

The Spiritual Feng Shui Newsletter  
Issue 20  
August 2008

The Foundations of Feng Shui

We've bought a Bomb!

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for August 2008; it is good to have your company, as always! We often focus on Feng Shui for your existing home, but if you are building or buying a home, you have the opportunity to build really solid foundations for the practice. What should you look for in a new house plan? If the house you have recently moved into is a bit of a lemon, in Feng Shui terms, we help you tweak and perfect the Chi flow. We also have inspirational quotes and a quick Feng Shui tip for the time-challenged. May peace and harmony reign for you in August.

0x Feature Article: Foundations of Feng Shui  
- Feng Shui for builders and buyers

0x Q&A: We've Bought a Bomb!  
- There are so many structural Feng Shui problems in my new home – how do I solve these tricky problems?

0x Feng Shui Tip  
– New Gardens

0x Inspirational Quotes

Enjoy!

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## *Feature Article:* **The Foundations of Feng Shui**

The certainly is a lot to think about when you are building a new home ... builders, timelines, materials, termite-proofing, benches, cupboard space, layout ... and the list goes on! However, your home is one of the biggest investments you'll make in your life. If you are planning to stay in it for any length of time, the planning and building stage is also the perfect time to start looking at the Feng Shui of your home.

One thing that you should consider is aligning your Guas with the rooms that relate to them. For example, if you place your bedroom in your Love and Relationships Gua, decorating and integrating advice will be much easier. Do likewise with your home office and your Career and Success Gua; your living area with your family Gua; your kitchen with your Health Gua, and your library or reading area with your Knowledge Gua. Of course, it would be a boring old world if every home followed these principles exactly, and you will probably find that some practical considerations or stylistic preferences prevent you from following the advice exactly, anyway. However, if you bear the principles in mind, and do what you can, you will be well on your way. Also, you should be mindful not to align your Wealth Gua with a bathroom. The wealth of your home is represented by flowing water, and in a bathroom the water flows out and away from your house. Unless you want your wealth to also flow out and away from your house, place it elsewhere!

When you are building your home, an important aspect of the design is how much natural light can enter. This not only impacts on your home's energy efficiency, but also its general feeling of energy! To encourage activity and life in your home, you need natural light and fresh air. If you are planning a large house, you could consider having a central courtyard. This alternative to a standard design means that central areas of the house have access to natural light and fresh air, just as outer areas do. Alternatively, you could install skylights in inner areas of the house, that don't have easy access to natural light. There are versions available that can be easily opened and shut from the inside to also allow air flow in your home's inner sanctums!

One thing which can really impact on the ease with which you can implement a Feng Shui practice later on is the inclusion of all Guas in your home. Many L-shaped homes have missing Guas, and this can have quite a big impact on your life and Feng Shui practice later on. Try to make your house a regular-sided shape, roughly rectangular or square. You don't need to be too rigid – the Bagua will bend to your will and most homes. But a true missing Gua can cause you many headaches down the track ... and Parasol will not fix them! If you must have an L-shaped house, put a roof over the area in between the two arms of the L, to make this area more of an indoor space.

Overhead beams are a minor factor which you should correct at the building stage. They create a lot of downward energy, and can feel like knives cutting you from above. Ouch! Cover them with false ceilings to make you and your family feel more comfortable.

Another detail which you should consider at the planning and building stage is the possible positions for beds within the bedrooms. It is not advisable to have the bed directly opposite the door in your bedroom – the energy makes it difficult to get a

good night's sleep. You may need to do some decorating-gymnastics to get around this problem ... unless you consider it *before* you move all the furniture in!

When you are thinking about the placement of windows in your home, consider what you can from them. Less than ideal views (a neighbor's washing line, industrial buildings, a large blank wall) can impact on the Chi of the room they enter. Build your window layout, and room layout, around the nicest views you have available. If you can't place the windows anywhere except with a flawed view, you could put in a skylight instead, and forgo having a window at all. If the view is in the distance, another remedy that might be available is blocking it with something pleasant to look at in your own yard – a large tree or hedge, an outdoor screen, or a decorative wall.\

Incorporating Feng Shui principles when you are building a new house will cure more headaches later on than codeine ever could! It is definitely another thing to add to the long list of things to think about – but you will be glad that you spent the effort.

*Q&A: We just bought a new house, and I am discovering a multitude of Feng Shui mistakes now that we have moved in! The bathroom is in the Wealth Gua, we have a missing Love and Relationships Gua, the plumbing and wiring is less than desirable, and there are almost no windows. What should I do?!*

The first and most useful thing you can do is not to panic! Take a deep breath. There are always challenges in a Feng Shui practice, but rising to them is half the fun! Let's look at the issues one by one.

- A bathroom in the Wealth Gua is less than ideal. You can mitigate the effect of the water (wealth energy) flowing away from your home by always leaving the toilet lid down, and paying extra attention that there are no dripping taps. To check whether your toilet leaks, put a little food coloring in the cistern – if you notice color in the bowl without flushing it, call in a plumber.

Put extra effort into enhancing this area. Use green plants in the bathroom – if there is little light then plastic ones are almost as good as the real thing. Fresh flowers will also make an enormous difference.

Enhance the Wealth power spot in every room for a boost of energy to this Gua. This is the left hand furthest corner of every room, as seen from the door. Hang a crystal here, or put a green plant in the spot, or place a water feature which runs from a power point.

- You have a missing Lover and Relationships Gua – but your relationships need not suffer as a result. Is it possible to move the area, and place an outdoor swing chair, or a couch out here?

If not, simply make sure you enhance the Love and Relationships power spot in every room. This is the right hand furthest corner from the door. Place pictures of yourself and your friends, family and partner in happy times here, in red or pink-colored, or wooden frames.

- We don't recommend that you go over the whole home's plumbing or wiring yourself – try to build the cost of these repairs into your home loan. Have a licensed electrician and plumber come out and go over the whole house for you.
- If your home lacks windows, skylights are often easier to install than windows are. Place skylights in inner areas of the home, and hang crystals near them for a lovely balanced disperse of Chi.

Also, make sure to open the windows you do have for a set period every day – the coolest or warmest, depending on what season you are in! And always make sure that you open the curtains first thing in the morning.

One of the best pieces of advice we can give for new homes that have less than ideal Feng Shui, is to try to anticipate repairs and carry them out before you move in. This is much easier than working around furniture and the myriad of other daily objects

and tasks that you'll find once you are in a new home! If you have equity left over from the sale of an old house, you can use this to make repairs.

Remember not to stress about these issues – there is always a solution!

### *Feng Shui Tip: New Gardens*

The stage of creating a new garden is an invaluable opportunity to include some potent Feng Shui enhancements in your outdoor space.

Use this time to:

- Put in a fish pond or hardwired water feature outdoors. Make sure the water flows in the direction of your home for maximum good Chi!
- Plant a vegetable garden so that you always have fresh food– indispensable for creating good inner and outer Chi. They also create less waste, as you can pick exactly what you need, and the rest will be just as fresh in three days.
- Create flower beds with flowers that can be brought inside. Fresh flowers are an easy enhancement in any area, but purchasing them constantly can become expensive...

### *Inspirational Quotes*

You cannot plough a field by turning it over in your mind. *~Author Unknown*

It takes hands to build a house, but only hearts can build a home. *~Author Unknown*

Change is inevitable - except from a vending machine. *~Robert C. Gallagher*