

The Spiritual Feng Shui newsletter  
Issue 29  
May 2009

Accessorize with Feng Shui

Dress Code Drags

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for May 2009; we hope you're feeling as good as we are about the warmer weather! This month we bring Feng Shui right back to a very personal level, and look at how you can enhance your clothing and accessories to help you achieve your goals. It isn't as expensive or time consuming as you might think - it only takes a little thought. We also try to solve the dilemma of what to do for enhancement if you have a strict dress code at your office, mostly involving bending the rules and exploiting loopholes! There is a quick Feng Shui tip incorporating some universal wisdom this month, and inspirational quotes. May peace and harmony reign for you in May!

0x Feature Article: Accessorize with Feng Shui  
- Bring your Feng Shui with you

0x Q&A: Chi-ing Up Work Uniforms  
- What can you do if you have a strict dress code at your office? Plenty.

0x Feng Shui Tip  
- Which impression counts?

0x Inspirational Quotes

Enjoy!

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*Main article: **Accessorize with Feng Shui***

People usually think of Feng Shui as something they do to their house. And it usually is! The Spiritual Feng Shui has started breaking down those barriers, letting people know that Feng Shui is a process that happens in your mind just as much as your home. And you can help complete your personal transformation by bringing ancient Chinese wisdom around with you wherever you go. You don't need to go as far as buying a pet dragon to carry round in your handbag, either! Just apply the basic principles of Feng Shui to what you wear and carry around with you every day - we'll show you how.

The first thing that Feng Shui consultants will tell you to do to your home is to clear up the clutter. Just like your mother did for so many years of your life! It turns out she was right, after all. The same is true of your clothing and personal effects - you need to clear out unnecessary items in order to allow good chi flow.

- Make sure you don't walk around with full pockets. Keep only the essentials in there - tissues or keys. Women can ensure they keep all their personal essentials in a handbag or purse, and men can do the same with a briefcase or work bag.
- Once you've moved all that clutter off your body (don't you feel a couple of pounds lighter?!), then reassess whether you actually need it in your bag or briefcase! How often do you use that lip balm? Do you have paperwork and receipts from weeks ago in there? How many packets of chewing gum with only two pieces left do you really need during the day! Do the same that you do with your house, with your handbag.
- Clutter can also be about the clothing and accessories you wear. If you live in a cold climate, one very warm piece of clothing will be preferable to wearing six layers every day.
- Try to keep jewelry to a maximum of one piece per type - one bracelet, one necklace, one ring (or two if you wear wedding and engagement!), etc.
- Try to have a few make-up free days per week. You look beautiful, trust me! It helps your skin breathe as well as helping you feel more natural and uncluttered.

After de-cluttering yourself, you can start working on a complete new you! Color is one of the most important factors in how you feel about your home, and how the chi flows through it. It is the same with personal Feng Shui - however with one important difference. The color scheme in your home is fairly fixed, whereas your personal color scheme can change twice a day - if it has the time!

Different colors encourage different types of Chi to flow. So if you are focusing on work and your career, it is good to wear colors associated with that Gua. Black, blue and purple are all Career and Success Gua related - a happy coincidence, since they are perfectly suitable for most work environments! Here are some harmonious personal color schemes for different activities:

*Days at home with your family:* Orange encourages energy and fun, yellow is great for communication, openness and confidence, and blue helps encourage tranquility and reflection.

*A coffee or afternoon tea with friends:* Orange and yellow are also great here, and pink is symbolic of friendship and affection. White is a symbol of faith and truth, while brown helps encourage groundedness, warmth and practicality.

*Work outfits:* We already mentioned black, blue and purple. You can encourage power and influence with gold, as well as associating money with your career endeavors. If you are trying to grow a new venture, green is the perfect work outfit, while the open communication that yellow assists is as good for work situations as it is for family days.

*Romantic dates:* Red and pink are the obvious choices, while colors like yellow and light earth tones are also good for this Gua. Wooden (green, brown) and metallic (gold, silver, white) don't work so well with this Gua.

*Home alone:* You've got the house or the office to yourself ... woohoo! If you aren't lazing about reading magazines in the bath, you can use blue to encourage tranquility and introspection (when else will you have the mental space for it?), or orange for energy to help you get things done.

A small point - the guidelines about color are flexible and malleable, just as with many things in Feng Shui. For example, you can encourage better relationships at work by wearing Love and Relationship Gua colors (reds and pinks) to work. Not wearing black and blue won't suddenly get you fired! And in fact, red is associated with reputation just as it is with passion, an extremely suitable thing to be encouraging at work. Reputation, that is, not photocopier-room-passion!

Crystals are another multi-purpose item in Feng Shui, encouraging proper Chi flow, spreading the light and generally looking pretty! You can also use crystals in your jewelry - if you can't find pieces ready made with these crystals on the internet, a jeweler will usually custom-make you a piece with loose crystals.

- Rose quartz is great for encouraging romance
- Turquoise helps encourage a healthy body
- Amethyst helps encourage a healthy mind - meditation and reflection
- Carnelian will give you an energy boost
- Tiger's eye, just like the name suggests, is great for focus and concentration.
- Onyx helps protect you from those enticing demons of negativity ... gossip and righteousness can feel good at the time, but definitely don't encourage a peaceful life!

There are hundreds of ways you can take your Feng Shui with you ... the fact that your body doesn't have a Bagua shouldn't slow you down a bit!

***Q&A: I'd love to incorporate Feng Shui into my work outfits, but we have a strict dress code at my office. Is there anything I can do?***

There most certainly is! One of the great parts about Feng Shui, just as we hinted at before, is that it is as much of a mental state as it is a way to beautify your home.

Wearing a yellow singlet or a red slip will convey almost as much of that color's Chi as it would by wearing it visibly. You remember putting that bright, happy orange slip on this morning ... and you'll carry the effects of that all day!

In workplaces where there is a uniform, you don't have as much freedom for personal Feng Shui. But this doesn't mean that you're doomed to thinking and feeling the same things day after day, according to what your bosses thought looked professional. Exploit any freedom you have with your work appearance - bright earrings, hair accessories, watches and rings can all help you improve your personal Chi flow at work. Choose makeup in different colors, or a bright tie for males, and you can usually still wear your crystals, although they'll need to be hidden. Pick them in accordance with the guidelines in the main article.

If you have absolutely no freedom with your personal appearance, and are stuck either in a penguin suit (for waiters :-)), or a Smurf outfit (mechanic's overalls!), you can still Feng Shui your workspace. Different pen and notepad colors are great for different types of Chi flow, and you may be able to choose your desk topper, mouse pad, or the pictures around you at work. Choose a different wallpaper for your computer every week - there are plenty of free, fun and funky wallpapers available on the net. One of the best things you can do for your workspace is to introduce fresh flowers or green plants, if you have enough light to sustain them. Something fresh and fragrant, like mint, will work beautifully.

If you have any slight freedoms with your personal appearance or workspace, another excellent way to incorporate Feng Shui principles into them is to use chimes or music makers. Bracelets with tiny bells on them have always been popular with children ... and don't they often seem much happier than we big people are?! They are a great way to attract Chi, and even if you don't get any wind at your desk, tapping your wind chimes while you think will help you focus and relax.

You can always start at the start of improving your personal Chi flow too, even if you have absolutely no leeway in your work appearance. That is, you can always de-clutter yourself and your work belongings. Dump the five used tissues in your pockets in the trash, make sure you don't carry around anything more than you have to (lazy person's Feng Shui!), and minimize jewelry and makeup. This will help you focus on your work and be more productive ... and who knows, may even help you start working towards a promotion!

*Feng Shui Tip:* **First impressions of yourself**

First impressions stick - we have plenty of advice in Feng Shui for ensuring the first impression of your home is positive. So how do you make a good first impression of yourself?

Smiling is a great start! A smile changes your own emotional state as well as that of those around you - there are hundreds of studies that prove that people have infinitely more positive impressions of a person smiling than they do the same person with either a blank expression, or a frown.

Smiling also uses fewer muscles than frowning does - the lazy person's Feng Shui again!

*Inspirational Quotes:*

Today, give a stranger one of your smiles. It might be the only sunshine he sees all day. ~Quoted in *P.S. I Love You*, compiled by H. Jackson Brown, Jr.

Age is an issue of mind over matter. If you don't mind, it doesn't matter. ~Mark Twain

When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion. ~Dale Carnegie