

The Spiritual Feng Shui newsletter
Issue 41
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Caring for Your Crop – Feng Shui for Parents

Nursery Choices

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for May 2010; we recently learned that this month is named for the Greek Goddess Maia, associated with fertility ... which makes this month's topic of parenthood especially appropriate! Whether you're a new parent, or have worked your way through part of the 'manual', we have some tips on arranging your home to ensure your children are happy and inspired, and your relationship is as fulfilling as possible. Our Q&A is aimed at new parents setting up the nursery – if you have a choice, which location is best? There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in May!

Are you on facebook? If so, you could add [me](#) as your facebook friend, my link is [here](#).

- 0x Feature Article: Caring for Your Crop – Feng Shui for New Parents
- They're the most important things you'll ever create; here's how Feng Shui can help nurture them
- 0x Q&A: Nursery News
- Where should I put this thing? Nursery location advice.
- 0x Feng Shui Tip
- Cleanliness and Kid-liness
- 0x Inspirational Quotes

Enjoy!

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Main article: Caring for Your Crop - Feng Shui for Parents

Probably the most important, best-loved and most inspirational things we will ever create in our lives are those little half-facsimiles of ourselves that we call children! If you share any of my philosophy, you probably believe that your kids are the single most important thing in your life. They make you laugh louder and more often than anything else in the world, and taught you what real love is. Having them grow up healthy, happy, physically and mentally strong, and as caring human beings probably takes up a lot of thought-hours :-). Today we are looking at how Feng Shui can help you achieve those goals for your kids!

Whole-home enhancements

Clutter clearing

Obviously, at all ages you'll want to focus on keeping your home clear of clutter. When your kids are small, you'll find them putting your mess in their mouths! As they grow out of that, it is even more important to set a tidy example for them to follow ... unless you really *love* to clean!

Organization

This grows out of clutter-clearing, but is worth exploring a bit more in the context of children. You'll find that when children's toys are organized, they will play for far longer with a set of toys. When toys are unorganized, nothing will hold their attention. So don't neglect the organizational side of your clutter-clearing activities.

Music

Feng Shui is a multi-sensory discipline - not just about the visuals. To help keep your kids calm and happy, have music playing in the background often. Try to keep a balance between 'their' music and 'your' music. Silence is boredom to tiny minds!

Access to the outdoors

Feng Shui aims to bring the outdoors and indoors together - a dark, closed-up home that is lacking the Chi of the natural world makes a very sad environment for kids. Open your curtains, open your windows, and venture outdoors with your children to pick fresh flowers, take cuttings of little plants, and collect interesting leaves to bring indoors.

Guas to enhance for parenthood

Unfortunately, parenthood is not a single skill. You'll have to learn all sorts of things over the course of your parental career. Some will be joyous, some smelly, some heartbreaking - but all necessary. So, enhancing a variety of Guas within your home can help make your parenting more well-rounded. You'll want to look at your:

- Family Gua (leftmost square of the middle row)
- Creativity and Children Gua (rightmost square of the middle row)
- Love and Relationships Gua (rightmost square of the top row)
- Mentors and Helpful People Gua (rightmost square of the bottom row)
- Skills/Knowledge/Wisdom Gua (leftmost square of the bottom row)

The Guas above are in order of importance. If you have a limited amount of time or resources to complete your Feng Shui overall, start at the top of the list and work your

way down. Here are some quick tips for your enhancements of the three most important of these Guas - Family, Creativity and Love. If you'd like more information, don't forget there are hundreds of pages of ideas and guidelines in [The Spiritual Feng Shui ebook!](#)

Family Gua

Work through this area first when you're looking to use Feng Shui to make parenthood a little easier! It is located in the leftmost square of the middle row, if you imagine your home divided into a set of 3x3 squares, with your front door located somewhere along the bottom edge of the grid. Your Family Gua needs:

- Wood and water energy. Use wooden furniture and ornamenture where you can, and include a water feature here to help the wood 'grow'!
- Green, brown, blue, black and purple colors
- A mirror - this could be in the Gua itself, or one of the spaces in the house you share such as the dining room or living room
- Items inherited from previous generations of your family, to help strengthen the sense of unity and a shared heritage
- Scented candles, oil burners, fresh flowers or incense to create pleasant smells in your home. We don't usually recommend air fresheners - natural is best.

Creativity and Children Gua

The 'Children' in the name of this Gua relates more to the creation of children - fertility - than to their upkeep! That is mostly the domain of the Family Gua. However, the Creativity and Children Gua is one that really supports your activities as a parent - it is a place where ideas are generated, creativity is sparked, and new relationships are formed. This Gua provides inspiration - and the changing nature of kids means this is a great boon to raising them. Your Creativity Gua needs:

- Metal and Earth elements. Use metal objects, or those made from clay or rocks, as well as pictures of mountains and other 'earthy' scenes.
- Colors like gold, silver, white, yellow and beige
- The products of yours and your children's creativity - artworks, writings, etc.
- Things that move! Animals are great, but not always possible. You can also use wind chimes or spinners.
- Jewelry made from metal and precious stones is a lovely enhancement to carry round with you. It needn't be expensive.

Love and Relationships Gua

People usually focus on this Gua to enhance their romantic life - but your relationships with your children come under this Gua also. And don't forget that a happy marriage makes happy children! This Gua needs:

- Earth and fire elements. Light candles and make sure there is plenty of light in this area, and use clay or rock ornaments and items.
- Colors like yellow, beige, red and pink
- Photographs of you and your partner, and you and your kids, displayed prominently
- Crystals like pink quartz and rhodonite

Kids are one of the greatest gifts we will ever receive, and also some of our best teachers! Overhauling your home to help make their lives happier is just a small gift you can give in return.

Q&A: We're expecting a baby, and I have a few choices of space to set up the nursery. Is there a better place, in terms of Feng Shui?

Often the choice of space for the nursery is guided mostly by practical concerns. In all except the most extreme Feng Shui circumstances (for example, if the most convenient room looked out onto a hospital or graveyard), this makes good sense. Having a new baby is hard work, and there is no reason to make it more difficult for yourself! So take into account how easy it is to get to your nursery in the middle of the night and whether it will be safe as your baby grows first. If you still find yourself with a choice of spaces, consider some of the following Feng Shui ideas.

Can you put your nursery in either the Family, Love and Relationships, or Creativity and Children Guas?

Check out their locations in the main article. Remember that if your house has two levels, the Bagua is replicated on each of them ... so you have six great choices!

Does the space have plenty of light and fresh air?

If it does, it provides lots more Chi and stimulation for a growing body and mind. You can compensate somewhat for a lack of natural light and fresh air with lamps and fans ... but there is no substitute for the real thing.

What is outside the window?

If your baby's room will be adjacent to a highway, a train station or railroad track, or an airport, the excess Chi could make it difficult for your baby to sleep. Of course, if the only space you have available has one of these structures outside, there is lots you can do to compensate. If you have a choice, though, leave these spaces for some other activity.

Can your 'nursery' go within your own bedroom?

Your bedroom falls under your Love and Relationships Gua also, even if it isn't located in the rightmost top corner. This is another good option if the physical Family, Love and Creativity Guas are taken.

How easy is the nursery room to redecorate?

A whole host of factors can make spaces difficult to change. You'll no doubt want to tailor the space to the very different Chi requirements of a new little life, so choose a spot that lends itself well to this.

A suitable nursery can make the difference between sanity and not coping in those strange, hazy, amazing early days! Choose well.

Feng Shui Tip: Cleanliness and Kid-liness

I have a revelation for every parent out there today ... It IS possible to get your kids to clean up their own mess! Being clutter-free is an essential part of any Feng Shui practice, but when there are several little souls determined to spread things out as much as possible, it isn't always easy. The tactics for getting your kids to clean up their own things vary for different ages, but include:

- Never complaining about cleaning yourself - you'll teach them that it is unpleasant and put them off doing it.
- Make cleaning a team activity, especially when they are younger. Teach them to love helping you when they're at the helpful stage!
- Get your kids to tidy up one activity before moving to another
- When older, link tidiness to an allowance. Their rooms and items in public areas must be tidied (importantly ... *without any prompting!*) on certain days to get their allowance.

Inspirational quotes:

You don't really understand human nature unless you know why a child on a merry-go-round will wave at his parents every time around - and why his parents will always wave back. ~William D. Tammeus

Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body. ~Elizabeth Stone

My mom used to say it doesn't matter how many kids you have... because one kid'll take up 100% of your time so more kids can't possibly take up more than 100% of your time. ~Karen Brown