



NINE DAYS

WITH FENG SHUI

By Feng Shui
Arkitekten

2022



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TRY FENG SHUI FOR 9 DAYS

Feng Shui Arkitekten



HELLO, I AM THE FENG SHUI ARCHITECT

I am a graduate of the Mindful Design School, and a Feng Shui practitioner. If you are new to Feng Shui, I have a nine days plan for you. Try out Feng Shui for nine days and notice how the energy changes.



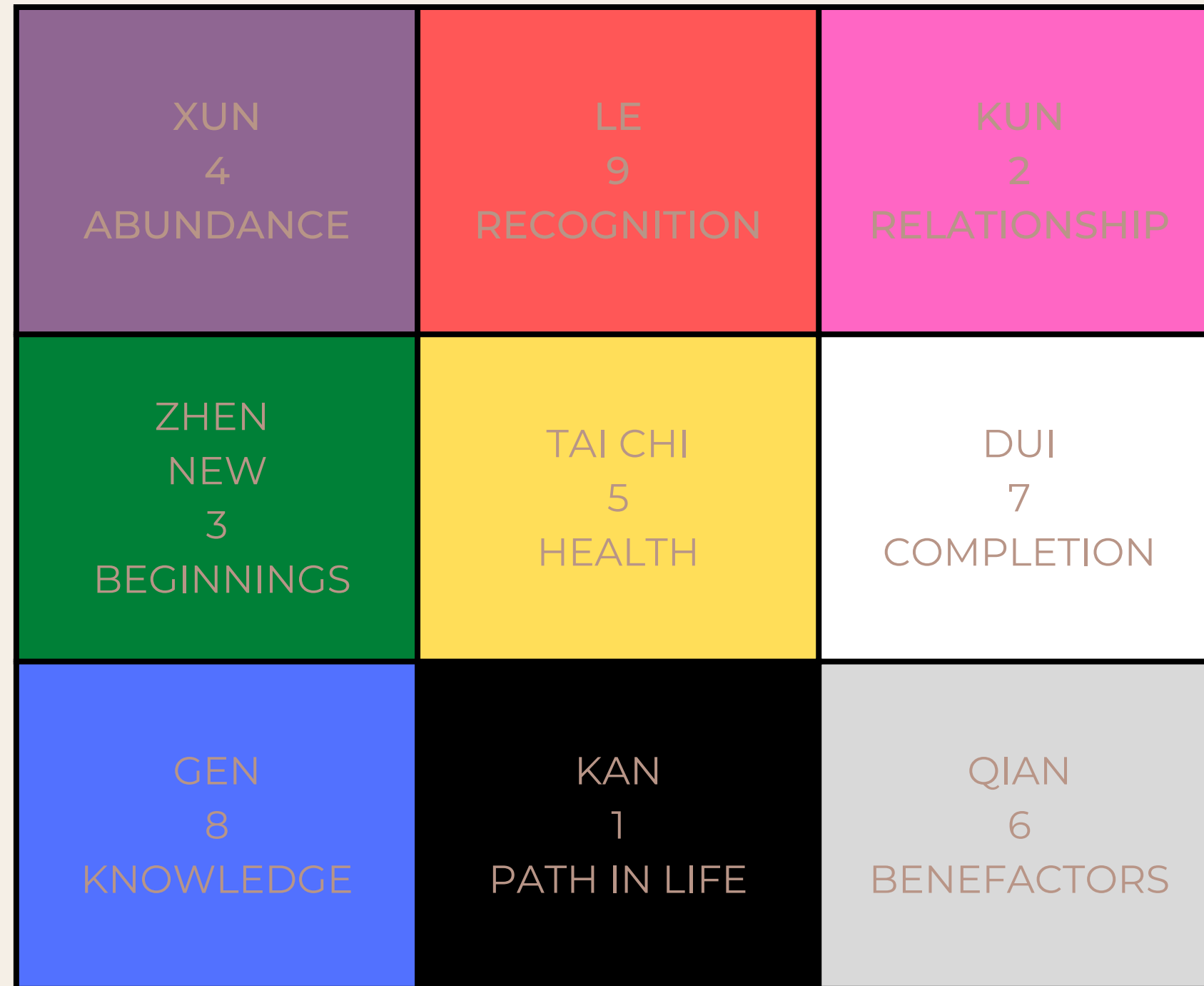
FENG SHUI WORKBOOK

This workbook is for you who want to try Feng Shui. This book will get you started. You do not need a large budget, but an open mind and a positive intention.

*Namaste
Line Lovas*

@fengshuiarkitekten

BAGUA MAP



Align with entrance wall/door of your home



The nine days in relation to the Bagua map

one
I

PATH IN LIFE

two
2

RELATIONSHIP

three
3

NEW BEGINNINGS

four
4

ABUNDANCE

five
5

HEALTH

six
6

BENEFACTORS

seven
7

COMPLETION

eight
8

KNOWLEDGE

nine
9

FAME



Day 1

FOCUS ON THE FRONTDOOR

KAN
- Path in life-

In Feng Shui, the front door is referred to as "the mouth of chi." This is where all energy and opportunities enter your life and your home. Declutter and remove objects that tend to accumulate at the front door. Then clean your front entry, interior and exterior. Make sure you have a solid doormat, that lights are working and that the area looks welcoming. You can add some green plants or flowers to make the entry feel more inviting.

Now open the front door for 9 minutes and see what happens.



Day 2

LET GO OF 9 THINGS

KUN
-Relationships-

How are the items in your home affecting you? Do you have some items or belongings that no longer resonate with you? Maybe they were given as a gift, and they no longer spark joy when you look at them. Today, let go of nine items and do it with a grateful heart.

When you are done. You can honor yourself with a boost in your selflove, or your relationship. This can be done by adding a rose quartz or any other pink item in the right corner of you bedroom, (standing in the door looking in.)



Day 3

PLANT YOUR INTENTIONS

ZHEN
-New beginnings-

Today you can write down 9 intentions of things you want to manifest into your life. When you are done, you get 9 new plants and place them in your home with the intention of your desires are starting to grow.

Plants come from nature, therefore they embody life energy and brings vibrant chi into your homes.



Day 4

BLESS YOUR HOUSE

XUN
-Abundance-

Today you focus on giving gratitude to your home. Your home is your safe space and it should be uplifting to be at home. Can you give gratitude to the home you live in and thank it for all that it offers you?

In Feng Shui we think that everything is made of energy, also your home. If it resonates with you, give your home a name. This may come to you in meditation. And then set up an altar. It does not have to be advanced, just gather some things that are sacred to you. This can be placed in the area you meditate, and this can be the place you send good thoughts and thanks to your home.



Day 5

MEDITATION & FRIDGE CLEANING

TAI CHI
-Health-

If you are not familiar with meditation, try this. Sit down and relax for 5 minutes and say quietly to yourself; "I am breathing in, on the inhale and "I am breathing out on the exhale."

Your fridge represents your health and prosperity. It is related to how you nourish yourself. Today remove expired food, rotten ingredients and wash your fridge . Keeping your fridge neat and clean helps a positive energy flow in favour for health and abundance.



FIX 9 THINGS AND HONOR SUPPORTIVE PEOPLE

QIAN
-Benefactors-

If there are broken items around your home that needs some fixing, today is the day. Broken items can drain some of the good energy in your home, so try to do something about it. If it is out of your expertise, you can use this day to book someone or ask for help. Start the process of getting it done. Your mind might also suffer a bit from thinking about things you need to get fixed. You will most likely feel so much better when you get started.

Today you can also write a letter or send a text to someone who helped you in a situation and thank them. You might make a positive impact on their day as well!



SPACE CLEAR YOUR HOME AND LIGHT A WHITE CANDEL

DUI
-Completion-

Let´s celebrate your effort from yesterday and complete a cycle of the old home energy with a space clearing. This symbolizes the ending of the time you did not know how much your home meant for your wellbeing. We close a chapter together and make a ritual of this ending.

By space clearing, we clear out all the old energy and believes. There are many techniques that you can use. Smudging with palo santo wood or sage. Diffusing with orange essential oil, or ringing a metal bell. Using the vibration of sound is also effective if you can´t burn something. If you don´t have any props for a space clearing available, it can also be powerful to use your mind. Visualize bright white sunlight is filling and cleansing your entire home.

Hold an intention of what you want to cultivate in your life and light a white candle



Day 8

TAKE COMMAND OVER YOUR SURROUNDINGS

GEN
-Knowledge-

An important principle in feng shui is the command position. This relates to how you can position yourself in life. Apply this principle to your desk, stove and bed.

Why? The desk represents your career, the stove represents your wealth and the bed represents you.

How? From these locations make sure that you can see the door without being directly in line with it.

On a subconscious level this possession makes you more comfortable because you see what it coming.

When you are in command position, you are in command of your life. You take charge over your life and set yourself up so that you are in a position to receive positive energy and positive opportunities.



9 RED FLOWERS ON YOUR NIGHTSTAND

LI
-Recognition-

Fame and recognition. What do you associate these words with? Something you run away from or something you chase? In any type of work, it can be very meaningful to receive recognition for the effort you put it to it. However, how are your private barometer for recognizing yourself? Now you are at the end of a nine-days program of trying feng shui, why not give yourself some recognition for the work you have done. Perhaps you have had some great moments and you feel how the energy of your home has changed. Maybe the changes you were looking for are so subtle that you don't feel it yet. The shift of energy often starts within and then materializes on the exterior. You should honor yourself for trying new things and recognize that you are working with feng shui on different levels. As a boost and a remainder, get 9 red flowers and leave them on the nightstand in your bedroom. Nine and red are about very auspicious in feng shui. You might experience some magic, let's try.



I hope this gave
you some joy and
more love for Feng
Shui

by Line Lovas



NAMASTE

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WORKBOOK

