

The Spiritual Feng Shui newsletter  
Issue 33  
September 2009

A World Apart

Hunting the Perfect Apartment

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for September 2009; we hope you've been making the most of the warm weather! This month we are looking at Feng Shui for apartments. Apartments have their own particular problems, and if you are renting, the solutions are limited. But that doesn't mean you should leave your Feng Shui practice to another time! We show you how to start now. We also look at how you can find a good base for your Feng Shui practice if you are searching for a new apartment - a base which could make all the difference to your success. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in September!

- 0x Feature Article: A World Apart - Feng Shui for Apartments  
- They may be small, but they can be mighty Feng Shui weapons!
  
- 0x Q&A: Apartment Hunting Techniques  
- What to look for if you are moving into a new apartment
  
- 0x Feng Shui Tip  
- Send It Into Space!
  
- 0x Inspirational Quotes

Enjoy!

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## **Main article: A World Apart - Feng Shui for Apartments**

We often hear from people that say they'd love to start a Feng Shui practice, but they live in an apartment. We often say 'Great! We can get started right away'. Apartments may start out as grey, cold and lifeless places (before you've moved your things in!), but there is no reason for them to stay that way. There are two areas that are a particular challenge to Feng Shui practices in apartments. The Health Gua and Prosperity Gua almost always suffer, because of apartments' unique shape and situation. We look at some common challenges to these Guas for apartment dwellers, and how to rise up and conquer them!

### **Wealth and Prosperity Gua**

#### *Freshness*

One challenge in apartments is that they often don't have many windows, leaving you lacking for both light and fresh air. Like a little seedling in a pot, you and your finances need sun and oxygen to grow! A stagnant room creates stagnant finances, which are just as bad as finances that rush away from you too quickly.

To go some way towards correcting this, open your windows and curtains as often as possible when in your apartment. Make use of what you have! You can also use a standing fan or ceiling fan to help circulate air around the house. You can put these on periodically each day, even in winter. Set them to a lower speed, and they will help warm even the furthest corners of your apartment ... and help your finances circulate properly at the same time.

#### *The Backwards Conundrum*

Almost invariably, unless you live in a penthouse, your apartment will open into a hallway. It is usually the back and sides which receive the most light and greatest Chi, rather than the entrance. Freshness and renewal is critical for the entrance to your home, which forms a symbolic part of your Wealth and Prosperity Gua. It's stuck behind everything else in line for light and air, saying 'Me! Me! Meeeee!'.

Give it a helping hand with some lush green pot plants - ask your local garden centre which species will survive quite well on little light, and keep them alive with good soil and occasional stints at the window. Unless its likely not to be there the next day, placing a plant outside your door is an excellent Feng Shui enhancement also.

#### *Mirrors*

Mirrors have dual benefits for apartment Feng Shui. They both make small spaces appear larger, and are also intimately connected to the Wealth and Prosperity Gua as they have a metallic, silver look.

### **Health Gua**

#### *Stuck in the middle*

Your poor old health Gua is one of the areas most in need of freshness, but is trapped right in the centre of everything, where there is rarely a window. A common solution to Health Gua woes in a house is to install a skylight. However, in apartments, a hole in the roof would only let you look at your neighbors' underwear!

Implement the same freshness solutions as for the Wealth and Prosperity Gua - opening windows where you can, using fans, and keeping houseplants.

You can also make a special effort to keep your kitchen, and the centre of your home, clutter free. These areas are two of the most important to your Health Gua. In your kitchen, ensure you don't let food go stale or old, as it symbolizes a stagnation in your own body. Bring as much fresh food into your apartment as possible, from the markets and the butchers rather than the grocery store. Try to eat leftovers as quickly as possible, and if you have one of those housemates that always leaves a bit of milk in the last bottle when they open a new one, get out your big stick to break them of the habit!

#### *You Have The Power*

You can also utilize the power spot in rooms that do have access to the outside. The light fixture is usually invaluable for enhancing your Health Gua, as it is usually located in the center of the room. Try adding light fixtures with a blue or green color. Ones made of glass that will catch the light are especially effective. If your lease prevents you from adding items like this, hang an iron pyrite crystal in the center of these rooms. This mineral is said to help activate the body's nourishing energies, and also to shield and protect you.

#### **As a Whole**

There are some special considerations you should make in Feng Shui for apartments. They are usually smaller than a house, and so extra care is needed to stop them becoming cluttered. Once a Feng Shui practice is established in your apartment, most time will be spent lovingly organizing and putting things away! The solid base of a clean apartment is invaluable.

It may be tempting to put the television or computer in the bedroom, since you have little space in other rooms. For a restful night's sleep and the sake of your Relationships Gua, try to find a spot for these items in the living room or a study.

Start a herb garden on a windowsill - they not only make your apartment smell fantastic (which can be a real challenge in close quarters with other people!), they are an instant Chi boost to whatever Gua they reside in. The same applies for aquarium fish - just about the only pet you can have in many apartments!

Apartments certainly have their own challenges, and there will be many pieces of Feng Shui genius that you'll have to ignore completely. But with a little effort and forethought, your apartment can quite easily become an energized, happy, and colorful place to live.

*Q&A: I'm due to move apartments soon - what should I look for in an apartment before I sign a lease?*

This is a great position to be in! The only time better for a Feng Shui practice is when you have found a block of land with lovely natural energy and peaceful surrounds, and you are about to start building your own home. Most of a Feng Shui practice in apartments involves working with what you have; here we look at how to choose a good base for your practice.

*More than one room*

Studio apartments are especially difficult to arrange optimally in Feng Shui because there is no separation of the Guas. If you live in a studio apartment, hang curtains or put up folding partitions to help separate the spaces.

*Letting the outside in*

Look for apartments with big windows, or with more than one wall that has access to the outside (a corner apartment). Apartments with balconies are also preferable.

*In-building placement*

Try to stay away from stairwells and elevator shafts, which create rushing Chi. Your apartment is metaphorically in the middle of an avalanche!

*The ground effect*

Look for apartments that have clean, well-kept grounds. Since you have little control over the surroundings of your apartment, make sure there is somebody in good control of them! Well-kept grounds will make an enormous difference to your Reputation and Fame Gua and Career and Success Gua.

*Regular Joes*

Look for apartment buildings that are regular in shape. Missing Guas can be difficult to correct in a house. When they are missing over an entire apartment block, the effects can be huge!

By the same token, look for apartments that are regularly shaped, with no missing Guas. If you do encounter a missing Gua, you can help fix it by enhancing the power spot for that Gua in every other room.

*Hallway Happiness*

Look for hallways that are bright and wide, ideally with something to distinguish them from every other hallway in every other building! You'll find your apartment has slack Chi if you live in an apartment at the end of a long, dark hallway.

*Door Placement*

Doors that are directly facing the apartment opposite yours, and doors that are facing down the length of a hallway, will experience Chi disruptions. The emergency exit door for your apartment block will be especially disruptive!

*Sweetly Scented*

You'll probably do this naturally anyway - but try not to lease an apartment adjacent to the garbage room! The smells will certainly affect you physically, and the Chi of all that clutter and refuse is less than ideal for your home.

By the same token, try to find an apartment that is not near the mains switchboard, or the janitor's closet. The electrical energy is extremely disturbing, while the janitor's closet represents clutter.

*Feng Shui Tip: Send it into space!*

Do you simply not have enough room in your apartment to fit all of your things comfortably? A larger apartment might add a significant amount to your monthly rent, and you'd still feel cluttered. A cheaper and more ideal solution, Chi-wise, is to utilize external storage for the things you don't use often. Storage sheds or rooms are insurable, secure, and best of all, remove clutter from your home completely!

*Inspirational Quotes*

Love thy neighbor, and if it requires that you bend your understanding of the truth, the Truth will understand. ~ Robert Brault

He is the happiest, be he king or peasant, who finds peace in his home. ~ Johann Wolfgang von Goethe

Have nothing in your houses that you do not know to be useful or believe to be beautiful. ~ William Morris