



## Does Your Home Flow?

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A dear friend of mine was woeful about not having a man in her life. She wanted marriage and children. She was smart, thrifty, delightful and not bad to look at...so, what was up? I asked her to describe a section of her bedroom. It had an old, overstuffed chair covered with clothing and books, shoes and just any old thing tossed in the corner. I said, "That is your relationship section. How is a guy supposed to get in there? How welcome do you think he would feel to step into all of that?" Almost immediately upon arriving home, she cleared the chair, placed a nice cozy pillow on it, picked up the scattered items disposing of them properly and added some uplifting and encouraging items like a book on happy relationships, and a small table with flowers and a favorite picture of herself. In no time at all her sister set her up on blind date. At first she balked at the idea, but quickly acquiesced accepting that she had to take some steps out of the ordinary to have the life she wanted. Case: Desire for marriage and family. Outcome: Six months later my friend became engaged to her blind date and now has a three year old daughter!



A client, whose life had been on an impressive up swing, had hit a plateau. His professional growth just stopped one day. He had plenty of work with existing clients, but had not increased his income for some time. As I surveyed his place, I noticed that the kitchen was dusty and although not actually cluttered, it felt somewhat disorganized. The dinette area had neatly stacked cartons. As we chatted, I discovered that he worked out of his home. Once his business took off and he became busy, he began ordering in every meal, with the exception of morning coffee. Since he no longer used the kitchen, he began using it to store old files and business supplies. I explained to him that this was his wealth section, that the rooms in a home as it is the vessel of In ancient times, a man's wealth was feed his family, showing abundance carried through the ages, and, in a lot of client what he thought of that. He said it made absolute sense. We discussed some details of cleaning, clearing and enhancements, and that even if he did not cook himself, he would begin to eat at the kitchen table as often as possible. He would stock the counter with fresh fruit for snacks and make a concerted effort to cook when he had down time. Case: The wealth area was void of any activity and stagnant. Outcome: In less than a month, my client's stock portfolio grew considerably, he took on two new clients and one of his major projects was revamped increasing his fee measurably.



These are two simple examples of the power of Feng Shui—Chinese for Wind Water, connoting natural flow. Have you ever walked into a room and immediately felt like you had arrived home—or felt completely uncomfortable? What you are feeling is *chi* (*life force energy*). How a space is created, designed, decorated, arranged, etc., affects all levels of life, such as health, wealth and relationship, to name a few. A process with which to direct chi is Feng Shui.

Feng Shui is the act of setting an intention and using your environment to create, support and direct the action of manifesting that intention. Have you ever seen, actually seen electricity? You have seen the result of it: lightening, engines running, heat. You know of its power and affect, but electricity in and of itself is a mystery. This is the case with Feng Shui—you cannot see it working and yet you can see, hear, taste, smell and feel its power; its absolute affect on your life.



The power of Feng Shui is to promote the *harmonizing flow of chi*. Although every culture has its own customs for designing and decorating homes, the practice of surveying the chi of a house, and then making adjustments to enhance or diminish the flow, originated in Asia and has steadily made its way west over the past century. Feng Shui uses mundane and transcendental courses of action. Remedies can be anything from cleaning up and hanging a crystal to painting and renovating. The desire for balance and the willingness to take the steps required to “cure” a disparity, draw in unseen forces and universal support—the mystical aspects of Feng Shui. Colloquialisms, folklore and superstitions play huge roles, as well.

Everyone and everything has chi; it is a scientific fact that everything is made of energy. The disarrangement of your space can make this vital flow move too fast or too slow and even block the chi, creating challenges in all areas of your life.

Does your environment measure up? Read on for some simple remedies you can use to enhance your home and your life!

### Take A Quick Quiz

- 1) The entryway looks:
  - a) Welcoming
  - b) Blocked with a wall, causing one to immediately turn to come in
  - c) Directly at the toilet!
- 2) My home:
  - a) Is spic and span
  - b) Could use a cleaning
  - c) Is cluttered, disorganized
- 3) The rooms in my home:
  - a) Complement me and my family
  - b) Feel tight
  - c) Are dark and stuffy
- 4) When I spend time at home I feel:
  - a) Energized and content
  - b) Uninvolved/complacent
  - c) Depressed/sick
- 5) Are the colors of your walls:
  - a) Uplifting
  - b) Monotone
  - c) Old and gloomy and in need of a fresh paint job
- 6) In my bed:
  - a) I can effortlessly see the hallway and am not in the path of the door
  - b) My feet point out of the door



**The Bagua**  
(primary mapping tool)

- c) I cannot see through the door without sitting up and turning
- 7) My kitchen:
- Is set up to easily see anyone entering when I am cooking at the stove
  - Is next to the bathroom
  - Never gets used; I eat a lot of Chinese takeout!
- 8) When exiting my home, I see:
- A clear, safe passage
  - My neighbor's door
  - Obstructions—like junk or a tree
- 9) The back of my home faces:
- A hill
  - An alley
  - A cemetery



### Tally Your Score

- “a” answers equal 3 points
  - “b” answers equal 2 points
  - “c” answers equal 0 points
- 23-27 points: Your intuition is at its peak in creating a home environment that both supports and energizes your life. Make occasional updates and moves to keep stagnant chi at bay!
  - 19-22 points: Not bad; your home is most likely not pristine, but very comfortable. Your life may be rolling along, but nothing exciting has happened in awhile. Look for static or blocked areas to clear and use some uplifting symbology to enhance the flow of chi throughout—get life going again! Ask yourself, “What’s next?”, and then go about creating it!
  - 10-18 points: There are many difficult and challenging areas to be dealt with, most likely in every room. Your life may regularly be plagued with conflict and incompletions. A thorough housecleaning, de-cluttering and etheric space clearing is probably in order. What are you holding on to that is sapping your chi? Live in the present!
  - 0-9 points: Overcoming life’s obstacles is a struggle, and your home reflects a major lack of chi flow. You may need to move! Only a Certified Feng Shui Practitioner can analyze and offer you the advice and guidance necessary to determine your best course. You may be able to break through these blocks, and, if not, the Practitioner can consult on what your new home will need for your optimum benefit.

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