its strongest color is black. You should use this to color in the area of your home or office that's dedicated to your career and work. This will aid in leading you to the right career and life path for you. The career and life path energy also feeds off elements like metal, white and round objects—these foster this energy's creativity. Destructive elements include earth, the color yellow, flat and square objects, so don't use them.

The ideal number to achieve your career goals is the number 6. A good luck charm is 6 bamboos placed in a vase and located in the north section of your home or office. You may also use 6 plants or flowers of your choice. Think in multiples of 6 when thinking about your career.

When adding water or an item that represents it to a particular space, be very aware of the intent or career

goal that this item symbolizes. Adding intent and specifics make the flow of good career energies so much faster than just adding it onto space in a haphazard manner.

Also, it would be advisable to take a careful look at the position and condition that your front door is in—the front door is usually associated with career and life path as well. A front door in good condition is an indicator of what your career and life path will be like.

Also make sure that there are no obstructions to your front door, as this blocks the chi from entering your home.

An aquarium or fountain towards the northern part of your home or office will help attract and enhance this good career energy. A goldfish or terrapin turtle in the aquarium would also help activate good career luck. The activity of the fish or turtle would dictate how active your career energies will be. It's advisable to consider the amount of excess energy that you may encounter, and if you'll be able to handle it.

As always, feng shui encourages the simple arrangement or re-arrangement of furniture or objects at home or in the office, to attract the chi or energy in and make it flow freely in the space. Positive images and good views also follow the visual emphasis that feng shui tries to incorporate into space. Use colors and pictures or posters that you like and make you feel good about what you do, and this in turn will attract the positive career and success energies that you want.

## **8.4 Power Symbols and Cures for Enhancing Your Career or Life's Purpose**

The career life areas in your home should be free of dirt and clutter. Clutter symbolizes the distractions that might hinder you from achieving a well-balanced career.

As blue and black are the dominant career colors. Keep this in mind when organizing or decorating your home. Also hang or display positive images and pictures

depicting your career goals.

The shape you should select for your career is wavy and free-flowing. Cures should be soft and fluid and not so rigid. The perfect representation for this cure is water. It's advisable to place a small water fountain or an aquarium in the northern part of your home or office.

One exception to this rule is the bedroom. Do not place a fountain or aquarium in your bedroom, even if it's in the north area of your home. Make sure that whatever water object you place there is in good working condition. Water should have a good, unimpeded flow.

Color, images and symbols play the perfect feng shui cures. Your cures should be specific, almost tailor-made for you. The clearer your vision is, the faster you'll achieve your career goals.

Really there are several career-related areas that influence your career and life path. Knowledge and education are vital elements in the achievement of your career goals.

While education does not always have to be formal (i.e. school, university), constant learning in your field of expertise—reading books, magazines, watching educational films, viewing exhibits and conferences—is advisable. The knowledge area can be found in the northeast sector of your home or office and as always, use the bagua map to help pin-point it.

The fame area is found in the south area of one's home or office. Activate the fame area for increased monetary wealth, a promotion, greater business sales, or overall recognition for the work that you do.

The northwest area of your home or office is the area of helpful people, or people who aid you in achieving your career successes. It would be beneficial to add a few circular and reflective or metallic cures for in this life area.

If you desire a change in or from your current career, remove symbols that represent your old career. Take out certificates, images, awards, etc. and replace them

with symbols and images of your desired new career.

Feng shui principles dictate that a home or office should have a positive and harmonious flow of cosmic breath or energy, or chi, as this greatly benefits those living in its surroundings with health, happiness and prosperity.

In fact, ancient Chinese architectural structures were built with the principle of feng shui in mind.

Here are several cures or sacred objects popular in feng shui, and what they symbolize:

### ***Dragon***

The dragon is considered the most sacred figure in Chinese folklore. It's said to bring good amounts of luck to those who possess it. The dragon has absolute power, and represents honor, power and all things right. Dragon figures or symbols should be placed near a door and window to guard health and wealth, and enhance fame and career opportunities. They are very effective and powerful cures for the home and office.

It's said that the dragon creates the cosmic energy or chi that brings good luck to our homes and offices. The dragon symbolism is even more effective when placed together with a moving water symbol. You can place a dragon with a fountain feature on the north side of your home or office to ensure nonstop success at work, or in the southeast for increased wealth and luck.

### ***Globe***

The globe is a powerful source of energy, especially if you're looking to enhance your career and success in education, literature, publishing, media and communications. A crystal globe placed atop your work area will bring you success, wealth and recognition.



### ***Money Frog***

The money frog or three-legged frog or *cachu* is a powerful symbol for those in lines of work that depend on commission or side income. This should be displayed diagonally facing your home or office front door. You can also carry three I-Ching coins tied together in your wallet for increased sales and good luck.

### ***8 Pieces of Jade or 8 Chinese Coins***

The number 8 is the number for business and financial stability. Display 8 pieces of jade or 8 Chinese coins in your workplace to help you save money and build towards your financial goals.

### ***Elephant***

The elephant in feng shui is said to be the granter of wishes. It's believed to bring good fortune, and symbolizes power and prominence. If you want successful business meetings, an elephant figurine or image should be placed where you often conduct meetings and business.

### ***Kuan Kung/Guan Gung***

*Kuan Kung* or *Guan Gung* or *Lord Guan* is a god in ancient Chinese folklore. He is known as a powerful protector and reinforcer of strength. Career-wise, symbols of Lord Guan are said to increase wealth and promotion opportunities. His spear, which has the symbol of the dragon, wards off harmful people. He is also said to transform the negative into positive.

Lord Guan attracts helpful people, one of the cures to improve one's career and life path. You should place an image of Lord Guan near a door or window looking out, seemingly greeting people who are supportive of your goals.

### ***Dragon Tortoise***

A dragon tortoise is a symbol that puts together the courage of the dragon and the helpfulness of the tortoise. It's best placed either on your desk or behind

you, to attract the support of your boss, ward off harmful office politics and co-workers, and get you the promotion you want.

### ***Bamboo***

Bamboo is said to enhance energies related to health, wealth and romance. The growing shoots represent growth in life, wealth and health.

### ***Peacock***

The peacock displayed in the south area of your home or office will bring you a lot of commendations for the work you do. Peacocks symbolize recognition and achievements. Fish are great for bringing luck, prosperity and good fortune wherever you go.

## **8.5 Decorating Ideas to Activate this Area**

Believe it or not, your home is where you can jump-start your good luck in your career. Your front entryway is the part of your house that's first associated with your career. Improving your home feng shui-wise will create a ripple effect of energies that eventually affects your career and anything you do.

You can start improving your career by following these tips for your home. You can use flowing water. The flow of water reflects the flow of money in feng shui. Place a moving water feature in the career area or front door of your home to ensure a good pay check and further your career. This will get the good career energies going.

Hanging wind chimes symbolize swaying towards a new career or new direction in your current career. The wind chimes for career are very specific, 6-rod metal wind chimes should be hung with a red ribbon 9 inches (or 9 cm, or any multiple of 9) long. Wind chimes are said to attract a lot of new and fresh energy as well as concentration in the achievement of your goals.

As feng shui is a very visual practice, it's important to always have your goals and dreams in plain sight.

Symbols that represent your career goals are helpful in achieving this. These create stronger chi and help you realize your dreams with the focus that it brings in.

Using your front door is one of the feng shui golden rules. Maximize the usage of your front door. Use your garage and side doors only as a second option. In feng shui, the front door is considered the “mouth” of your house. “Feed” it so that it nourishes you with good chi. Chi enters through your front door and circulates in a free-flowing pattern around your house.

People who never use their front doors—or worse, lock them—experience difficulties with money and finances.

Your front door is usually situated in your feng shui Career area—the north part of the house. The use or misuse of it influences your career and finances.

Now that you understand the importance and have gotten into the habit of entering through your front door, it's time to make sure that it's clean and free from any clutter and obstruction.

Make sure that the doorknob, locks and door bell work. Make sure that the entrance is well lit. Install new plants on each side of the entrance to symbolize a budding career. Make sure that there is nothing by the door that's keeping you from making a smooth, safe entrance. Place images or figures of lions or fu dogs by your entrance for protection.

## **8.6 Action Steps You Can Take Right Now to Enrich Your Career or Life Path**

Enhance your career by placing a mirror in a small or narrow entryway to make them appear bigger. The smallness or narrowness of the entry way hinders you from moving forward. Make room for yourself and your goals. Place the mirror—and make it a large one-- so that when you look at it, you see yourself entirely. Small mirrors limit what you see. Don't place the mirror directly opposite the entrance, as the good energy might immediately bounce out as soon as it enters.

If mirrors aren't your thing, place a landscape painting or display a photograph with a large and distant horizon in its place. This "opens" the space up and allows you a greater "view" of things.

Front doors that open into a very narrow hallway are a problem. This restricts how chi enters and moves through your home. To solve this, place a mirror on the wall that the doors open towards.

There is nothing more cooling and relaxing than the sound and movement of a water fountain. Pick a fountain that blends well with your home or office decor, and is of an appropriate size.

Try out different water levels and intensities of water flow using the built-in pump. Find one that's of the perfect tone and volume for you.

When placing water fountains that activate the career energy, make sure water flows towards the door and not away from it, just as you want good energy to flow in and not out of your life. Maintain your water fountain. Make sure it doesn't run out of water.

Aquariums are very effective good luck charms. The career and wealth areas are the best locations for aquariums. Near the front door is also an ideal spot. A lucky combination of fish is 8 orange and 1 black fish. Another one is 8 black fish and 1 gold. You could even add 9 coins to the aquarium tank to boost the energy.

Keep your aquarium clean, or else murky, unclean chi will spread across the area. If the inevitable happens and your fish die, immediately replace them with healthy ones.

Place images or figures of birds around your career area. This will attract that phone call from a potential employer that you're waiting for. More birds mean more good news.

Paint your front door with a light blue hue. This enhances luck in your career and an increased influx of money. You can also hang a large image of a waterfall or other flowing water bodies.

Metal as a receptacle for water and is also a good luck symbol for your career and life path area. A copper fountain or bell by your front door will activate good career vibes.

## **8.7 Things You Must Avoid**

Avoid anything that's made of or implies dirt—earthenware, clay pottery, pictures of land or mountains, earth colors like brown and yellow in your career area. Keep your areas physically and visually clean, as dirt muddies up water, which represents wealth.

Remember, avoid using the back or side doors when you enter your space. The front door influences how your career and life path goes, and entering through them gives you a clear and grand picture of your goals and things you want to achieve. Entering through the back or side doors makes you lose sight and purpose. Use your front door at least once a day, even if you have to make an extra effort to do so.

# Chapter 9

## Knowledge, Education and Self-Cultivation

Self-cultivation for most people means doing activities that improve and develop the various aspects of their lives. This might include using a variety of processes, information or tools to help them with school or work, doing projects to improve the home, in-depth studies about topics of interest, fostering and strengthening knowledge and beliefs, and so on.

### 9.1 The Location of the Knowledge, Education and Self-Cultivation Area

The Knowledge, Education and Self-cultivation area can be found at the northeast area of your home or office. On the bagua, it's located in the front left section. As we know, the Knowledge, Education and Self-cultivation area symbolizes your yearning to learn more and know more, and in turn realize your full potential. Wherever you are in life, knowledge and education are always

vital aspects of your growth.

All tools that you may use for these self-cultivation activities are best placed in the area of the home or office that's assigned to knowledge, education and self-cultivation.

Self Cultivation energy works best when peppered with items that will aid you in developing your skills and hobbies, getting better test results and licensing, and over-all enhancing your fields of interest and/or expertise. It's also a good location to display places you'd like to travel to, things you want to study—basically anything that you feel will motivate you to reach your goals of gained knowledge, advanced education and improved self.

Make sure it's well lit—throughout history, light has always been a symbolism for great ideas and innovations. Light is used to emphasize the importance of this area, and the importance of what it represents in your life. It should be quiet, peaceful and comfortable, and free of distractions. It should make you feel like you're really gaining a huge insight of things. Make sure that the area is clean and clutter-free. Allow your chair or desk a view of the entire room, especially the door.

## **9.2 Benefits of Activating the Knowledge, Education and Self-Cultivation Energy**

Activating the Knowledge, Education and Self-cultivation energy will give you a heightened sense of self-fulfillment and empowerment. However, it's advisable to activate cures one at a time or to keep track of the cures you decided to activate. This will help you weed out what works for you and what doesn't.

Here's a few ideas to try when enhancing the Knowledge area: installing a book case with a lot of books, displaying a globe, stocking up pens, pencils and writing paper, surrounding the area with pots and vases made of clay, displaying posters of mountains and meadows. Make sure to install a comfortable chair, ensuring adequate lighting, hang wooden or glass wind

chimes, even placing several plants in the area, displaying items that symbolize growth—a ruler, a book, educational materials and as always, keep the area clutter free.

Everyone can use the Knowledge energy to enhance personal growth and learning in various aspects of their lives. As we grow older, it becomes more and more important to learn how to draw wisdom from within ourselves, rather than focusing on titles, diplomas, certificates and any other symbol of physical achievement. The Knowledge areas help you by bringing good energies related to self-knowledge, meditation and prayer.

Be prepared for all the energy and activity that it's going to bring. If for example your home office is too close to the front door, your work chi is going to be extremely and consistently active.

### **9.3 Colors, Numbers and Elements**

Blue and black are ideal colors to use in the knowledge area, and the strongest elements represented here are Water and Earth. You can use these together when choosing items to place in the area. Good objects to use are images of mountains, sacred sites or places with special energy, spiritual teachers, wise people, or inspirational items, objects that have a flat shape, objects made of stone and ceramic, use a comfortable chair and good lighting when reading or meditating. Surround yourself with learning and inspirational materials, hang inspirational posters and pictures.

Try to incorporate the colors into your objects and where possible the element earth itself. Things like clay vases or ceramic ornaments.

### **9.4 Power Symbols and Cures for Acquiring Knowledge**

Deep blue is the color of knowledge. By placing



something of this color in the knowledge area of your home or office, you can increase the flow of chi or life force into this area of your home, office and eventually, your life.

An image of a book is also a feng shui symbol for wisdom. Combining this image with the color blue strengthens this cure, and helps resolve difficult situations, creates better learning experiences and aids in the attainment of greater all-over wisdom.

Here are a few more symbols and tips to strengthen your knowledge chi:

### ***Obsidian Feng Shui Pagoda***

The pagoda represents knowledge, peace, silence and wisdom. It's likened to a person whose knowledge and wisdom gives him or her ability to stand tall and firm like a pagoda. It's said that the pagoda has the ability to pacify unruly minds and behavior. It can also be used to ward off evil and bad chi. The pagoda is said to bring literary and popular luck, protection and career advancement. It also dispels bad energy in your home.

### ***Golden Double Dragon Carps Crossing Dragon Gate***

This shows a figure with two carps crossing the Dragon Gate against the current of the Yellow River. Legend says that the carp will transform into dragons upon entry. The fish are shown to be weathering the strong current, swimming upstream and jumping rapids. It's because of this that they've become symbols of perseverance, high ambition and excellence.

This symbol is said to bring scholastic luck, which is perfect for those who're pursuing or studying to learn a new skill.

Carp that are swimming together is also said to bring good marital luck and bliss.

### ***Confucius Kung Tze***

Displaying an image or statue of Confucius in the study, meeting room or office will allow new ideas to

flow freely. Placing his symbol in the northeast of the bedroom or living room will enhance your luck in exams and education.

Having Confucius in your work or home environment engages the inhabitants in the cardinal virtues of love, benevolence, righteousness and wisdom and constant goodwill. It also inspires you to be creative and think outside the box and have good perspectives about your future.

This symbol is perfect for corporate leaders, people who engage in business and management, teachers, writers, politicians, and people who're in communications.

### ***Jade Nine-Level Pagoda***

A nine-level pagoda made of white jade is said to bring protection and luck in school and work. It refreshes the person close to it through the auspicious energy that it gathers. Jade is an earth material and it is best pointed at the northeast to bring knowledge and educational luck. It will bring blessings to someone vying for a promotion at work, or seeking higher education.

### ***Crystal feng shui Sphere***

The sphere brings forth clarity of intention and strengthened willpower to achieve your goals. It also enhances self confidence, self esteem, integrity, positivity, courage and determination. All of these characteristics do well in helping to attract luck in your life, and in your career.

### ***Tibetan Majushri Bodhisatva or Wisdom***

Majushri is the Buddha-to-be of Wisdom in Buddhism. He embodies omniscient wisdom of all enlightened beings. His left hand holds the stem of a lotus flower supporting the Perfection of Wisdom Sutra and teaches Dharma. His right hand holds a flaming sword that vanquishes ignorance and eliminates darkness with the power and light of knowledge and wisdom.

He is said to bring wisdom, intelligence, the power of eloquence, language and memory. He is also revered as

the patron of arts and sciences, and is looked to for inspiration by writers.

### ***Golden Abacus with Brush***

An abacus is an ancient Chinese computing tool. It's said to symbolize the spirit of entrepreneurs, and the brush represents creativity.

### ***Globe***

The globe is said to bless the owner with scholarly luck. It is representative of the earth—the supreme enhancer and promoter of growth and knowledge.

### ***Education and Exam Luck Amulet Coin***

This brass amulet is gold-plated and stamped with the Four Arts of the Chinese Scholars—calligraphy, painting, board games and musical instruments. To excel in these are what were required of a man to be considered scholarly in Ancient China. All combined, the scholars would compete against each other's creativity, expression, idea and thoughts.

## **9.5 Decorating Ideas to Activate this Area**

Activating feng shui cures in your home or office will help bring in new opportunities that will enhance your home and life. This also helps improve the chi in any space.

If you want to generate your knowledge energies, you can bring in the following cures:

Feng shui considers light to be a very important tool. Making an area well lit brings positive energy and chi.

Light cures can be activated by doing the following: placing outdoor lighting along the driveway, activating fire with the use of candles—this improves energy in your home or office, using mirrors to attract good energy and push bad energy away, placing a crystal ball by the window to reflect light and good energy—this

improves your financial situation and installing floor lamps or track lights to attract positive energy.

You can also work to improve your bathroom and toilet chi as well. The toilet is actually a very problematic area in feng shui, and it's best remedied using the following cures: keeping the bathroom door closed—this will keep the bad energy from escaping into the living area or by keeping the toilet seat down and adding a mirror to the outside of the door—this can make the bad chi of the bathroom disappear.

As always, remember to keep track of the cures you use. Try not to use too much at one time, as this messes up the good energies you want to harness.

## **9.6 Action Steps You Can Take Right Now to Expand Your Knowledge and Improve Yourself**

Here are a few more tricks and tips to help you expand your knowledge and improve yourself: be specific—examine yourself and your feelings about things to determine the path you desire for yourself, surround yourself with books, reference materials and reminders for your self-improvement goals, surround your knowledge area with colors black, blue and green, place objects that support your interest in achieving your goals, place items that encourage self-reflection, meditation and prayer, create a study area in this gua to concentrate on learning new topics of interest and place items that will inspire focus on your spiritual nature.

Make this area serene and comfortable. Play soft music, place comfortable chairs and pillows and any other items that are personally uplifting for you.

## **9.7 Things You Must Avoid**

In a typical office environment you must definitely avoid sitting with your back to a door or window. This leaves

your-self open as a target for colleagues who have a tendency to back stab or double-cross you.

Beware of the *sha chi* or killing energy. These are caused by sharp edges and corners. Generally you should take good care to position your desk away from these “poison arrows”.

At home, do not sleep in a room located above a bathroom or garage. It causes bad energy to wander, distracting in your knowledge endeavors.

# Chapter 10

## Enrich Your Physical Health and Improve Family Relationships

This chapter will give you information on how to focus on your personal physical health and the physical health of those around you. It will also give you information on how to strengthen family ties and relationships.

This area serves as a reminder to give your health and family relationships the importance it deserves. Strengthening your family ties helps establish a solid framework that brings about good health on many levels.

## **10.1 Benefits of Activating the Health and Family Energy**

When activated, the health and family energy benefits the owner with the following: good health, positive ties with family and friends, affirmations supporting your health and family life, reduction of stress at home and in the workplace, and a long, happy life and good luck for you and your family.

## **10.2 The Location of the Health and Family Area**

The east area of your home holds the location of the health and family area. This area symbolizes new beginnings, physical and mental health issues, family and friends.

## **10.3 Colors, Numbers and Elements**

The colors for health and family enhancement are yellows and greens (natural tones). The number 3 is the number most strongly associated with the area.

Wood is the element that will assist the health and family area in boosting its energy. It influences one's personal growth, creativity and ability to further themselves in new directions.

Balance is created by matching up equal parts of positive energy and motivation, and has to be carefully achieved when dealing with this element. Too much of wood energy can hinder good decision-making, new ideas and make you careless about dealing with others. You can balance wood energy by adding metal.

You can also use feng shui bamboo to set the balance with wood. Lucky bamboo arrangements can be added to a setting. These arrangements come with a red ribbon (fire), metal coins (metal), and soil or stones (earth) in a blue or black container with water (water). All together with the bamboo plant (wood), they form a

symbolic representation of the 5 elements. Bamboo is also said to represent strength and resiliency.

It's advised that rectangular shapes be used to symbolize growth, community, and ancestry. The health and family energy is strongest in the spring, and favored body parts are the feet and hair.

Greens and browns are advised to denote wood elements in particular; blue, black and purple symbolize water, which produces and enhances wood. Avoid white, gold, silver and metallic hues, as these represent metal, which destroys wood. Also steer clear of colors that represent fire—red, burgundy, pink, coral, and the like because fire destroys wood, but can be useful to help balance out too much of it.

You can always refer back to the productive and destructive cycles in our earlier chapters to help get to grips with the reasoning behind this and understand it better.

Anything that symbolizes health and harmony should be placed around the area like flowers, water fountains and plants etc.

## **10.4 Power Symbols and Cures for Improving Your Health or Energizing Your Family Relationships**

A common symbol that strengthens your health and family life is the Laughing Buddha with Children. The Buddha is seen playing with many children, and this symbolizes good fortune. The Buddha is said to bring good luck and abundance when invited to one's home.

Place an image of the Buddha laughing in the east part of your living room to attract happiness in your home. The laughing Buddha can also help alleviate your stress-related health problems. Place a figure of the happy Buddha on your desk, making sure that it's facing you, so that you can look at its happy smile many times of the day. He is said to gather your worries



and troubles in his sack.

To promote good health you can use healing gems. However, make sure that the gems are cleansed and prepared accordingly before use. This ensures that the gems are free of any negative energy that it may have gotten from the several origins that it came from.

Use any of these six methods to cleanse and prepare your gems: rinse the gems in running water for six to seven hours, bury the gems in earth overnight, cleanse the gems with the flame of a candle, revive your gems by placing them in a heap of quartz for several days, let sunlight cleans the gems and soak the gems in milk.

These methods are sure-fire ways to make sure your gems do not retain negative energy and are ready for use for healing purposes.

Now let's study exactly which gems are most effective in strengthening your health and family relationships. The following is a list of gems you can use, what they symbolize and their individual purposes for using them:

### ***Green Cat's Eye***

The color green is the central color of the rainbow, or any prism reflection transmitted by white light. Green represents stability, endurance and balance in life. Green symbolizes nature, and it affects the body in such that it cools the blood and animates the nerves. Green is believed to have healing powers, for it symbolizes good health, growth and peace. Those with a kinship to this color are said to possess inherent qualities of being peacemakers and harmonizers. Green allows one to easily achieve peace of mind and body.

### ***Yellow Cat's Eye***

Yellow symbolizes intelligence, wit, prowess and happiness. It stimulates the nervous system and instills quick intellect or wit. As light is always associated with yellow, this color is said to reflect enlightenment. If you place yellow cat's eye near your bed or pillow, its healing energies will be transmitted to you.

### ***Ting Bowls***

Ting bowls are made out of a combination of gold, silver, mercury, copper, iron, metal and tin. They're said to represent 7 celestial bodies--the sun, moon, Mercury, Venus, Mars, Jupiter, and Saturn. Ting bowls are used to induce relaxation as an aid to meditation and centering.

### ***Gourd***

Another powerful cure is the gourd or *wu lou*. It represents health, longevity and prosperity. It's also said to prevent and cure diseases.

### ***Tortoise***

The longevity tortoise is also another powerful cure. Its long life is said to reflect upon the owner, protecting him or her against unnatural death and illnesses.

### ***Dragon***

When placed in the east, the dragon is said to be most effective in bringing the owner health and wealth. The dragon is one of the central figures in feng shui and Chinese belief, and its cosmic chi is a strong foundation upon which these beliefs are founded.

### ***Fuk Luk Sau***

Place a figure of the God and Goddess of Longevity (*Fuk Luk Sau*) to bring long life and blessings into your home.

### ***Peach***

The peach is considered the Fruit of Immortality. It's used as a main ingredient in making the "longevity pill". It's a great birthday gift for our elderly family members.

### ***Amulet with Five Bats***

There is a special amulet to symbolize longevity. It features five bats carved in the center. Bats are said to represent long life. These figurines are usually made of real jade, and have red tassels hanging from them.

### ***Pi Yao***

A pair of *Pi Yao* (Grand Duke) is said to help one overcome bad luck and health problems.

### ***Mythical Crane***

The mythical crane represents immortality. Display an image or figure of a crane with *wu lou* and *ling tzi*.

### ***Mythical Deer***

A figure of a mythical deer eating snow mountain fungus is said to bring enhanced fortune and protect the owner from accidents. It also brings wisdom and solutions to problems, as well as removing obstacles that prevent the owner from progressing upwards in their goals.

### ***Buddha Pendant***

A medicine Buddha pendant featuring the mantra “health is wealth” is also said to be an effective cure for good health.

### ***Crane with Xuan Wu***

As mentioned earlier, the crane is an important symbol in feng shui. Any symbol featuring this creature, for example a mythical crane on heavenly *xuan wu*, is said to represent immortality.

### ***Six Stars Wu Lou***

The six stars *wu lou* prevents sickness, accidents, evil attempts against the owner, bad intentions against the owner, and bad luck.

### ***Pi Yao***

The supreme *Pi Yao* on a bed of money or coins brings health blessings and financial luck.

## **10.5 Decorating Ideas to Activate this area**

There are many feng shui decorating tips that will allow you to activate this area for good health and good luck for you and your family. Family wealth and fortune can also be achieved upon activation of this area.

Use upward growing plants with wide leaves, or fill the area with things that remind you of things or activities that your family likes doing together. This is also a great area to display antiques or family heirlooms.

The east is a good area for a bedroom. If your dining room is located here, it would be beneficial to use a wooden table or wooden chairs to introduce the element of wood. However, avoid sharp corners—use a round or oblong table instead.

Place photos in wooden frames around your living room. Also hang a wood-framed mirror above the pictures. This will represent water, which in turn enhances the wood element energies in this area.

Activating the health and family area in your home gives your family the confidence of being themselves and trying new things or activities outside the home. It also gives all of you a sense of respect and protectiveness with each other.

Avoid sleeping in a room that's directly below the bathroom, toilet, or laundry area. Do not sleep under an exposed overhead beam, as this will cause headaches.

Also, avoid sleeping in a room at the end of a long hallway, or if the bedroom door opens to a staircase. The energy is too strong in these parts and will cause the occupants to be sick.

Activate energy in the east side of your home by using green colors and wooden furniture. Energize your health by doing *tai chi* or *chi kung*.

Make sure that there are no blockages and obstacles to the main door, especially if you're trying to conceive. You can place metal figures in gold, silver and white in the West to bless your children and descendants with good health and safety, make sure that the West area of your home is well lit, and don't let your child sleep with his or her head facing the same direction as the toilet.

## **10.6 Action Steps You Can Take Right Now to Create a Happier and Healthier Family**

Here's our quick fire actions steps section to point you in the right direction. Remove garbage from inside your home; make sure that the home is always clean and organized; buy products which promote the environment; use health-promoting personal care products; grow plants in your home, recycle, cook healthy foods and decorate your home. All will ensure a much healthier family environment for you and your loved ones.

## **10.7 Things You Must Avoid**

As always, there are some simple mistakes that you should be aware of that will hinder the energies effectiveness. Here are a few of them: avoid 3 people standing or sitting side by side in photos; make sure to throw away dead plants and flowers and broken things, don't plant pointy-leafed plants in your garden and avoid placing the bed headboard in the same direction as the toilet. Be aware of these so you don't waste your efforts and good intentions.

# Chapter 11

## Promote Your Spiritual Health and Wellbeing

For some people, spiritual well being cements the quality of life that's based on physical, mental and financial well being. It's the kind of well being that completes a person and gives them freedom—from fear, worry and anger, and freedom to go after their goals in life.

Spiritual well being is considered to be what strongly links us to nature and our cosmic energy source.

### **11.1 Benefits of Activating the Spiritual Health and Wellbeing Energy**

The last few chapters have been giving you information about the proper positioning of objects in your environment to achieve feng shui harmony and balance. While these are the physical manifestations of what feng shui can do for you, it's also important to be reminded

of the inner changes that you'll experience. Also, while some feng shui principles suggest that you pay attention to detail and be very specific about what you wish for, it's also important to always have an idea of the larger scope of things.

Survival these days can be a little bit difficult, given the economic, social, environmental, spiritual and health issues we face. Flexibility and adaptability are the key characteristics one needs to get over past these issues and ensure survival.

It's important that you learn to commit yourself to doing things that will benefit you in the long run. It's important that when making feng shui-related decisions, you look at not only how things will come for you in the future, but also how it is for you at present.

You may want to use a feng shui cure to enhance your finances, but think first—do you owe somebody money as well? It's important to consider that status of your environment is before you decide to do things which will benefit only you. This is a good example of looking at the bigger picture.

You should also avoid complaining too much. While it's good to vent out anger and frustration, chronic complaining can become just plain annoying. Complaints are your mind's mechanisms for avoiding responsibility for your actions. You should learn to accept and deal with everything that comes your way—success or failure.

Do not be too self-absorbed. Too much focus on yourself leaves too little room for inspiration and creativity—it prevents you from releasing and sharing your energy to the rest of the world. It's true that giving is receiving. Sharing your time, talent, effort and love creates space for you to receive something in return. People should draw from one another what they need.

When activated, the spiritual health and well being energy will bring happiness and harmony to your life. It will also energize the spiritual and intellectual aspects in your life, as well as the physical. It will encourage you to work towards accomplishing your dreams and

goals. It will also protect you from harm and bad luck; and put you back on track.

The spiritual health and well being area will also enhance your energy, creativity and prosperity. It attracts positive energies into your environment and gets rid of negative ones. It clears your mind of negative thoughts by integrating spiritual aspects of ancient feng shui wisdom. It helps you to make subtle and simple changes to restore balance in your life, to bring you peace and harmony.

## **11.2 The Location of the Spiritual Health and Wellbeing Area**

It can be found in the center of your environment, which is surrounded by all the 8 bagua areas.

## **11.3 Power Symbols and Cures for Enhancing Your Spiritual Health and Wellbeing**

There are many symbols and cures to enhance your spiritual health and well being. Make sure to use only a few cures at a time to not blur your intentions.

Tibetan Prayer Wheel is also called Mani Wheels. they're table top devices that are said to spread blessings and spiritual well being. The mantra *Om Mani Padme Hum* is inscribed on the wheel in ancient Tibetan script thousands of times. It's said that when in rotation, thousands of mantras flow from the prayer wheel into the Universe.

Many people look to the Meditation Buddha as a source of enlightenment and inspiration. He is an Oriental symbol for peace, prosperity and harmony.

Ben Wa balls stimulate the vital nerve endings in your palm. This helps relieve stress, decrease arthritic pain and focus on meditation.



Feng shui Pouches are items used to clear the energy, and to calm the mind, body and spirit. They also bring good health and aid in bringing added financial luck. These pouches, which contain crystals, also are said to aid in finding love and romance.

It's said that the tinkling sound of energy chimes helps create a balance of natural energies. It's also believed to bring happiness and good fortune to your home.

Tibetan Tingsha Cymbals feature dragons swirling into the shape of a tingsha. This symbolizes strength, goodness, change and transformation. These help inspire and uplift you through your personal growth and challenges.

Hematite is considered as a very mystical gemstone. These stones remain cool in the summer and are frequently worn as bracelets to cool the blood. Magnet therapy, like what the hematite gives, increases blood flow and circulation, and can also speed up the healing process.

Stone energy is frequently used by feng shui, *reiki* or energy healers to aid in the healing process. The stones are laid in the bagua areas, chakra points, aura layers, or worn as jewelry.

Fountains are believed to allow good energy and abundance to flow into your home. Water's healing powers have been used for centuries, as it's said to represent cleansing, refreshment and restoration.

The blooming petals of lotuses symbolize spiritual awakening. Rainbow colors are reflected within the chakras. The Lotus tree of life figure is a beautiful arrangement and can be used to uplift the Chi in any environment.

## 11.4 Decorating Ideas to Activate this area

The home is the center of your spiritual health and well being. Many feng shui cures can be integrated to infuse positive energy into your living space.

Use bright colors—red, orange, yellow—to symbolize fire energy and create or increase energy in space. Look for decor with triangular shapes or diamond shapes, signifying fire, as these add to fire energy in your home.

Earth energy can be manifested in the form of earth colors. Earth elements keep the body and spirit grounded, and results in balance and improved health. These earth colors and elements can be introduced in the kind of furniture you use. Horizontal shapes also symbolize earth elements, as do squares and rectangles. Free stagnant energy to achieve balance in every room. Furniture and room size should be considered and made proportional to each other.

Water may be represented by using metallic colors, shapes and structures. These are said to help with mental power. Place a small fountain in your home, so that its moving and flowing water can enhance the flow of money and abundance in your life.

Integrate wood energies by using wooden shapes, colors and furniture, these are said to represent personal growth and produce wood energy that encourages people to find their purpose and meaning in life.

Fill and lift the environment with natural energy by using fresh flowers, plants, and crystals. Create a clean driveway by placing plants on either side of your front door. This encourages positive energy in your home.

## **11.5 Action Steps You Can Take Right Now to Lead a Life of Optimum Spiritual Health and Wellbeing**

You need to realize that your soul is involved with both the spiritual and universal level. This is a basic concept of feng shui.

Follow these tips to heal and nourish your soul, and enrich your life: look into yourself to discover who you really are; become spiritually one with the universe—close your eyes, hold your palms out, visualize your

spirit energy flowing from every part of your body—reach out to those that surround you; project your energy in various directions and in turn, open yourself up to the positive energy that this will attract and begin with the spiritual element of feng shui. This will allow you to successfully incorporate feng shui in your life and home.

Only after mastering the spiritual aspect of feng shui in your life can you change your surroundings according to its popular principles. Always remember not only to accept positive energy in your life, but to send it out as well to share.

Remember that feng shui is first and foremost a spiritual path—not just a guide for decoration and landscaping.

Know yourself and those around you fully. This is the only way to attract and keep happiness and good health that feng shui will give you.

## **11.6 Things You Must Avoid**

Mirrors reflect anything without discretion. They can reflect the bad as they can the good. If you cannot avoid them, make sure that every reflection the mirror creates is a pleasant one. Avoid placing mirrors in your bedroom, where they can catch light. Light awakens you and prevents you from achieving a good night's sleep. No sleep means poor health.

Healthy plants, when placed moderately, will bring good energy into your living area. Dead and dying plants are supposed to be disposed of because they emit dead energy. Dead plants reflect the sick, sad and unhealthy owners of a house.

Avoid anything heavy over your bed—rafters, beams, overhangs, ceiling fans, curtain valances, art work, etc.

Keep the space under your bed open and clean—this will allow energy to flow naturally. Avoid placing your bed directly on the walking path of your room. The door

is where the good chi enters, and there shouldn't be anything to block it from flowing freely. If this is unavoidable, keep your bedroom closed at night.

# Chapter 12

## Exploring Feng Shui Cures

There are cures and charms for virtually any need that you might have shui cures don't always come in the form of a picture or a figurine, most of them are simply symbolic of the energy that they're aimed to enhance. You can also find cures from your own culture or belief that would serve the same purpose as a Chinese feng shui cure.

### 12.1 Using the Two Phases of your Cures

#### Phase I: Performing the Action of the Cure

In life, there are things which cannot be avoided. Even as feng shui was in its birth stage thousands of years ago, those who developed it were aware that plans, although finalized way in advance, can be changed or ruined with one simple inevitable event. That's why feng shui is flexible and adaptable enough to help us make

room for when there is a need to work around the unforeseen events that life brings.

Most feng shui cures are created with this in mind—that things will happen that will throw us off the loop, be counter-productive, or completely bring negative energies.

Keep in mind that feng shui cures, when applied incorrectly, can also cause these negative things to occur. Always be aware of what you are placing and where, and what elements you're combining together.

There might be instances when you're combining the right mix of elements and placing them in their supposed rightful locations and yet, it still does not work. This is very much possible. This is a reminder that feng shui, like pretty much everything else in the world, is neither precise nor exact. Feel free to play around with it until you find a cure or combination that suits you.

## **Phase II: Activating the Intention of the Cure**

Cures are only as effective as you believe them to be. You can even make up your own cures. They might not be exactly what feng shui suggests, but as long as you believe in it, it will push through for you. Be patient with it.

What's important is that you activate your intention towards your action. Be clear about why you're performing the cure, maybe it's to bring in more money. That's great, but you have to be more specific, a defined goal such as, "I want to bring in an extra \$1000 every month". This is a specific intention, what you intend to receive from the cure. Of course it should be a powerful visualization, imagery in your mind, helping you to see exactly what it is you want to accomplish, this is the second part to the cure.

Feng shui cures are used not only to solve your problems, but to create, attract and keep positive chi as well. Cures generally attract positive energy into your home, and prevent negative chi from entering. Cures

also disintegrate built-up negative energies and redirect positive ones to areas where they're needed the most. If natural chi is used as a cure, they're usually called minor cures or simple cures.

Minor cures have the simple purpose of directing and fine-tuning energies within a space. They're also very simple to activate. By adding one or more minor cures to the area, you can change or adjust the energy. They do not require major changes such as renovating your home, and are very easy to implement. Because they're very simple in nature, they also work very quickly and are readily effective.

## 12.2 Using Small Cures for Big Change

A cure should be employed purposely and purposefully—you should have both an understanding of what the cure will bring, and a clear mind as to what you want it to bring. The success of the cure depends greatly upon the intention with which you use it. Your visualization should be clear and specific when performing the cure.

The following section will discuss how you can use small, subtle cures to attract big, powerful change in your life and fortune:

### ***Light Cures***

Light cures are a big part of feng shui. Light is the strongest representation of energy and feng shui is largely dependent on it using it to enhance your life. The light in your home has a huge impact on how good or bad your home energy can be. Your top priorities should be good lighting and quality air, no matter what the space in question is.

Always be aware of the quality of light in your home or office. Light affects not only your space's energy, but your personal energy as well. Light may affect your health and well-being without you realizing it.

Many consider light as a form of medicine or remedy.

Always try to consider how much and good the light you get is, whether it's indoor or outdoor.

Color is also hugely dependent on light—color is light. Do not be afraid to introduce color into your homes. This abundance of color also means that light is abundant, and therefore energy is also plentiful.

Educate yourself on how to effectively add light into your homes. Open up windows to encourage sunlight in. By welcoming this great source of light, you're also welcoming beauty and positive energy into your life.

### ***Sound Cures***

Sound cures work well by cleaning out old, negative energy with fresh, positive ones. Sound cures can come in two forms: ringing and constant sounds. Examples of ringing sounds are chimes, bells and gongs.

Sound cures can benefit you by stimulating new energy flow, awakens you and makes you alert. It also strengthens the energy of a particular area, and provides protection. It also creates harmony, peace and balance.

Sound cures do not only involve sound-making instruments. Sound cures can also come in the form of soft, uplifting music, or the gentle sound of water falling.

In choosing your sound cure, it's important to consider the quality of sound that will emanate from this cure. You don't want the sound to be overly loud. Sound cures have to be soothing and relaxing, giving you feelings of peace and harmony.

### ***Living Cures***

Living cures come in the form of plants and flowers. These cures do not only add a touch of color to your space, but also represent the beauty of new life and growth.

When using plant cures, make sure that you use plants which are lush and healthy. Use plants which have



rounded leaves, rather than pointed ones.

Avoid using prickly or spiky plants in your space, as they symbolize a dangerous, cutthroat environment. Replace dead plants as quickly as possible, as they also represent a weak, sparse lifestyle.

Flowering or fruit-bearing plants are more powerful kinds of living cures, than those that are purely ornamental. Jade plants and bamboo are considered to be very lucky plants. A great all-around cure is a fresh, healthy plant placed in the center of the house. Group plants in odd numbers to create more active energy. Place plants on specific areas based on what you need and where they should be placed.

Get rid of dried plants or flowers as soon as possible. Also avoid using dried or artificial plants. Plants should symbolize life and vitality, not death and lethargy.

### ***Water Cures***

Water is one of the most important and most widely-used cures in feng shui. It symbolizes sustenance, wealth and life. It's no wonder that the most powerful civilizations in history were established in close proximity to water.

New energy is created wherever flowing water is—waterfalls, fountains, etc. Make sure not to place a water cure where fire is the predominant energy, as these contradict each other.

Flowing water means liquid finances. When light is added, the cure is all the more strengthened.

Still waters represent stored wealth, clarity and depth of knowledge. A property which features lakes, ponds and pools has a naturally enhanced chi. Make sure that the size of the body of water is proportionate to the house. Water bodies larger than the house can eat up the occupants' chi.

Avoid sharp angles in swimming pools, especially when directed to the house. This encourages the occurrence of accidents for the residents. This may also represent

money energy leaving the home. Make use of round, organic shapes that directly relate to water elements in the body. Make the orientation of these bodies of water “hug” the house, to ensure that wealth gathers and is kept intact. Make sure that still water in your house is clear, to reflect your finances and state of mind.

Combinations of water and living chi, like aquariums and fish, stimulate new energy. They bring good luck, good fortune and good health. Multi-colored, constantly swimming fish are the most effective in stimulating flexibility and ease in your life.

### ***Color Cures***

Color affects your moods more than you can imagine. Pay attention to detail, and make sure that you maximize the positive effects of the colors you choose for your home.

Red is great to encourage energy and excitement. It's best used in the dining area, so that it enlivens occupants and whets their appetites. It is, however, too exciting of a color to use in the bedroom or study, so make sure to use it only where extra energy is needed.

Orange is another color that stimulates taste and appetite. A softer hue of orange will work great for living rooms and play areas. Yellow symbolizes happiness and creativity. It adds instant brightness and vitality to any area. Greens, blues and indigos are healing and soothing. It also stands for life and growth. Use it wherever you want balance. Purple is a highly spiritual color that symbolizes tradition and richness. Too much purple can be overwhelming, so make sure to use it mainly as accents.

### ***Mobile Cures***

Chi can be activated with subtle movement. Chimes and bells bring both motion and sound, and will bring fortune and energy to any environment. Examples of good mobile cures are: chimes, harmony crystal mobile and bell mobile.

### ***Bamboo Cures***

Bamboo is a very popular feng shui cure. However, bamboos also have the tendency to be overlooked and neglected, and this greatly affects its powers as an effective feng shui cure.

Indoor bamboo cures are especially lucky when it's made to combine the five feng shui elements or Wood, Earth, Water, Fire and Metal.

Use bamboo with the following number stalks, to create specific intentions:

2	• Love and marriage
3	• happiness
5	• health
8	• Wealth and abundance
9	• Overall good fortune and happiness

### ***Powered Cures***

Powered cures mean spiritual objects like crystals, rocks, feathers, seashells, driftwood, incense and arrowheads. They can be placed in any area that needs enhancement.

The dragon is one of the most powerful spiritual cures. Make sure that it's not placed auspiciously and carelessly in your home. Choose the color of the dragon that suits your particular intention. Use the symbol of the dragon sparingly, as too many dragons overpower everything else. Limit the number of dragons in your home to a maximum of 5.

### ***Fragrance Cures***

Remember that feng shui touches not only the visual

aspect—it involves an overall sensory experience. Bad smells symbolize bad luck and energy. They should be remedied quickly. Bad odor also affects and impacts your moods and emotions.

Use candles to remedy bad odors and also to enhance the mood in particular areas. Subtle implements such as these have great impacts on feelings, decisions and frames of mind.

Candles enhance the feel of space, and it also affects luck with its color. Red and yellow induce prosperity and happiness. Create a vibrant display with candles to bring serenity and good fortune into your life.

Placement is a key factor as well. Place candles of a specific color and purpose where energy is needed (refer to your bagua map).

Aromatherapy combines many principles of feng shui fragrance cures. The body can be put in balance, the mind clarified, and the body and soul united by using five essences that represent fire, wood, earth, water and metal.

Aromatic plants can also be used to promote good health, create harmony, balance and prosperity. There are many essences and direction combinations, each of them assigned to a specific benefit. Make sure to learn more about these so that your use of fragrance cures is maximized to its fullest.

### ***Mirror Cures***

Mirrors are considered the most useful of feng shui remedies. They can be used in a variety of ways to address different needs. The size of the mirror is important, and should be in proportion to the area that it's being placed in.

Mirrors have three basic purposes: expansion, reflection and deflection. Expansion allows the user to see beyond the physical plane of the mirror's surface and into the virtual extent of the reflection. This changes one's focal point, eases tension in the eye muscles, promotes relaxation, and alleviates stress.

The mirror opening up a “virtual beyond” is symbolic of opening up to a new perspective in our lives. Expansion also works in the sense that it stretches small spaces. It frees up space so that you gain the ability to expand into a fuller and more expansive, successful life. A small space hinders you from progress and limits you to the only view you see. There is no room for expansion or improvement. Mirrors allow you to “see through” the wall, lessening the blocking effect.

Reflection should be observed in detail. Make sure that you know what a mirror in your home reflects. Anything that the mirror reflects, it doubles. If your mirror is reflecting a photo of your family enjoying a holiday, it symbolically doubles your family’s happiness and contentment. If it reflects a pile of overdue or unpaid bills, it will bring more financial troubles into your life. Be careful where you aim your mirror.

Place a small mirror under an object that has great significance in your life. This doubles up the power and effectiveness of that object.

Mirrors can also be used to deflect negative energies and eliminate them from your home. The mirror, in this case, throws back the bad chi to where it came from. The bagua mirror is commonly used for this purpose.

Take note of the placement and intention of your mirror, as this is the deciding factor on whether you want to reflect or deflect certain energy. Mirrors inside the home usually reflect or attract the positive, and mirrors in the exterior of your house deflect or repel bad chi.

Mirrors, like any other feng shui cure, depend largely on the intention with which you use it.

### ***Crystal Cures***

Crystal cures are often used as troubleshooters—backups for cures that fail to correct the negative chi in an area.

Crystals are said to emit rare positive energy and deflect negative energy simultaneously. Crystals supposedly

have vibrations, which cause them to emit the good energy.

Crystals are commonly used to heal chakra. A person's body has seven main chakras, and it only takes one weak chakra to weaken the entire body. A crystal bracelet, with seven stones that represent the seven chakras, is said to be a powerful feng shui cure. The stones have corresponding areas in the body:



Sometimes crystals for these chakras are hard to find. You can also use beads or semi-precious stones to represent them.

On occasion, people or objects that enter your home bring negative energy with them. To dispel this negative energy, simply hang a crystal on a window and place a leaded crystal bowl on a table.

Cures, like any other instrument, may also weaken with use. This chapter will discuss ways of reactivating cures, using the same intent and vision that you used to activate them.

Minor cures use various energies to activate or reactivate. Energies can come in the form of light (includes mirrors, crystals, candles, natural and artificial light), water, sound, color, spirit energy, plant energy and fragrance, among others.

When a cure is in need of reactivation, use the power of your thoughts. As said previously, the success of this is all dependent on your intent, vision and purpose.

When using a mirror as a cure, make sure that the mirror is clean. Cleaning the mirror instantly activates this cure. Do not use mirrors that are dusty, smoky or cracked.

Crystals should be cleansed before used as cures. This allows the crystal to reset their vibrations and energies so that they become one with you and your home. You can activate and reactivate crystals with the following methods: washing in salt water, rinsing in running water, allowing it to set in the freezer, bathing it in sunlight, burying it in earth, bathing it in moonlight and setting the crystals in a singing bowl.

Cures that involve artificial light should have a constant flow of energy. Change burnt out bulbs and broken fixtures as soon as possible. Reactivate water cures by changing the water frequently. Polish metals on wind chimes, bells or gongs to reactivate sound cures. Remove dead plants right away and replace it with healthy ones.

Unless absolutely detrimental to the effect, feng shui cures do not always necessitate big modifications and changes shui cures are almost always linked to the misconception that in order to achieve a big change in your fortune, you also need to make a big change—remodel your home, buy new furniture, move to a new home, etc.

Unbeknown to many, feng shui actually depends more on how you modify the little things, the subtle details. It's in doing these that makes room for harmony and balance in your life, and eventually in your luck.

Be observant. Pay careful attention to detail. Before doing anything hugely drastic and life-changing, look around you and check if objects and things already in your environment follow the rules that feng shui teaches. Most of the time, you only need to change or move one thing, and this alone could vastly improve your fortune.

Practice. Use the smaller objects and details to measure by trial and error before going out and doing something big. For example, instead of completely revamping your living room, maybe you can first try moving the TV or couch around. Test out big changes—like repainting an entire space—by using small things of that particular color. See if you like it. This is so much better than making a drastic change on impulse, and then hugely regretting it a moment later.

Remedy is sometimes best when taken in small doses. Try out one or two feng shui cures before buying a whole assortment. Quality is more important than quantity. Know what your cure represents and how to properly use it. This is far better than spending money on dozens of items and symbols you know nothing of.



Part



# Feng Shui In Your Home and Office

Part 3 covers feng shui techniques to be very mindful of when focusing your energy on specific rooms throughout your entire home, including details on hallways and stairways and designated areas of your office space.

These areas are where many of us spend lots of time, so it's very important to know what kind of feng shui practices you can employ there to help achieve your specific life goals, let's get to it!

# Chapter 13

## Applying Feng Shui to the Main Areas of Your Home and Office

Applying feng shui to your home or office makes your space more conducive for relaxation whilst still being in alignment with your goals. It gives you balance and harmony, allowing you to focus better on things you do.

It can give you more energy and help to attract more income, happiness, health and whatever else you wish to invite into your life.

### 13.1 Your Front Door and Main Entrance

As we previously mentioned, the front door and main entrance plays a big role in feng shui, the front door is the “mouth” of the home.

It greatly influences the tone and energy in the building that it's in. It's vital to any space, home or building, as it protects occupants from negative energies, as well as serves as an entryway for positive ones.

A front entry that's too close to the street may come off as unsafe and gives you a feeling of low security. You may put a buffer between the street and the door, but make sure it's not too big that it disrupts the flow of chi into your home.

Your home should allow the free flow of energy, and in this case, you want to ensure that your front door is located proportionate to your back door. Energy gets trapped at the lack of a back exit, and leaves too quickly if the two doors are exactly opposite from each other. The goal is to create an imaginary course throughout your house that starts at the front door and ends at the back. You can add ornaments like wind chimes, crystals, lights, curtains, etc. to create a curved path that attracts energy and makes it flow throughout the house.

The front entrance must be clean, well-lit and welcoming to the good chi. Place lights or moving objects along the path. Once good energy enters, it should be allowed to flow freely and without interference. If your door is located in front of a pillar or wall, this blocks the energy. A blank wall also gives the same effect.

Once chi has circulated in the house, it should be able to exit from another door. It can exit either from the back door, a side door or windows. Chi that's trapped within the house becomes old and stagnant.

Make your home inviting to good energy by removing obstacles from the doorway and things stored behind the door. Doors that open fully get the full benefit of chi, as opposed to things that prevent the door from fully opening, which causes restricted growth.

Doorknobs, locks and other hardware should be working properly. Make sure they're clean, rust-free and in good working condition. Energy entering the house is only as good as you entering the house yourself. If you

find it difficult to enter, it's safe to say that it will be the same for the chi. A front porch or veranda can help attract chi into your home.

Here are a few last tips on how to use your front door wisely, so that good energy can come into your home and your life: make sure the door is proportional to your house and walls, maintain a good working condition for your front door, dust and clean frequently so dirt does not accumulate, make sure the door is well-lit and free of obstructions, make sure the door is made out of strong material (solid hard wood is the best), doors should open inwards and place floor mats outside.

## **13.2 Home Maintenance and Clutter Control**

Clutter and dirt have always been considered bad feng shui. Cleaning your clutter clears your mind, makes way for good energy to flow, and improves your relationships.

Clean your home thoroughly. Take the time to prepare and do it step by step. This is a good start to changing your fortune for the better, and will ensure good follow-through. Make sure you look at the details once you decide to clean up. Also try to avoid hanging storage units. They may be the “in” thing these days but they actually do not help a lot in terms of letting chi flow steadily throughout your home. The lowered space that it causes oppresses the energy by pushing it downwards.

Shelves on a wall or over a desk have the same negative effect. They usually cause poor focus and concentration, frustration with your work and anger. It's the same for shelves by a bed.

A good rule to follow in feng shui would be to store items where they're out of sight but will readily be accessible. Open shelves and storages can work, but they can sometimes give off a cluttered feel. Storages like closets and pantry that totally hide the things

inside are best suited for this.

Clutter may sometimes be good for some people—it serves as a reminder of what they've achieved and amasses throughout their lives. Often, they forget that a fair amount of energy is used to keep track of all these things—and this energy can serve you so much better if directed to a more valuable task.

## 13.3 The Fireplace

Man has been obsessed with the “magic” of fire since the beginning. It's bright, warm and soothing, and alive with energy. The fireplace is commonly at the center of a family room or a gathering room, as its warmth and light accentuate the warm and communal bond you have with your family and friends. It's such a vital and special part of the home that man has found a way to give it its own place.

Fireplaces equal vast amounts of fire energy in a room. It gives off heat and instantly makes the room comfortable and intimate. This helps a lot in strengthening romantic and family relationships.

## 13.4 Ceilings

Ceilings are often overlooked or are afterthoughts in the design of homes and offices. However, they serve very important roles, as they directly offer the shelter and protection that you need. Ceilings are said to give off very strong influences toward our heads. Anything that's overhead impacts us as much as anything vertically surrounding us.

Ceiling heights should fall between 10 to 12 feet high. Any lower will cause limited progress and problems.

Ceiling represents the sky, or heaven. Anything that makes the ceiling look like this the best color for it—light blues, sunny yellows, cool white.

Don't worry if your house has slanted ceilings. It only

represents a slight problem if you sit or sleep under them because it symbolizes great amount of energy that pushes down on you. Just move any chairs or beds away from under them.

Skylights can serve as “windows to heaven”. Just make sure that the skylight is not directly over your bed, as this might mean that vital energy is being drained away, especially if it's under a marital bed. This might result in decreased marital bliss or conjugal happiness.

Ceiling beams may be the rage in modern design, but in feng shui it represents what is called poison arrow energies. This gives off an oppressive force that's hard on the body.

Mirrored ceilings disturb your chi, especially in the bedroom. It's not advisable to put a mirror over your bed. This causes rifts and cracks in relationships.

Painted ceilings are okay if light sky-depicting colors are used. Sky ceilings—ceilings painted to resemble clouds—are also okay, unless they give you a feeling of overexposure.

## 13.5 Using Mirrors

Mirrors have always had a magic and allure throughout history. In feng shui, mirrors represent water and bring water energy. Mirrors are also effective in expanding space and attract beneficial chi in. Given proper placement, they can massively shift the flow of energy in a space and also bring calm to the spirit.

There are flat (normal) mirrors, concave mirrors and convex mirrors. The best areas to have a mirror is: east, for health and family; southeast, for wealth and abundance; north, for career and life path (according to the bagua locations)

However, avoid placing mirrors in these areas: south, on the walls facing the front door and on the walls facing the bed.

## 13.6 Hallways and Stairways

Hallways and stairways are the transition spaces in a house. They should be well-lit, spacious and obstacle-free. They should also not be too long, unless there is some way to ensure that there are openings every so often along the space.

Stairs should not be directly aligned with a heavily used entryway. Stairs should always be clean and safe to use.

## 13.7 Windows and Doors

Doors are the portal from which energy flows in or out. Chi enters the door and circulates throughout the house from it; therefore, it's important that doors are located in good areas on the floor plan of a house.

Avoid using the following configurations in your home: front door faces a staircase, front door faces a corner, front door faces a column or post, front door is visible from the back door, front door has a view of a washbasin or toilet, front door has a view of a stove or fireplace, front door faces the door of a bedroom, front door faces the door of a sitting room and front door is situated below a toilet.

Windows are very much like doors in feng shui. Shape is the foremost factor to consider in applying feng shui to windows. Square and wide windows represent earth and stability, while round windows focus on metal energy, focus and determination. Tall, narrow ones promote harmony and communication, while representing wood energy.

Windows are best when made to open outward as they're said to bring good fortune and many opportunities for the occupants. Inwards opening windows are said to have bad effects on health, finance and career.

## 13.8 The Living room, Family Room and Den

Gathering places in our homes serve as areas for relaxation, entertainment and community. Your feng shui practices should ensure that these areas of your home are now comfortable for residents and welcoming for guests. What follows are some things that you can focus on to achieve that.

### Seating and Positioning Furniture for Conversation

The placement of your furniture will greatly depend on the positioning of your home's doors and windows.

Couches and chairs should be placed facing the door, offering the user a clear view of what comes in and what goes out. Chairs with their backs to the door are considered unlucky.

Valued guests should sit farthest from the door, to give them a feeling of safety and security.

For areas with multiple entrances, one door should be assigned as the main door. Keep the other one closed, as chi will quickly travel from one to the other.

Windows are the "eyes" of the house. They represent your world view, and it's important that windows are in good working condition, open outward, and remain obstruction-free.

### Decorating and Colors

In using feng shui to decorate your home, there is one basic principle to keep in mind: any way you style the home, make sure that it allows the free flow of healthy and positive life energy or chi. The solution could be as simple as improving your lighting, or placing a colorful piece of art in the space.

Plants also help enhance space and create balance. Use plants with rounded leaves, and avoid thorny, sharp-leaved plants.

Chairs, desks and couches should always face a view,



to symbolize a vast personal outlook. Use the guidance of the bagua to help you decide how to decorate your home best to benefit all 8 vital areas of your life.

Keep the entrance free of clutter. This is the simplest but most effective cure to make your living room feng shui-perfect.

### **Essential Tips and Things to Avoid**

Clutter, which creates a difficult obstacle for the flow of good chi, should be avoided, everywhere. Placement of furniture should always be kept in mind. Avoid aligning the sofa with the path of the door. Any one sitting on it will experience discomfort from the vast amount of chi that enters the door and hits the sofa directly. Remember that too much of anything is always bad—even if it's good chi.

Furniture should be arranged in a circular pattern. Coupled with a rectangular room, this is the best feng shui orientation for your living room. Use cures to enhance places that need a little bit of energy.

Exposed beams are a no-no. These represent poison arrow energies, which disrupt not only your health but balance in your life as well. Good feng shui in the living room contributes to a calm, peaceful mind.

### **The Dining Room**

The dining room is one of the rarely used/often misused areas in the home. Hectic schedules and crazy workload makes it hard for families to take a moment to sit down and share a meal shui in the dining area can help bring back this great family tradition.

De-clutter the dining room and make it well-lit. Too much heavy furniture cramps the living room, leaving no place for the cultivation of family relationships. The dining table should be the main focus of the room.

Ensure a steady flow of chi by having two unaligned doors in your dining area. Chandeliers and interesting light pieces help create balance in the room.

When placing mirrors, make sure that they reflect a pleasant image. The mirror doubles the image of good food and good relationships and is representative of what will happen in your family—increased wealth and healthy relationships.

Clear old objects from the room, as it's not advisable in feng shui to dwell on the past.

Dining rooms are best positioned in the southeast, west or northwest. Respectively, these enhance energies relating to conversation, romance and relationships, and formality. Avoid locating dining areas within sight when entering the front door. Use hardwood floors as much as possible and avoid rugs and carpets. Dimmers are great, as they allow you to change the lighting effect as suited to the occasion.

Furniture that's easy to clean is essential, as it takes away the burden of having to constantly make sure that your dining area is spic and span. Also try to use lightweight furniture as much as possible.

Avoid cluttering the area with too much decor and displays. Remember that clutter is always death to any space in feng shui.

## **Decorating and Colors**

The dining room should be dynamic and flexible to suit any occasion. It should be able to convey an intimate atmosphere, but also be welcoming and open as needed. Use dining room accessories to make certain instances formal and serious. Separate the area from the kitchen, in the case of kitchen dining rooms.

A dining table with a well-suited centerpiece is also a key element. It serves as a focal point where chi is attracted, and from where chi is distributed.

## **Essential Tips and Things to Avoid**

Do not let crazy schedules or small spaces hinder your family from achieving a great dining experience. A nice dining area gives a feeling of a pleasant atmosphere

conducive to relaxation and good food with the rest of the family.

Make sure chairs do not disrupt the flow of chi by obstructing doorways and paths. Install a central focal piece like a chandelier or ceiling fan to assist the flow of chi and avoid bright, harsh lighting.

## **13.9 Kitchens**

Kitchens are vital to health and welfare of the family. It's the place where nourishment for the body is created, and is therefore considered sacred. The preparation of food for a friend or family member is one of the highest forms of love anyone can give.

### **Kitchen Layout and Decor**

The kitchen is the heart of the home. Cooking and catching up are the most important activities that should be done in this area. Distraction likes television, telephones and other gadgets should be avoided in the kitchen.

### **Critical Positioning of your Appliances**

Placement of furniture like tables, chairs, stools, appliances should be carefully considered. This helps aid the steady flow of chi and reduces clutter while increasing functionality. Lively, bright decor is also advisable to emit good energy.

The placement of things is vital in feng shui as it ensures the positive flow of energy. The cook should always be in the position of demand, and should be able to access all appliances and utensils needed. Appliances should be scattered around and not crammed into a single area. Never place your stove under the window. The stove represents prosperity, and this will possibly go out the window should the stove be underneath it.

Keep the kitchen clutter-free. By now you should know that this is a vital principle in feng shui. Good nutrition

is also considered good feng shui. Throw away defective appliances. Make sure all your food items are fresh and healthy.

Fire and earth colors are best suited for the kitchen. Pastels are great for smaller spaces; larger ones are best if used with fire and earth tones.

### **Essential Tips and Things to Avoid**

Utilize your stove's fullest potential. The more you cook, the more opportunities for health, wealth and romance will be. Keep sharp utensils and tools hidden as they create conflict and anxiety. Always try to keep fresh food out for people to enjoy; it does wonders for your emotional and physical health. Keep your kitchen clean and clutter free, clutter can represent excess weight. Store big, bulky items low, never overhead as they give off feelings of headiness and negative energy.

Also, make sure that your cooking area has a view of the entrance to your home. Fix any leaks and drain problems as soon as possible. Water represents your wealth, and you don't want that to drain away from your life. Create a comfortable seating area to encourage healthy relationships and love.

## **13.10 Bedrooms**

A good feng shui bedroom creates a feeling of nourishment and enhances sensual energy. It should be inviting, exciting, and calming at the same time.

### **Beds and Bed Placement**

The bed represents love and health. It's important to keep it feng-shui perfect, as it greatly affects these areas in your life. Never place the bed under an overhead beam, or align it directly with a bathroom toilet above.

### **Bedroom Closets**

You can also apply feng shui to your closets. Starting

here creates leverage for the rest of the space—from the interior to the exterior.

Arrange clothes and accessories by color, and hang them from the left to the right of your closet: blues and blacks, greens, reds and oranges, yellows and tans, pinks, whites and precious metal colors.

### **Lighting in your Bedroom**

Natural light may not be the best source of light in your bedroom. It can disrupt peaceful sleep and become bothersome. It is best if your bedroom light can be controllable, like a dimmer switch, so you can apply lighting coordinated to your mood.

Natural light can be used, but carefully and sparingly. It's a great source for yang energy. Let it in, but keep a curtain up as well just in case. Always remember that light in the bedroom, like any other space, greatly affects your habits.

### **Decorating and Colors**

In the bedroom, make sure that the colors you use have an intimate, calming effect. Use pastels like yellow, pink, and lavender. Also use fleshy colors like peach and beige. The colors in your room apply either a warm or cool mood, or an exciting or relaxing one. Clean your bedroom like you would any other area.

### **Bedrooms and Ceilings**

Lower ceilings blanket you with a feeling of intimacy, security and safety. Use colors as you would in the walls of your bedroom and as always, avoid overhead beams.

### **Children's Bedrooms**

Pay special attention to the colors you use in your children's rooms. Best colors are earth colors like light oranges and warm yellows. Do not use too bright colors as you do not want your kids to be too hyperactive.

Children should sense security and safety in their own bedrooms. Place family pictures and create an area where they can cultivate their studies and interests.

## **13.11 The Bathroom**

The bathroom represents the homeowners' self-image. Add cures to the bathroom to enhance your energies and boost your confidence.

Clean the bathroom often. A clean bathroom is a reflection of clean and healthy habits. Add aromatics to your bathroom. This will help soothe your spirit and trigger various emotions. Treat yourself to plush towels and bathroom accessories. This allows you a kinder and more considerate treatment of yourself.

Throw out old, expired medicine from your medicine cabinet. Do not clutter the counter top or sink top with too many cosmetics and hygiene products. Add plants and flowers—fresh ones. Fix leaky faucets and showers. Place inspiring and soothing reading material in there.

### **Mirror Placement in the Bathroom**

Don't be afraid to use mirrors in your bathroom. Most bathrooms are small, and mirrors will give it an illusion of greater space. Add scents, incense, candles and soothing music to your bathroom to refresh your Chi.

### **Decorating and Colors**

Water is the foremost element in the bathroom. However, the water in the bathroom is not exactly the element that brings water energy. Use the bagua map to determine what colors are best suited for your bathroom.

Always close the lid of the toilet, and keep the bathroom door shut. Put a lot of mirrors and place fresh flowers and plants to counteract the bad chi from the toilet. Also, be sure your bathroom is well lit.

## **Attics, Basements and other Storage Areas**

Storage areas like attics, basements and garages should always be well-organized. Throw or give away anything that does nothing for you, except for make you sentimental.

### **Storage and Clutter Control**

Clean out clutter and organize storage space, but make sure you do not block out the energy and practical use of the space. Avoid hanging units. These give the same feeling as overhead beams do—heavy, negative and uncomfortable.

Store items where they're hidden but still accessible. Consider open pegboards or shelving. Cut displays to a minimum and be sure to create a pleasing overall aesthetic.

It's so easy to clutter up a space that contains a lot of stuff, so be careful not to fall trap to “faux-storage”. Throw away things you don't need and don't want. Start with your closet, and work your way into the basement or attic. Also de-clutter your time and schedule. It's often beneficial to be ruthless when de-cluttering.

## **13.12 Office or Work Space**

Office feng shui is as important as home feng shui. Most successful Asian business people have used feng shui for many years, and their success is testament to its effectiveness.

The front middle of the room is the gua for career, according to the bagua map. The career area is heavily influenced by water elements and the colors black and blue. Water encourages the flow of life and the influx of new opportunities.

Place your office desk facing the door and avoid mirrors in your office as they can bounce back negative energies and colleagues. Remove anything with dirt or represents earth, as this “soils” your career. Organize and de-

clutter your office and even create yourself a “dream board”. It can include pictures of goals, future projects, images of how you want your career to look like so you have a constant reminder of your intentions and what you want to bring into your life. Take time out of your day just to sit and look at the dream board for a few minutes, get into the positive mind-set of what you want to attract.

## **Organizing Your Workspace**

Consider what people see first when they go into your office. Make it inviting and clean. There should be no sense of clutter and no obstacles and blocks so clean your workspace everyday to avoid this. Blue is a great color for your office, it increases career ambitions and goals. Plants are also useful, they absorb negative chi and brings an organic field to an automatic environment.

## **Desk Placement and You**

The desk is the centerpiece of your office. Position the desk where it's easy to see the door and place your chair against a solid wall. Don't put your trash can under the desk. Don't use floor mats with the business name as it symbolizes people “stomping on” your business. Remove any sharp objects and plants and get rid of old files to create space in your cabinets. Choose furniture proportionate to your office size, avoid putting pictures overhead and make sure your office is well lit.

## **Home Office**

Home offices have become a big thing these days. Here are a few tips on how to make your home office feng-shui perfect: place your home office as far from the bedroom as possible, use feng shui colors and positive images that induce well-being and creativity in you, keep it well-lit and with good air quality, place your desk facing the door, de-clutter and keep it organized.

South is the best choice for the direction of your home office. The best shape is a room with rectangular proportions and don't sit with your back to the door.



Separate your home work space from your bedroom and be sure to keep a separate entrance for clients and your family.

Avoid placing the office in the central or southwest area. It's not helpful for happiness and prosperity. Install objects and accessories that symbolize water energy and even place a metal safe in there to symbolize wealth and prosperity. De-clutter and organize, again. Use low toned colors, comfortable and functional furniture and place fresh, healthy plants and flowers in there but remember to properly care for them. Dead flowers bring dead energy, and after all that effort that's the last thing you need.

# Chapter 14

## Simple, Powerful Ways to Boost Your Home's Energy

Many people don't realize that the power of feng shui goes beyond the physical rearrangement of objects and furniture.

Color is an often overlooked aspect of feng shui, and many forget that color is such a powerful element in attracting and enhancing energy in one's environment. Color affects moods, emotions, physical and mental states and is one of the most inexpensive ways of altering one's environment to suit feng shui rules and principles.

Feng shui has two types of colors to consider—yin colors and yang colors. Yin colors affect energy, promote healing and relaxation. These colors are best applied to the bedroom or a child's nursery—spaces that need peace and stillness. Blue is one of the primary yin

colors. It's the color of the sky and the ocean, both of which gives an impression of serenity and calm. Blue is also commonly used in feng shui as an aid for healing and recovery. Blue is also effective for enhancing wisdom and knowledge.

Black is another yin color. While black is not considered to be a calming color, it's very effective in enhancing overall feng shui energy. It can be reinforced even more when combined with a metallic hue. Black is also used for healing. White is yet another yin color. It represents confidence and purity. Purple is another yin color, closely associated with awareness and spirituality.

Yang colors give energy and vibrancy, as opposed to the calmer yin colors. They're meant to balance the yin and increase the overall energy in a space.

Red is a yang color that's probably most widely used in feng shui. Red is an active color, increasing energy, invigorating the body and inducing excitement. Too much red, however, can be overwhelming, so take extra precaution to use it sparingly.

Yellow is another strong, bright, vibrant yang color. Yellow works well in enhancing relationship and friendship building energies. However, like red, too much of yellow can be overwhelming and can cause anxiety when applied in large doses. Orange is a yang color that gives off structure, organization, inspiration and ideas. Other yang colors include gold, mauve and maroon, tones of red and yellow. These are said to aid in love and financial matters.

Balance should always be applied in any feng shui application. A space in need of a lot of energy need not be filled to the brim with red colors. Too much energy is draining and will only leave you with a feeling of fatigue and tiredness. This is where combinations come in handy in balancing out strong and calm, good and bad energies in a space.

Subtle, mute colors like beige, nude and tan work well to neutralize yang colors and energies. They're often applied to offices and bedrooms, spaces where too much energy can be offsetting.

Color cures don't have to be confined to the interiors of your home or office. Exterior color enhancement will also create a positive energy balance. Know what colors are best applied where, to achieve that perfect balance in your environment.

## **14.1 Lighting Up Your Life to see Positive Results**

The employment of the most fundamental feng shui guidelines can result to a home that's filled with positive energy. Color is the simplest yet one of the most effective ways that can be used to attract a feeling of balance, calm and harmony in your environment. Positive results also come in the form of reduced stress.

In the achievement of reduced stress, warm, soothing colors play a major role. Aim for soft, neutral, calm colors like blues, browns, pastel colors. Even light ashy grays can be used.

Stress can also be reduced by rearranging furniture and décor. This is probably the most common practice related to feng shui. Create a welcoming environment by placing your furniture facing the door. As previously mentioned, this gives you a feeling of calmness, increased view and wider foresight.

While you're at it, why not clean up clutter and organize things. A calm, uncluttered environment leads to a calm, uncluttered state of mind.

## **14.2 Clearing the Clutter: Getting Rid of Things you Don't Need**

Clearing clutter not only organizes your physical environment but also clears up the space so that energy can flow freely. You can start this process by strategically placing things with intent or disposing of unnecessary things in your home or office.

Here are a few tips to effectively de-clutter your home or office: set a time and date that's devoted to just cleaning out your clutter, open the windows to let fresh air in, wear comfortable clothing, ask someone to help you to avoid being overly sentimental about things you don't need any more. It's hard if they meant something at one point in your life so you could do with a little push to make a decision.

Sort out the things that you can never part with and re-organize them so that they're displayed in orderly fashion and stop clutter before it starts.

## **14.3 Cleaning for Increased Freedom and Happiness**

Cleaning can also bring about increased freedom and happiness. Your environment reflects your lifestyle, and a clean and orderly environment will result in a clean and orderly life.

Don't think of cleaning as a huge unattractive task. Realize that it gives you the chance to use what you learned in feng shui that will greatly benefit your life.

When sorting through your things, determine which ones really reflect and are true to the life you hope to achieve. Eliminate or improve some things that really mean nothing, or are just there to take up space and gather dust.

Gain clarity by removing unnecessary and unwanted things from your home. This is much like letting go of bad energies that only do you harm. This also allows good energy to flow in and circulate without being blocked or obstructed.

Getting organized clears the path ahead for the countless blessings that will come into your life. Feng shui aids in achieving this goal, and ultimately getting in tune with universal energy. The more organized your physical environment is, the steadier the flow of universal energy will be. It's in this light that feng shui teaches us how to improve our lives by properly

organizing everything that surrounds us to increase the energy and help attract what we desire into any part of our life we choose.

**So there you have it.  
Your complete guide to feng shui secrets  
that will change your life.**

There's a ton of information here for you to devour and help you understand the correct way to implement feng shui using the bagua. I urge you to really take the time to fully understand how to use feng shui properly to achieve your life's desires.

It's all here, in black and white, it's your feng shui guide, your reference and your co-pilot helping you create harmony and balance and navigating you towards your goals.

The results you can achieve from using feng shui make it extremely exciting and great fun! And remember, it should always be practiced with positive intentions.

Thank you for purchasing the eBook and look out for more fantastic feng shui tools from WayToFengShui.com to help you on your journey.

Study this well, use it wisely, start smiling and look forward to an amazing future!

Happy feng shui-ing!



**Lin Mai**

WayToFengShui.com



# 風水

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