

The Spiritual Feng Shui newsletter
Issue 28
April 2009

Breaking All the Rules

What Can I Count On?

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for April 2009; we hope you're feeling as good as we are about spring having sprung! This month we are looking at the rules of Feng Shui, but with a twist ... when you should be breaking them! There are many conceptions about what is always done in the practice, and we examine when you should challenge them. After breaking down your comfort zone, we rebuild it a little, looking at what you can usually count on in a Feng Shui practice. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in April!

- 0x Feature Article: Breaking All the Rules
 - It's just as much fun in Feng Shui as it was at school, when you were 9!
 - When should you *not* follow the rules?

- 0x Q&A: Rules, Hard and Fast
 - So is there anything you can count on in Feng Shui? Most certainly!

- 0x Feng Shui Tip
 - Spring Inspiration

- 0x Inspirational Quotes

Enjoy!

Mike Z. Wang
Author of *The Spiritual Feng Shui*

Thespiritualfengshui.com
Unit 616, 220 Lake Promenade,
Toronto, Ontario,
Canada, m8w1a9

*Main Article: **Breaking All The Rules!***

We spend a lot of time in these newsletters telling you about the rules of Feng Shui ... or at least the guidelines. In fact, we've spent so long expounding the rules that this month we're rebelling! Like a mohawked teenager sneaking out their window to go to a concert, this month we're telling you when the rules of Feng Shui don't apply.

There are many different ways of practicing Feng Shui, and I won't go into an in-depth critique of the merits and drawbacks of various practices. I'm just telling you when you should be breaking 'our' rules! Sit back and relax, and prepare to un-learn a few things.

Rule #1: Green is always good

We often tell you that green plants are always a benefit to spaces. While they are a benefit to 'most' spaces, bringing in oxygen and natural energy, there are some cases when they should be avoided.

Green plants with thorns or sharp-edged leaves will often create disharmony - so a bedroom is not the ideal place for a cactus collection! Try the softness of succulents instead. Plants represent wood energy also, so they should be avoided in some Guas where wood energy is a drain. Your Career and Success Gua (middle square of the bottom row), Education and Knowledge Gua (left square of the bottom row), and Love and Relationships Guas (right square of the top row) suffer with too much wood energy. You'll need a balance, certainly. Don't remove all wood from these areas, just be mindful that you don't accumulate too much.

Rule #2: Keep the bathroom door shut at all times

You may have got the impression from reading about Feng Shui that toilets are evil, horrible places where lost souls and demons reside. Not entirely true!

People will tell you to try to keep the bathroom door and toilet lid shut, as the flushing of the toilet symbolizes your money rushing away from the house in a torrent. However, if you have a toilet in your bathroom, not as a separate room, and that bathroom takes up a decent amount of your floor space, then one of your Guas will be languishing without any fresh air or Chi, in perpetuity, if you always keep the door closed.

Simply keeping the toilet lid closed is a much better option, especially as you are flushing it. Ensure it doesn't leak and that you don't have dripping taps - and then leave your bathroom door open when you can.

Rule #3: Red is always a lucky color

This is more of a general Feng Shui rule than one of ours, specifically. Many people get the impression that the more red throughout your house, the better. In reality, you need a balance of colors throughout your home. Too much red can make you feel agitated and angry. There is a time to reflect, to relax, and to be receptive - the passion that red brings with it precludes many of these things.

There are also some spots where red can be downright destructive. Your Wealth and Prosperity Gua (left square of the top row), and Creativity and Children Gua (right square of the second row) are not compatible with fire elements and colors.

Rule #4: The less clutter, the better

This 'rule' is really an exaggeration of a perfectly sound guideline. While you should aim for minimal clutter in your home, you should not try to have clean, blank surfaces, walls without pictures, fabrics without patterning, and homes without texture.

When we talk about removing clutter, we mean things that either:

- Hold negative energy (toxic clutter)
- Aren't useful at all any more (old food, rubbish, recycling)
- Aren't in their correct place (washing on the floor, bills on the kitchen table)
- Aren't being used at the time (old letters that you want to keep, extra photos, clothing for a different season)
- Or are decorative elements where there are already too many of these.

Decoration is vital to Feng Shui, and shouldn't be regarded as clutter. Blank surfaces everywhere can be just as destructive to your mental well-being as cluttered spaces can.

Of course, there are plenty of misunderstood myths about Feng Shui, and there are also many different ways of practicing it. I'd just like to clear up:

- The Spiritual Feng Shui doesn't focus so much on North-South geographical directions, as the placement of your rooms relative to your front door.
- Your birthday has nothing to do with the Spiritual Feng Shui
- You don't need to use traditional Chinese items in Feng Shui, like lucky coins or calligraphy of any sort. You can use equivalent items that have more meaning to you.
- You shouldn't use an enhancement if it doesn't sit well with you - always run your changes past your internal filter.

You aren't actually breaking any of the Feng Shui 'rules' by doing the above. Sorry for the born rebels out there! These are simply some of the ways the practice in general has evolved.

Q&A: So, are there any hard and fast rules in Feng Shui? What can I count on?!

You know, there are very few hard and fast rules in Feng Shui. But don't let this deter you from it as a practice! In reality, the most popular ideologies, and most widely spoken languages, and even the most accurate scientific theories, realize that there is an exception to every rule. So does Feng Shui, and it only takes some consistent study and plenty of reading to start to gain an 'intuitive' understanding, so that you don't have to rely on rules!

I do realize that doesn't answer your question, though :-). So here are some of the 'rules' in Feng Shui that are broken less often than others!

Open windows

Opening your windows allows both fresh air and fresh energy into your home. As long as the temperature is suitable and there aren't bright lights outside your window, opening them can even be great while you are asleep.

The main exceptions to this rule are practical and obvious - don't leave your windows open if it is too cold or too hot, and if they let light in while you're trying to sleep. However, sometimes a space has Chi which seems overwhelming and rushing - in this case, leaving windows closed is a better idea.

Open curtains

Opening your curtains allows light, a form of energy, into your home. There are very few times when leaving your curtains closed during the day is advisable, but you might choose to do this if you have a negative view from a window (something visually displeasing, or a place like a prison, hospital, etc).

Pets

Critters, whether they are of the furry, slimy, scaly or feathered sort, are a great addition to Feng Shui practices. The only exceptions to this rule are practical ones, again. The sorts of pets that create more clutter than you can deal with (dogs that malt a lot, and unrestrained birds) will not be useful to you, and of course, if you rent and aren't allowed pets they are definitely not recommended.

Fresh flowers

These don't carry as much of the 'wood' energy that green plants do. They are simply a beautiful way to add color and life to your home, and an easy way to add color scheme accents.

Tidiness

As we explained earlier, there is quite a difference between actual clutter, and obsessively keeping surfaces pristine and blank. Tidiness never goes astray in Feng Shui, and regular de-clutterings of things that you definitely don't need or want are always recommended. Whether you get rid of things for good, or simply store them, a spring cleaning should really be done much more often!

Feng Shui Tip: **Spring Inspiration for Feng Shui**

Spring has well and truly sprung! This season of rebirth offers plenty of inspiration for Feng Shui practices.

Use the lovely verdant, tender greens of spring in your decorating, your personal Feng Shui (clothing, etc), and of course, your cooking!

Take the opportunity of warmer weather to open all of your curtains and windows, and even your doors, and give your home a big breath of fresh air.

In colder countries, the ice is melting and springs are starting to flow - water is as good for your home as it is for nature, so use the natural inspiration to help you find a water feature.

And then do as the birds do in spring, and simply rejoice!

Inspirational Quotes

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome. ~Anne Bradstreet

Don't think you're on the right road just because it's a well-beaten path. ~Author Unknown

Our house is clean enough to be healthy, and dirty enough to be happy. ~Author Unknown