

FENG SHUI TIPS FOR HARMONIOUS LIVING

By Jane Langof



Feng shui is an ancient art and science, used to create harmony and balance, enhance your surroundings and support your goals in life. Traditional or classical feng shui involves an analysis of energy patterns in a building and how it can impact you on a mental, spiritual and physical level.

The information required in a traditional feng shui analysis is the compass direction, floor plan and the age of a building. This data is used to read the 'energetic blueprint' of a home, which can tell a feng shui consultant about the energy patterns in various rooms and the impact it can have on your life. Surrounding landscapes, interior design and the general feeling within the home are also important in feng shui.

Feng shui remedies involve balancing energy patterns with the five elements of fire, earth, metal, water and wood. Although the remedies used in feng shui consultations are specific to each home, there are general tips one can implement to enhance their surroundings. Here are my top feng shui tips for harmonious living.

Clear your clutter

Clutter is the accumulation of items and objects that are not needed, used or valued. Clutter works against your feng shui, signifying worry and tying you down, leaving little room for new opportunities to enter your life.

Use the clutter test and ask yourself: Do I need it? Do I use it? Do I love it? Think about whether your belongings represent who you want to be today and if they can be better used by people in greater need.

If clearing clutter seems like an insurmountable task, start the process slowly and make a plan to clear the clutter one drawer at a time. You will be surprised at how this will release energy and eventually motivate you to clear more clutter.

Clearing clutter is beneficial for your feng shui as it clears blockages and allows a more harmonious flow of energy around your home. It helps to remove obstacles and create space for new opportunities to enter your life.

Improve the street appeal of your home

The front of your home symbolises the ability of Qi (chi) or energy to enter your home, so the objective is to make the front of your home as appealing as possible to enhance opportunities.

To enable Qi for visitors and opportunities to find you easily, ensure that the numbers of your home are clear and

noticeable. Spruce up the front of your home by clearing the path to your entrance and clearing away obstacles. Keep your garden well maintained and avoid storing bins and unpleasant things at the front entrance.

Qi is naturally attracted to water, so while having a water feature at the front of your home is generally considered to be favourable, the correct placement of a water feature is critical, as moving water amplifies both positive and negative energies. If you have noticed your feng shui working against you since installing a water feature, try switching it off or moving it to another location.

An inviting front entrance

Your front entryway is important in attracting Qi and directing the movement of energy. To draw favourable energy and opportunities into the home, place a decorative focal point in immediate view from your entrance. This can be achieved with a beautiful piece of furniture, artwork or accessories that you notice and admire whenever you enter your home.

It is generally considered taboo to place mirrors directly opposite your main entrance, as this symbolically reflects Qi and opportunities out the front door. Think about being unexpectedly faced with your reflection as you walk into a building – your attention is taken away from your surroundings and you are more likely to focus on your hair and makeup!

Natural light and ventilation

Fresh air and sunlight is as important for feng shui as it is for good health, and the quality of natural light and indoor air impacts Qi and energy. It is advisable to regularly open curtains and windows to let natural light and fresh air into your home.

Indoor air pollutants can become potentially hazardous over time and cause sickness and fatigue. Therefore, it is recommended that windows and doors be opened for at least one hour a day to allow fresh air to flush through the home. This is particularly important when moving into a home that has been newly built or renovated, as new furnishings and paints release chemicals and volatile organic compounds into the air.

Indoor plants also help absorb pollutants and recycle carbon dioxide. Peace Lilies (*Spathiphyllum*) are an excellent choice because they are considered hardy plants, effective in filtering indoor air.



Cleaning and maintenance

Dust, cobwebs and grime represent stagnant energy, which can bring about tiredness and a lack of motivation. Thorough cleaning enhances favourable energy, so aim to clean regularly and ‘spring clean’ every few months. Opt for natural and homemade cleaning products such as vinegar, warm water and good quality microfibre cloths. Conventional cleaning products contain toxic substances that are harmful to your health.

Fixing things around the home will also help you reduce negative energy and tension. Start by making a list and prioritising things you notice are out of order when first entering the home. You may need to paint the front door, change light bulbs, fix leaking taps and clean exhaust fans. Completing odd jobs around the home provides a sense of accomplishment and achievement, which in turn enhances positive energy.

Make your bedroom a sanctuary

Your bedroom is the place where you spend a large amount of time so it will have the greatest energetic influence of all of the rooms in your home. As the energy also affects you while you sleep, it is ideal to decorate your room with soothing colours and the things you love. Having a clean, clutter-free and well-organised bedroom is beneficial for your feng shui.

The main function of the bedroom is for relaxation and recuperation so it is best to avoid electrical equipment

such as televisions. Electrical equipment produce electromagnetic radiation that can affect your health and quality of sleep. Electronic clock radios generally emit high radiation levels, so placing them at least two metres away from your bed head is recommended. Otherwise, opt for mechanical or battery operated clocks.

Mirrors are also considered to be unfavourable in bedrooms, especially when they reflect the bed, as this symbolises conflict between partners. Bedroom mirrors raise energy levels in a space that should otherwise be restful. If you have mirrors in your bedroom, it is advisable to cover them at night while you sleep, using a screen or curtain.

Focus on positive intentions, actions and thoughts

Feng shui focuses on changes to the external environment to improve energy on an internal level, within oneself. Improving your feng shui can be the starting point of positive change, however the individual also has a responsibility to bring opportunities to fruition.

Your actions, thoughts and words are powerful and can change your world. Consider what you would like to achieve from your life and support your goals with positive thoughts, affirmations and actions. Combining a positive attitude with good feng shui will help you on your way to creating a happy and harmonious lifestyle. ❖

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