

Feng Shui Demystified

by Michelle Luongo

Chances are you've heard of Feng Shui (pronounced "fung shway"), the ancient discipline that teaches us to live in harmony with Earth's environment. Feng Shui contends that the environment is crowded with invisible, yet powerful energy - chi, that carries with it either harmony or discord... auspicious or inauspicious energy. When you improve the flow of chi with Feng Shui, you are taking a positive step towards enhancing your quality of life, helping your intellect, physical body, and spirit grow healthier and more resilient. The method of improving your life and your outlook by enhancing your environment is the basic concept behind the principles of Feng Shui. Literally, "Feng" means "wind" and "Shui" means "water". In the Chinese culture, gentle wind and clear water have always been associated with good harvest and good health, thus "good Feng Shui" came to mean good livelihood and fortune. Experience has shown that by creating balanced and harmonious places in which to live and work, the quality of our lives can be greatly enhanced. **Ancient Wisdom for Modern Times**



The practice of Feng Shui originated in China dating back some 5,000 years. It was believed by the Chinese that people, for better or for worse, were influenced by their surroundings. Feng Shui advocates living in harmony with the Earth's environment so there is proper balance between the forces of nature. The theories of yin and yang and the balancing of the five elements: earth, water, metal, fire, and wood are some of the basic aspects of a Feng Shui analysis. According to ancient

When you look at your home, you are looking at an outer expression of your inner self. Everything in your outer life - especially your home environment, mirrors your inner self. Everything in your home has an effect on you, from the smallest object to the largest design structure. Your home is a living portrait of you and your life. Making changes in your home will help to create positive changes in your life.




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philosophers, interpreting how these elements and the flow of chi interact in the physical environment can be combined to create transformation in one's life. Creating Harmonious Environments We have adapted Feng Shui philosophies into our western culture by arranging our environments in a harmonious way to encourage a nourishing, happy, balanced life. Feng Shui incorporates interior and exterior design elements by utilizing components such as lighting, color, placement of furniture, mirrors, plants, and landscaping to maximize human potential and well-being. When you look at your home, you are looking at an outer expression of your inner self. Everything in your outer life - especially your home environment, mirrors your inner self. Everything in your home has an effect on you, from the smallest object to the largest design structure. Your home is a living portrait of you and your life. Making changes in your home will help to create positive changes in your life. In the home, Feng Shui positioning creates harmonious relationships, attracts abundance and fosters good health. In business, observing Feng Shui principles is a sound way of creating opportunities for growth, improving



your standing in the community, and attracting new customers. The ancient science of Feng Shui can create advantageous results when applied to modern living environments. By embracing Feng Shui, you embrace the fact that you deserve balance, harmony, spiritual fulfillment, empowerment, and clarity. So, let Feng Shui help you reach out and take hold of all those things - you, your life, and your future. All stand to benefit immensely if you do!

Michelle Luongo, CFSC, is a Certified Feng Shui Consultant and a graduate of The West Coast Academy of Feng Shui based in Half Moon Bay, CA

where she earned her certifications in both the Feng Shui Practitioner Program and Advanced Compass School Classical Feng Shui. Michelle has over ten years of experience practicing Feng Shui and interior design. She is recognized for blending real-life situations with Feng Shui knowledge that educates and motivates while offering real solutions on a wide range of projects from residential properties to mid-size businesses. Michelle

has joined as an instructor The West Coast Academy of Feng Shui as it brings The Feng Shui Practitioner Certification Program to S. Florida in March 2009. Her unique combination of skills creates innovative, intuitive, and practical solutions to multifaceted teachings and consulting. Michelle is the founder of Balanced Living, Inc., a consulting firm located in S. Florida, and is a member of the International Feng Shui Guild, the Feng Shui Society, and the International Feng Shui Association. For more information, Michelle can be reached at 888.272.7094, email michelle@balancedlivinginc.com or visit www.balancedlivinginc.com. See ad page 68.