



About FENG SHUI

The popularity of Feng Shui, the Chinese art of placement, is increasing dramatically in the West as people discover what extraordinary changes it can make in their lives.

Feng Shui helps people make the changes in their homes that can improve their health, happiness and prosperity. It can also increase sales, productivity, and harmony in the workplace.

Feng Shui is founded on three basic principles:

*** all things in our physical world are filled with living energy called Ch'i.** This includes things we may not already consider animate, such as buildings, furniture, machinery and land. Feng Shui views our homes and workplaces and living "beings" whose aliveness can support or undermine our success, health and happiness.

*** all things are interconnected by Ch'i.** We share a relationship with everybody and everything in the physical world. This gives a whole new importance to things such as our personal possessions, our neighbors, and our communities. Feng Shui maintains that the quality of our relationships with all people, places and things can enhance or hinder our health and happiness.

*** the Ch'i in all things is constantly changing.** We witness change every day in our bodies, our states of mind, our families and in nature. Feng Shui suggests that we use the dynamic quality of Ch'i to our advantage. We do this by allowing the arrangement and décor of our

homes and offices to change with us, reflecting and supporting who we are now rather than who we used to be.

These Feng Shui principles view the world as completely alive, interconnected and dynamic. In our everyday Western world, we can use these principles to create the most advantageous and harmonious living and working conditions. Whether you want to relax in comfort at home, or work in an invigorating and empowering office, Feng Shui can help you set up environments that ideally serve your needs.

How do you do this? Take a Feng Shui Survey of your home or workplace, using the three guidelines listed below.

1. Put comfort and safety first.

In Feng Shui, comfort and safety are paramount in your home and workplace. Sit in an uncomfortable chair for an hour and you'll recover. Sit in an uncomfortable chair every day for a year, and your entire life can be affected, because the chair is connected to your health, prosperity, relationships, and literally every facet of your life.

Whenever possible, occupy the "power position" in a room – facing toward the door or entry. This is especially important when placing your desk or bed, since you spend a lot of time there. If you face away from the door, you are powerless to see what is going on behind you. This can create discomfort, since you might be startled when people approach from behind, and then you have to crane your neck to see them. As in the case of the uncomfortable chair, if this

continues for a long time, it can cause problems that ripple out into every aspect of your life. Be sure to check for unsafe features in your environment. Sharp corners, pointed objects, crowded thresholds, and heavy objects overhead are just a few of the potential hazards that can deplete you in your environment.

2. Love what you live with, and live with what you love.

Take a detailed look around your home or office. How many things do you really love? Are there items around that hold bad memories for you? Paintings that depress you? Things that are just taking up space? In Feng Shui, everything in your environment is seen as alive and "talking" to you every day. Make sure your surroundings are giving you the right message and that your art, furnishings, and features generate warm, positive feelings.

3. Express yourself.

Enhance your home and office with "Ch'i builders" of your own making. Your creative additions to your environment express your vitality and invigorate the Ch'i circulating through your surroundings. Arrange flowers, add bright splashes of color, make your own artwork, and move the furniture around to express who you are now. Make whatever changes are appropriate to express the new you.

Feng Shui is about creating your own personal paradise, where comfort and safety rule, cherished possessions abound, and change flows freely in support of your self-expression and happiness.

This is an article based on Terah Kathryn Collins' book The Western Guide to Feng Shui