

The Spiritual Feng Shui newsletter  
Issue 21  
September 2008

Learning to Learn

Help! I'm Stuck!

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for September 2008; it is good to have your company, as always! It is that time of year when you must start getting up earlier, buying pencils and covering books in clear contact – but all this can be exciting, not a drag, if you set your home up to facilitate the return to school! For those of you that feel like you've tried everything to get your kids to do homework, we may have some solutions you haven't thought of. We also have inspirational quotes and a quick Feng Shui tip for the time-challenged. May peace and harmony reign for you in September.

- 0x Feature Article: Learning to Learn  
- Make this return to school an exciting and promising one!
  
- 0x Q&A: Help! I'm Stuck!  
- I've already tried enhancing my Knowledge Gua, but the kids still don't want to do homework. What next?
  
- 0x Feng Shui Tip  
– The Feng Shui of Lunch
  
- 0x Inspirational Quotes

Enjoy!

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**Feature Article: Learning to Learn – Back to School!**

It is always a little difficult to go back to school after summer holidays. Your kids have been spending hot, lazy days, doing whatever floats into their mind at the time ... of course, you have probably been going to work as usual, cleaning up as usual, and running around after children as usual! This month we are going to look at modifying your house according to Feng Shui principles to make the transition from children (and maybe men and women!) of leisure, back to productive learning machines. We'll enhance your Education and Knowledge Gua, and also improve the rest of your house to make concentration easier and shift your brain back into school gear. All of these suggestions will also aid in returning to work if you have had time off over summer, and will help adult students just as well as the shorter variety!

The education and knowledge Gua is located in the left square of the bottom row. So, whatever room is immediately to your left as you enter your front door is your education and knowledge area. However, there are other areas of your home that are also related – second cousins to the education Gua, at least! These areas are your library, home office, and wherever you sit and read or meditate. For your children, their bedrooms will form part of this Gua if they read and do homework in there.

The following is standard advice for improving any area of your house or your life using Feng Shui, but there is no sector in which it is more relevant than here ... *it is vital that these areas be kept clutter-free*. If you want to maintain concentration and create space in your brains to fill up with new knowledge, you need a clean slate. You know how difficult it is to concentrate on something when you are preoccupied with an unfinished task, a comment that you've heard, or something you were trying to remember. Clutter constantly brings unnecessary baggage to your mental processes. It reminds you of things which must be finished and brings up old feelings and irrelevant thoughts.

If you have a hard time getting rid of clutter, here are some tips:

- Clean out everything you don't need before you try to organize what is left. This streamlines the process.
- If something is unnecessary, you can either give it away, recycle it, store it, donate it, or throw it away (as a last resort).
- Most houses do not have enough storage to put away everything that should be out of sight. Read the tips that follow for guidelines on colour-coordinating your storage items.
- Create two daily times for going over the house and tidying up – we recommend before bed, and just before work or school. This way you have a clean house to wake up to (so refreshing!), and a clean house to come home to at night. This reduces the workload and makes de-cluttering a less intense process.

The ruling element for the Knowledge Gua is Earth, meaning that earth colors are the most favorable for this sector. Use yellow, brown, tan and beige for furniture and throws. For your children's desks, use earth-colored desk sets and pads, and inspire them with yellow and brown tones of tools and artwork around their desk.

Spirituality and knowledge are inextricably linked. Although we try to keep religion out of the classroom, spiritual practices like prayer and meditation are actually an excellent concentration aid. It is never too early to get your children involved in praying or meditating - and these activities do not have to be denominational. You can pray to any sort of deity, or even to your inner strength, spirit and intuition. Prayer is a beautiful thing, which isn't limited to churches, priests and Sundays, and atoning for taking that last chocolate biscuit! Enhancements which remind you and your kids of your favorite concentration activity can be useful for the Gua. Try prayer beads, altars, or pictures showing people in meditation or prayer.

Remember that the power spot for Education and Knowledge is in the left square of the bottom row of every room, so focus on the area immediately left of the door in every applicable room for a super learning lift. Like a proton pill or a nitrous oxide boost for school work! Often this is not an easy area to place things on the ground, so hanging a crystal in this spot is a great alternative enhancement. Amethyst is an excellent choice for enhancing your knowledge. It is a stone of peace and spirituality, and it aids in the assimilation of new ideas. You could also hang amethyst in front of windows or above doorways in your education and knowledge areas, to catch the light and create a piercing ray of knowledge for a room!

As always, make sure these areas have plenty of light and fresh air. Open the curtains and windows daily, and always have a curtain open when you are working. Green plants have actually been scientifically proven to aid concentration in studies in the workplace – so choose nice indoor plants, or even fresh cut flowers for these areas. Soon you and the kids will be so caught up in all of the new things you are learning; you won't even *want* to press the Snooze button on a Monday morning!

*Q&A: I implemented all of the enhancements for the Education and Knowledge sector, and have waited several months, but I am still finding it hard to get my kids motivated for homework and school. What else can I do?*

Yes, kids are notoriously hard to motivate, for anything to do with school! Getting up for school, washing faces and teeth for school, getting on the bus to school and doing homework for school are all challenges that must be met several times every weekday. But there are some things you can do to help your kids see the value in and become enthused about learning and creating, beyond the obvious solution of enhancing the Education and Knowledge Gua.

Start early. Neurological science supports the idea that the more kids learn early in their life (before about the age of 8), the more effectively they learn, and the more enthused they are about learning, for the rest of their life. If you have under 8's, don't put off these enhancements until later, thinking that they'll grow into it – the early bird catches the bookworm!

Enhance your Creativity and Children Gua as a supportive enhancement for the Education and Knowledge Gua. If your children are feeling happy, healthy and enthused about life in general, they will be better able to concentrate at school (and when they do well at school this gives them an extra boost!). The Creativity and Children Gua is in the rightmost square of the middle row of your home, and related areas are the kids' bedrooms, your library, reading room or creative space, and the kitchen. Good colors for these areas are metallic and earthen tones, and the symbol of this Gua is a lake, so pictures of still water are another excellent idea. Real still water can stagnate in your home though – try a fish tank if you want to incorporate actual water into this area.

The right side of every room is strongly related to your Creativity and Children area – just as the right side of your brain is put to use in creative and lateral thinking tasks. Who would have thought that ancient Feng Shui scholars and modern science would find something they completely agree on?! We are referring to the right side of the room from the door in this instance. Place books, toys and things you or your kids have created on the right side of the room for a boost to imagination and motivation ... especially for that dreaded school!

And of course, make sure you remember the power spot for Education and Knowledge, which is the left square of the bottom row of every room. Put a green plant just next to the door for an energy boost to this area, and you can utilize this power spot within small spaces like desks and art areas as well. Put up certificates and reminders of academic achievement in frames on this square of the desk, or place fresh flowers in this spot on your child's art or homework place every few days. Choose yellow colored flowers for a twofold increase in enhancement effectiveness.

Above all, set a good example. If your kids see you always learning (and enjoying it – don't read with a frown on your face!), they will grow up thinking that it is natural to learn throughout your life. Use that capacity for imitation to your advantage, although you might curse it when they repeat all the naughty words you use at home to their teacher!

*Feng Shui Tip: **The Feng Shui of Lunch***

We constantly hear about how important it is that kids get a healthy, low-GI and filling lunch to help them concentrate at school. But did you know you can also use Feng Shui principles on your child's lunchbox?!

Yellows and earth colors favor learning and wisdom. Try cheese or bananas in your little one's lunch box, and sultanas are a nice sweet treat as well as a beautiful deep brown color. Use whole meal bread for sustained energy release ... as well as its natural grain and earthen tone, to help boost your kids' brains in the difficult half of the day!

*Inspirational Quotes:*

Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life. ~ Henry L. Doherty

I am learning all the time. The tombstone will be my diploma. ~ Eartha Kitt

A "Normal" person is the sort of person that might be designed by a committee. You know, "Each person puts in a pretty color and it comes out gray." ~ Alan Sherman