

The Spiritual Feng Shui newsletter
Issue 38
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The Process of Enhancement

Feng Shui Stores ... Not What You'd Expect!

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for February 2010; we hope that you are well and truly into the swing of the new year, with fit bodies, minds and hearts! We are often asked about what order people should do things in - a whole house overhaul can be difficult to plan! We look at practical and beneficial ways to plan your enhancements. While there is a wealth of Feng Shui specific stores on the net, the best ones to buy your enhancements at may be the ones you already know. We give you some enhancement buying tips in the Q&A. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in February!

- 0x Feature Article: The Process of Enhancement
 - Step by step, we explore the best way to go about enhancing your home

- 0x Q&A: Feng Shui Superstores
 - Where can you buy the enhancements that you want?

- 0x Feng Shui Tip
 - Clutter with memories

- 0x Inspirational Quotes

Enjoy!

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Main article: The Process of Enhancement

If you're like many Feng Shui students, you probably wonder where to start with your enhancements. A typical beginner's list looks something like this: "Get lucky coins tied with red ribbon for Wealth power spot: check. Buy nine goldfish and place in Creativity Gua: check. Dye couch covers blue: check" ... and then onto day 2!

In reality, adding things to your home and changing color schemes is a small part of a Feng Shui practice. Today we are looking at a step-by-step process of enhancing your home and achieving the goals that you set for yourself. While the individual actions will differ somewhat, the process is the same. Where do you start with Feng Shui? Right here!

Step 1: Read about Feng Shui

Find out about the principles behind the practice that you'll be engaging in. While the internet is a wonderful, free source of information, in this case we believe it is better to read a book. Get a comprehensive view of an interpretation of Feng Shui, and find out how it works for people. Going by bits and pieces here and there is only likely to confuse you. We recommend a book with some solid psychological theories behind it ... you know the one! The Spiritual Feng Shui ebook is available at www.thespiritualfengshui.com - you can also download 4 chapters for free as a trial.

Step 2: Decide what you want out of it

Deciding that you want improvement in all areas of your life is not useful in Feng Shui - you need to focus on a few areas of your life that you want to improve. These might include:

- Gua-related things, like your Love and Relationships, your Finances, your Career, your Family life, etc
- General feelings - a lack of peace in your home and a feeling of de-motivation at home are two of the most common complaints
- A specific project or problem that you want to improve. This might be a new business venture, a weight loss program, or reaching a savings goal. They may range over more than one Gua.

Step 3: Clear clutter

If you are a regular newsletter reader, you have heard pages and pages of advice about how to rid your home of clutter. Sometimes it comes down to just one piece of advice ... "Just do it!". The conflicting, overwhelming Chi that clutter creates is poison to a new Feng Shui practice. Perfect your clutter-clearing systems before you do anything else.

Step 4: Light, air, and natural sounds

Having a home that is light and airy and open to the outdoors naturally brings energy when the sun is out, and encourages restfulness at nighttime. Working *with* your body like this, rather than against it, is fundamental to Feng Shui success. The Chi of the natural world is like Dr Johnston's Cure-All Tonic for your home ... and also for your lifestyle.

Step 5: Adding plants

Just like adding light and air, bringing the natural energy of plants into your home is a great way of working with our primal instincts and evolved tendencies. Humans aren't made to sit in a plastered, concreted, unchanging box from dawn til dusk ... no matter how pretty it looks! Living green plants and cut flowers are very potent enhancements, and should be among the first things that you add to your home. The colors of flowers that you choose and the placements of your plants and vases will depend on what you determined in step 2 - your Feng Shui goals.

Step 6: Work on your yin/yang balance

If your home has too much yin energy, you might:

- Find it difficult to get projects finished
- Always want to sleep
- Feel that it is a physical drain to get off the couch

If your home has too much yang energy, you may:

- Find it difficult to sleep
- Feel overwhelmed by conflicting demands
- Feel pressured

You can see that either situation is less than ideal! Your yin-yang balance is a good place to start with the physical enhancements. In general, yin energy is created by things and spaces that are cool, dark, lightly colored, feminine, unmoving and soft. Yang energy is created by light, bright, warm areas and colors, where there is plenty of activity (e.g., blowing curtains, moving fish), linear patterns and hard or sharp items. You can either self-assess your home for yin-yang balance or have a consultant do it.

Step 7: Color schemes

The color schemes you choose will be determined by your goals, which you set down in step 2. The coloring of every individual house will vary enormously!

Step 8: Elemental balance

You need to ensure a good balance of elements throughout your house - not the chemical ones like hydrogen and helium, but the natural ones! Wood, wind, water, fire and earth are the elements that Feng Shui uses. The places you use these elements is also guided by your goals.

General guidelines for enhancements

Within this framework, you don't want to work too quickly. If you whirl through in a weekend, spending thousands of dollars and getting no sleep, you will most likely find that nothing in your life changes. Work slowly and deliberately ... feel the impact that having a clean, clutter-free home and your windows open during the day makes. Add a throw rug or some bright cushions, and just delight in them for a week before you change anything else!

In addition, as your life goals change your Feng Shui practice should as well. You might change the color of your fresh flowers or the positioning of your plants, move your enhancements around or play with the yin-yang balance of your home. You will always do this on the basis of having a home that is clutter-free and incorporates plenty of light, air, and natural sounds. You might change the entire color scheme of several rooms if you feel a large change is needed. Whatever you do, make sure that

Feng Shui becomes a lifestyle, not a band-aid cure ... that is how the practice can truly make a difference in your life.

Feng Shui Your Body: Clear Out the Junk in Your Trunk!

One of the most important things that many of us can do for our health is to clear out our bodily 'clutter'! Carrying around extra fat is one of the leading indicators for cancer, heart disease, diabetes, and other major diseases. We need certain reserves that help women maintain normal reproductive health, and provide a sort of safety net in case you are lost in the jungle. But most of us have at least ten times the necessary 'clutter' hanging around on our tummy, hips and thighs. In Feng Shui, one of the first things you do is to clear your home of clutter, and start developing systems for ensuring the clutter doesn't return. So today, in our *Feng Shui Your Body* series, we're looking at how to do the same to your gut!

An overall weight loss plan

Just like clearing up the clutter in your house, you need a system to get rid of extra weight. There is no sense attacking the problem haphazardly. You will need to:

- Define some achievable weight loss goals
- Create a realistic exercise plan
- Create a realistic diet plan
- Set up some checks and balances along the way. If you aren't achieving your weight loss goals, you'll want to get some outside help. This can be thought of like hiring a cleaner, for when you are especially busy at work!

Defining your weight loss goals

A good way to set your weight loss goals is using your BMI, or Body Mass Index. Your BMI is calculated by dividing your weight in kilograms by your height in meters squared. So if you weigh 60 kilos and are 1.7m tall, you have a BMI of about 18.8, at the low end of the normal range. Here are the rough guidelines for Body Mass Index and how it relates to a healthy weight:

- Less than 18.5 - Underweight
- 18.5 - 24.9 - Normal weight range
- 25 to 29.9 - Overweight
- Over 30 - Obese

Aim to reach a normal weight range. The larger you are, the more quickly you can expect to lose weight once you start exercising and eating healthy foods and meal replacements, like Shrink It smoothies. However, as a general guide you should lose no more than 2 kilograms a week if you are exercising every day. Anything more than that and your body will go into starvation mode, believing that your precious fat is being lost too quickly and it must hang onto it. After all, fat is the 'Get Out of Jail Free' card of ancient man. We evolved when there was not a McDonalds to be found! So, slow is actually good when it comes to weight loss.

Creating an exercise plan for clutter-clearing in the body

If you do enough exercise to burn 500 calories per day, and do not increase your food intake accordingly, you will have a 3500 calorie deficit at the end of the week. This is equivalent to about one pound. Obviously, if you also reduce the number of calories you take in by eating more vegetables, using meal replacement shakes like the [Appetizer Diet Shake](#) and [Appetizer Diet Cookies](#), etc, your deficit will be greater. And that means your weight loss will be greater!

Here is a good guide to an optimal amount of exercise, and different exercise types, for one week. Always check with your doctor to make sure you are fit for the activities you will be doing.

- Day 1: 30 minutes of cardio exercise
- Day 2: 30 minutes of weight training
- Day 3: 30 minutes of cardio exercise
- Day 4: 30 minutes of cardio exercise
- Day 5: 30 minutes of weight training
- Day 6: 30 minutes of cardio exercise
- Day 7: Rest

Creating a diet plan for clutter-clearing in the body

There are a hundred thousand different diets in the world, and while some of them work amazingly well for some people, physiological differences mean they won't be suitable for all. The best way to determine what will work for you is to visit a dietician and get a personalized plan.

One great diet tip for those trying to lose weight is to have a stash of [meal replacements](#) handy. One of the main reason that diets fail is the fact that vegetables and healthy foods simply take a lot of time to prepare! When you have a busy life, dieting just becomes too hard. Often people figure that they had McDonalds for lunch today, they might as well have it for dinner ... and so the avalanche of negative, defeatist thought begins!

Meal replacements can get around this problem - letting you fill your belly quickly and easily without the calorie content of most packaged or fast foods. [Vitamark](#) is a well-respected brand of [meal replacement products](#), and offers convenient autoship options as well as ordering on demand.

Checks and balances

If your diet plan seems too hard to stick to, and/or your exercise plan is not working for you, reassess after four weeks. This give you time to get past the initial difficulty of changing your habits, and truly assess whether a plan will work in your life. You will never give up ... you'll just change your approach to clutter -clearing in your body!

Q&A: I'm having trouble finding the enhancements that I want to use! Where do I buy things to use in my Feng Shui practice?

Before I start, let me say that The Spiritual Feng Shui is not affiliated with any particular store and takes no commissions or payments for any recommendations. As such, we're looking at general classes of stores, or merchant aggregators like Amazon, eBay and Etsy only.

We all know where to go to buy new clothes, a loaf of bread and quart of milk, or get a DVD to watch. Feng Shui enhancements are often a little trickier to find, though! We are often told by our customers that it is too hard to find a particular thing - today we are looking at the places online where you can get common Feng Shui enhancements.

Crystals

Crystals that are often recommended in Feng Shui include:

- Rose quartz
- Carnelian
- Tiger's Eye
- Onyx
- Jade
- Turquoise

One of the best places to buy these crystals is from jewelry stores. There are a thousand and one shops online that stock jewelry made from these crystals, and wearing them is a potent way to make use of their energy. You may even be able to break down the jewelry to create a mobile or hanging with your chosen crystal, as jewelry beads usually come with a pre-made center hole.

Water features

There are several sites that teach you how to make your own water feature, which is a good option for handy people. Do a Google search for 'making your own water feature' as a starting point. Alternatively, you are most likely to find pre-made water features at garden stores (nurseries), or hardware stores.

Fabrics

Etsy is a great place to source fabric, as is eBay. Both of these online stores offer unique and individual options - everything on Etsy is handmade, bringing a unique and personal energy to your home. We often recommend hanging sheets of fabric on the wall as an alternative to painting. They also make for easy to create, impermanent room dividers.

Zen gardens

Again, there are plenty of sites that tell you how to make your own. If you have access to natural materials (rocks and sand, usually), they cost next to nothing. If you have to buy the materials, unfortunately the small quantities of materials required often means it is more cost-effective to buy one ready-made. Check Amazon - simply search for 'Zen Garden' under all departments and you'll find plenty of options.

Feng Shui Tip: Clutter with memories

When you begin clutter-clearing, you'll often hear the advice that "If you haven't used it in the last 12 months, and are unlikely to in the next 12 months, you should get rid of it". Superficially this makes sense. One challenge to the rule, though, is clutter with memories.

Photos of your pets, friends and family that have passed on, awards and trophies, your children's artwork, mementoes from your lover, etc, can accumulate to gigantic proportions over the course of a lifetime. The key is balance - don't feel bad about recycling some of the things if you have plenty.

Alternatively, organization and storage is the best solution. They won't be cluttering up your home, but are still easily accessible.

Inspirational quotes:

I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub the floor. ~D.H. Lawrence

I held a moment in my hand, brilliant as a star, fragile as a flower, a tiny sliver of one hour. I dripped it carelessly, Ah! I didn't know, I held opportunity. ~Hazel Lee

Memory is a child walking along seashore. You never can tell what small pebble it will pick up and store away among its treasured things. ~Pierce Harris, *Atlanta Journal*