



FENG SHUI TIPS & TRICKS

By Rachel Niemczyk

Feng Shui is an ancient practice developed in China in which you move items in your environment to create changes in your life. Your house/apartment/office is divided into several areas, or guas, which represent a specific part of your life. Each gua has its own set of elements, colors, shapes, and ideas that can support or detract from it. By moving the furniture and items in each area to create the most supportive environment you can see changes in your own life.

Literally, the words "Feng Shui" translate to wind and water. Both wind and water flow easily, yet strongly, and that is how you want the energy, or chi, in your space to flow.

There are several different types of Feng Shui. Some focus on geographical landforms or compass directions. I use the Black Hat Style, which focuses on your immediate space and intuition.

Feng Shui is excellent for people who want to take back control of their own life and create changes. The solutions can be simple or extravagant, but most important is the intention with which the actions are done.

1. Clutter is the root of all Feng Shui evil. Energy moves like we do. If you find it easy to move throughout a space so will the energy. If you find it somewhat difficult, the energy will have a difficult time as well. This applies to furniture, items on display, even closet space.
2. If you love an item it brings positive chi into your space. If you dislike an item it brings negative energy into your space (no matter how good the intentions were when the item was given to you).
3. Drains, will drain chi from your space. A simple solution is to tie a piece of red string or tape around the pipe. It's out of sight and the color red represents energy so you're balancing out the effect of the drain.



4. Just as doorways allow people in and out they allow energy in and out. This becomes a problem if your door is at the top/bottom of a staircase. Too much energy can be let out (leaving your space without enough energy to flow well) or too much energy can be let in (clogging up your spaces energy flow). You can keep the door closed the majority of the time, hang a Feng Shui crystal a foot away from the door, or place plants by the door to improve energy circulation.
5. It is not just the inside of your space that is important; your outer surroundings can also adversely affect you. If you get annoyed by noisy neighbors chances are their energy is entering your space with unfavorable results. A simple solution is to place a mirror (any size or shape) in a window with the reflective side facing the disturbance.