

The Spiritual Feng Shui newsletter
Issue 34
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Keeping the Halo - Feng Shui for Newlyweds

Q&A Title

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for October 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 October!

- 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: Keeping the Halo - Feng Shui for Newlyweds

These are heady days, those first ones after being married. Everything seems a little unreal! The biggest party of your life with you as the star, is usually followed by a week in a sunny, romantic place that you've never explored before. Birds sing and the sun shines even on thundery days, and your partner seems to have a permanent halo attached to his or her head! Coming home can be a bit of a shock. All of a sudden there are dishes to do, sleep to be had, and decisions to make. Here we look at how Feng Shui can help you keep that halo over your partner's head ... even as you are rolling your eyes at each other!

Buying a new home

Many of you glowing, gorgeous newlyweds will be buying your own home sometime in the not-too-distant future. Before purchasing a new home is a great time to familiarize yourself with some Feng Shui concepts. When you're house hunting, take this mental checklist with you to ensure your house has healthy Chi:

- Look for a house away from hospitals, graveyards, police stations, prisons and churches. These can project negative energy.
- Look for a reasonably quiet location.
- Look for homes that are reasonably regular in shape - this helps ensure you will have no missing Guas.
- If you are buying a freestanding home, look for one with a comfortable amount of space between the home and public areas surrounding it.

Enhance your Love and Relationships Gua

The first year of a marriage can be the hardest, especially if you have not lived together yet. Why not give it the help it needs by focusing your Feng Shui efforts on your Love and Relationships Gua? There will be plenty of time to focus on your career, wealth, creative enterprises (and even children) later.

This Gua is based on the right corner of the top row (when you have divided your house into a grid of 3x3 squares, to get your Bagua map). However, the bedroom, any communal space, and your pillows, linens and soft furnishings are other common items to enhance for romantic harmony. Here are some easy activities you can do to enhance your Love and Relationships Gua:

- Ensure whichever room occupies the rightmost square of the top row is well-lit and gets fresh air regularly. Keep it clean and uncluttered.
- Use earthy colors, clay or rock features and ornaments to decorate this portion of the house.
- Use fiery reds and pinks in your bedroom and in your soft furnishings, to help keep the passion and friendship in your marriage!
- Put up the photos of your wedding as soon as you can. These help remind you why you are living together, even when you are completely exasperated.
- Use rhodonite or rose quartz crystals in these areas. You can either hang them from the ceiling or in front of windows, or find ornaments, photo frames and knick knacks that incorporate them.

Don't forget your Creativity and Children Gua

Even those of you who have plenty of plans before you expect to create any human beings, should activate your Creativity and Children Gua as a newlywed couple! This

Gua should be enhanced when you are starting a new venture or project - and your marriage will be one of the longest and most important projects of your life. To enhance your Creativity and Children Gua:

- Make sure the room in the rightmost square of the middle row gets plenty of light and fresh air, and is kept tidy - just like your Love and Relationships Gua.
- Use earthy colors like beiges and yellows, as well as silver, gold and white to represent metal in this Gua. Also try to incorporate these colors in your communal space, the kitchen, and any place you regularly share with your partner.
- Pay attention to your front door. You might only use it a couple of times a day, but it is integral in determining how Chi flows through your home! Make sure it is in good working order, and if there is a wall immediately behind it, pop a mirror up to help create the feeling of space as you walk in the door. Put the mirror at an oblique angle to the door, so that any light (and energy) reflects inside the house, not back out on the street.
- The right side of every room (as seen from the front door of your house) belongs to the future. Keep the right side filled with color, inspiration, crystals, and objects that you love and are stimulated by.

Recognize that you are becoming part of a yin and yang partnership

Feng Shui teaches us that there are opposing forces in nature - a common symbol for these forces is the black and white yin-yang that we have all seen doodled on books and notepads! Black is not necessarily negative, and white not necessarily 'good'. They are just different. Bring this lesson into the way you deal with your partner, and you'll have a very solid base for a long-lasting marriage. We don't all have to be the same, and when you think about it, you wouldn't want to. In most cases, nobody is right, you are both just different. And that's just as it should be!

Q&A: We already lived together before we were married. Does anything need to change?

In our Western society, marriage is definitely not the life-changing event it once was. Plenty of people don't get married at all, because they don't believe that a 'piece of paper' will change their relationship. But if you've just been married, you know how much your feelings have changed!

That tells you that even if you already lived together beforehand, it still makes sense to re-focus your energies towards Feng Shui for your marriage. Give yourself the best chance of keeping that piece of paper intact for life. Couples who lived together before being married can often benefit from these tips:

- You may not be buying a new home, but that is no excuse to let your old one slip into clutter! Use the marriage as an excuse to start afresh in your home - do a spring clean and get rid of anything that you haven't used in the last year, and are unlikely to in the next.
- If you already have most of the fixings of a house, ask your wedding guests for green plants as wedding gifts. Coming home to a house full of fresh air and vibrant greenery is an excellent way to invigorate a marriage from the beginning.
- Be especially sure to remove any toxic clutter from your home. Mementoes from old relationships have no place in your home, especially now that you know for certain you'll be together for the rest of your life.
- Follow the tips in the main article for enhancing your Love and Relationships, and Creativity and Children Guas. They are just as applicable to your new marriage even if you have already lived together.
- Create an affirmation for your marriage, and put it in your purse, wallet, or another private place that you see every day. Use the space to remind yourself why you love your partner, and why you always want to be with them ... and why it really doesn't matter in the end if he over-salts his soup, she always steals your t-shirts and leaves open lipstick on the bathroom counter!
- Use the excuse of your marriage to do a yin/yang assessment of your home. You need a balance of these aspects to maintain a balanced relationship. Yin energy is related to darkness, softness, horizontality, curves, the left side, and coolness. Yang energy comes from objects and spaces that are light, hard, vertical, and warm, and relates strongly to the right side. Use objects that embody these patterns, tones and characteristics to help the yin-yang balance in your home.
- Buy each other flowers! This isn't only the male domain - wives can buy their husbands flowers and enjoy them just as much.
- Above all, don't let the marriage change your routine TOO much! Your partner is likely to feel a little alienated if your comfy old routine completely changes just because you got married.

Feng Shui Tip: Autumn Attraction

Did you know that your Love and Relationships Gua actually relates strongly to the autumn season? It's that time of year ... why not celebrate the easing of summer heat and help a new marriage along at the same time? Use rich, earthy autumn colors in your cooking - plenty of tomatoes, meat and gravy. Make up a display of autumn leaves and bare branches instead of fresh flowers this month. And make sure to open those windows and revel in the bracing fall air!

Inspirational Quotes

The bonds of matrimony are like any other bonds - they mature slowly.
~Peter De Vries

After the chills and fever of love, how nice is the 98.6° of marriage! ~Mignon
McLaughlin, *The Neurotic's Notebook*, 1960

Here's to matrimony, the high sea for which no compass has yet been
invented! ~Heinrich Heine