

## Feng Shui - Getting Started

Feng shui, Chinese for "wind and water," is an ancient art and science developed thousands of years ago in China. It is believed by many as way to balance the energies in your living environments to assure health, wealth and good fortune.

There are several different schools of Feng Shui and it takes years of study to truly understand Feng Shui. Although some levels are easy to understand and apply, true knowledge of Feng Shui is deep and complex. Getting started with feng shui can be easy when you start with the basics and move up from there.

Feng Shui is not a quick fix, you must take the time to study & learn it. In Traditional Feng Shui, the 8 compass directions are used. Each direction has an Element, Color, and Life Area associated with it. (See column at right). Study the five elements of Feng Shui theory and how to use them. The five Feng Shui elements are, Earth, Wood, Fire, Water and Metal. Each affect each other according to a destructive and a productive cycle. These elements can help create balance and harmony, allowing us to improve in our life areas.

Some quick tips to get started:

- Start by releasing clutter from your environment. Clean out your closets and drawers. Give away, sell or throw away anything that you not longer use or like. This will bring clarity and allow natural energy to enter. A clean, organized space allows energy to flow. Clutter drains your energy and focus, and leaves you feeling restless and lethargic.
- The quality of air and light in your home is essential for good Chi (universal energy). Open your windows often and let in fresh air along with good chi. Bring in plants or use an air purifier to clean the air. Have live plants in as many rooms as possible. Try and bring in as much natural light into your home as possible.
- Make the first impression upon entering your home a warm and welcoming one.
- Move your furniture around. It's nice to come home to something new and exciting. This will also change the flow of energy. Experiment to see what feels right. Remember when placing furniture, less is always best. Too much furniture can make us feel cramped and can restrict the flow of our opportunities.
- Bedrooms should be sacred spaces where you can retreat and regenerate. We spend roughly one third of our lives in our bedroom, so maintaining balance and serenity in this area is essential.
- Water features like fountains will keep your abundance flowing. Good locations are in the North or the Southeast, but make sure not in the South as water element destroys the Fire Element.
- Playing calming music like ocean waves, forest sounds or rain falling to soothe a stressful working or home environment.
- Keep the kitchen well stocked with food. When we have our cupboards filled with food, we feel more abundant.

**North** - Element: Water  
Color(s): Blue and Black  
Life Area: Career/Path in Life.

**Northeast** - Element: Earth  
Color(s): Beige, Light Yellow, and Sandy/Earthy.  
Life Area: Spiritual Growth/Self-Cultivation. .

**East** - Element: Wood  
Color(s): Brown and Green.  
Life Area: Health & Family.

**Southeast** - Element: Wood  
Color(s): Brown and Green.  
Life Area: Prosperity & Abundance.

**South**-Element: Fire  
Color(s): Red, Orange, Purple, and Bright Yellow.  
Life Area: Fame & Reputation.

**Southwest** - Element: Earth  
Color(s): Beige, Light Yellow, and Sandy/Earthy.  
Life Area: Love & Marriage.

**West** - Element: Metal  
Color(s): White and Gray.  
Life Area: Creativity/Children.

**Northwest** - Element: Metal  
Color(s): White and Gray.  
Life Area: Helpful People/ Blessings.

## Featured Artist



Matthew Lew "Buddha's"

For over 20 years, Matthew Lew has been creating richly textured majestic paintings and photographs, magnifying and clarifying the frequencies of our richest and deepest feelings. His paintings embody his dedication to wellbeing and enhanced "positive feeling states" to all who come in contact with them. In Matthew's own words, "As we walk into a room for the first time, we have an immediate reaction to the surroundings. These natural energies shape the way we feel."

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