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FENG SHUI 101

Feng Shui is an ancient Chinese practice that focuses on generating positive energy within a space and for its inhabitants. "Feng" literally means wind and "shui" means water. The Chinese believe that these two elements represent good health and good fortune. Based on Taoist understanding, Feng Shui is centered around the "Chi" or energy within a space. By following the rules of Feng Shui, we can manifest good energy within our homes. Although it is uncertain exactly when the study of Feng Shui began, it can be traced back thousands of years to the Tsang Dynasty. Master Yang Yun Sang, who has written numerous texts on the practice of Feng Shui, is considered its founder. Feng Shui can be very complex because it encompasses so many different elements, making it difficult to master. However, there are a few rules of thumb to get any beginner going in the right direction!

Don't know where to begin? Follow these tips to get started!



1) **Clear Out Your Clutter**

First and foremost, get rid of everything you don't love in your home or consider unnecessary. This process can be time consuming, but well worth the end results. A clean and clutter-free home will always cultivate good energy.

2) **Create an Inviting Entryway**

The door and entryway are extremely important in feng shui because this is where the Chi enters your home. Energy should enter and flow freely, rather than be obstructed. Avoid entryways that face a staircase, wall, or mirror. Also, front doors that are directly in line with the back door. Be sure to create an inviting space. Incorporating bright colors, a piece of artwork, a vase of flowers, or even a small fountain in your entry way can easily do the trick.

3) **Define the Bagua**

The Bagua of your home can be determined using the feng

shui energy map. Depending what direction your home is facing and where each space falls on the map, you can manipulate colors, textures, & furniture to bring good energy to specific areas of your life. Each direction on the energy map has a corresponding element, color, and life area. By adjusting various spaces of your home accordingly, you will be able to bring positive energy to the life areas of your choice. For example, North corresponds with: element - water, colors - blue and black, and life area - career.

4) **Use the 5 Basic Elements**

The 5 elements are used together to create a harmonious balance of energy in your home. Each element has its own corresponding colors, which is one of the simplest ways to incorporate them into your home and strengthen your Chi.

Wood: green and brown | Water: blue and black | Fire: red, orange, bright yellow, pink, and purple | Earth: light yellow, beige, and light brown | Metal: gray and white

5) **Be Mindful of the Feel of Your Home**

You want the energy to flow freely through your home at all times. The less clutter and obstructions there are, the better. When incorporating various elements, be sure to create a space you enjoy looking at and being in. The rooms in your home should be comfortable and inviting for everyone in your family, as well as guests.

Source: www.about.com/homegarden

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