

USA Today Article

1. What exactly is Feng Shui - what are the principles of it and how does it relate to your home and placement of decor?

Feng shui is the ancient Chinese practice of creating positive energy flow in the home creating health, happiness and prosperity. The techniques were once used by emperors, today it is popular with asians and non asians as the west has understood its many benefits.

A feng shui consultant will assess the color schemes, lighting, furniture placement, plants and the general surroundings of a property.

There are five elements in feng shui which are fire, water, metal, wood and earth.

Each element is associated with specific colors, shapes and possesses distinctive qualities.

For example, metal.

It's shape is round and it represents clarity, logic and focus.

Over a period of time, too much metal can make one overly critical and speak without thinking.

Not enough metal results in lack of focus and complacency.

To enhance an area with metal add:

Metallic objects such as aluminum, gold, silver, copper.

Oval and round shapes.

White, silver, grey.

There is a creative and destructive aspect to each element.

For example, earth nourishes wood and wood is destroyed by fire.

The goal in feng shui is to keep all five elements equally balanced thus creating a harmonious and thriving environment.

The shape and placement of furniture is important for good flow.

Angular furniture with sharp edges can make one feel uncomfortable without knowing why.

Too much furniture can make one feel boxed in and restricted.

The shape and color of plants' leaves are important as well.

Round leaves are harmonious and resemble coins for prosperity.

Long pointed leaves represent daggers and are aggressive.

Avoid plants with two toned leaves, they symbolize arguments and division.

2. Are there any dos and don'ts on how to execute it - steadfast rules? Tell us how!

Some steadfast rules in feng shui are:

- Make sure your door bell works properly or you might be passed by in the world.
- Your doormat should be welcoming, florals are great. Stay away from doormats which have negative expressions such as, "Stay Away." You won't have many friends.
- Broken or cracked windows should be replaced. They are our eyes on the world.
- Water features represent money and go in the front yard.
- Avoid homes situated at a T-intersection, this energy is called poison arrow and is destructive.
- The guest room should be over the garage, as your car comes and goes, so does energy. You want your guests to eventually go.
- Mirrors in the dining room augment prosperity as can a mirror behind the stovetop.
- Bunk beds can slow a child's physical and emotional growth, unconsciously they can feel trapped.
- Avoid dried flowers, even if they hold memories of an event, they are dead energy.
- Toss out chipped glasses which represent poverty and can cut your mouth.

3. Specifically how does one properly execute feng shui in the bedroom and the living room, since these two are hot keywords.

A bedroom with good feng shui strengthens the bond between a couple and attracts love. When the energy of a bedroom is out of balance, the relationship can struggle.

The color/pattern and fabric of sheets is important, we lay on them for approximately 8 hours each night and this influences our energy. Avoid stripes which on the optic nerve register as being imprisoned. Blue and white sheets are good for healing as are pastels. Red sheets are good only for Valentine's Day. Used daily they can incite anger and arguments.

If you're looking for love, make sure you have two matching night tables each with a reading lamp. The use of the lamp will call your lover in.

Art on the wall facing your bed ought to be uplifting and inspirational, it is the last thing you see before going to bed and the first thing you see when you wake up.

What we repeatedly see becomes our experience.

Peaceful landscapes are good, avoid scenes of snowy winters and deciduous falls.

Absolutely no mirrors in the bedroom, they bounce energy around the room.

They also reflect restless energy. Opposite the bed they invite intrusion from 3rd parties and infidelity.

Living rooms with good feng shui promote positive family interaction and happiness.

Position the couch so while sitting there one can see the entrance to the living room, which avoids being surprised.

The lighting should be good for reading,

Video game consoles should be out of sight when not in use and toys stored in containers.

Keep the clutter to a minimum, it helps maintain mental clarity.

Old couch pillows should be replaced.

A quick way to raise the vibes, especially after an argument, is to vacuum or mop the floors.

Old magazines need to go to the recycling bin.

A living room is a good place for family photos, everyone feels loved and appreciated.

Use a diffuser with an organic, non GMO lavender oil for a sense of calm and well being.

4. How can a person tell if their home had bad feng shui - without knowing any of these things. Does a room just not "feel right"?

Feng shui is also based on instinct, we often just know something doesn't feel right.

The energy of a home is also impacted by life altering events such as,

a prolonged illness, divorce, domestic violence, sexual abuse, addiction, bankruptcy and suicide.

These energies should be cleared by a feng shui master and specific feng shui techniques.

<https://www.reviewed.com/home-outdoors/features/what-feng-shui-and-how-do>