

The Spiritual Feng Shui newsletter
Issue 42
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Cleaning Up Your Bathroom Act

Sharing While Caring

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for June 2010! June is a month of new beginnings ... the month is named after the Roman God of doors, so we hope to open plenty of them for you this month! We are looking at the bathroom, always a problematic area for Feng Shui. How can you overcome the tribulations of rushing, draining Chi, and create a personal sanctuary instead? Our Q&A focuses on creating a haven from your bathroom ... if it is not only your space to enhance. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in June!

- 0x Feature Article: Cleaning Up Your Act – Bathroom Feng Shui
- The bathroom doesn't need to be a Feng Shui drawback – we show you how
- 0x Q&A: Sharing While Caring
- What can you do to enhance your bathroom if you live in a shared house?
- 0x Feng Shui Tip
- An outdoor bathroom?
- 0x Inspirational Quotes

Enjoy!

Mike Z. Wang
Author of *The Spiritual Feng Shui*

Thespiritualfengshui.com
Unit 616, 220 Lake Promenade,
Toronto, Ontario,
Canada, m8w1a9

Main article: Cleaning Up Your Act - Feng Shui for the Bathroom

Of course, every room in your house is unique. In terms of Feng Shui, though, the bathroom is a little 'more unique' than the rest of the house! In terms of its elements, and the way Chi flows through and around the bathroom, enhancing it has to be approached differently to any other room. Today we are looking at both the Feng Shui challenges and opportunities that the bathroom presents, and how to work with its natural characteristics for the benefit of your home's energy.

Why is the bathroom so different?

Most of us can literally feel the change in environment when we enter the bathroom - even if someone leads us in there with our eyes shut. Feng Shui is the study of that energy that we can feel but not see, and within the discipline, there are several characteristics that make the bathroom completely different to the rest of the house.

- There is no other space within the home with such a free flow of water
- The bathroom space is often very enclosed and hidden from the outside world
- There is no other room that so reliably includes mirror/s
- It is one of the most private spaces in the house

Bathroom challenges

When we're thinking about the bathroom in terms of Feng Shui, there are a few major challenges that we face. Nothing that we can't tackle with the help of a warm shower and clean hair ... but challenges nonetheless!

- *Water flow:* Water represents your money in Feng Shui, and bathrooms can drain it!
- *Being enclosed:* Chi comes in large part from light and fresh air, which many bathrooms lack. Not having light and air also means that green plants don't work in the bathroom.

Bathroom opportunities

For every problem there is also an opportunity! There are some great things about bathrooms that you can capitalize on, including:

- *Mirrors:* Just make sure they reflect something positive, or at least, neutral
- *Privacy:* This space has the potential to become a real haven within your house!

Enhancing a bathroom

You'll really need to keep the above factors in mind when you are enhancing your bathroom. Don't let them drip out, leak away or get flushed out of your mind! Here are some guidelines to keep in mind for your bathroom.

Maintain your plumbing

If you can't afford any other Feng Shui improvement, make sure that your plumbing is sound. The bathroom is obviously the first place to check, but it is actually important that water flow throughout the house is optimal.

It is also critical that you shut the toilet lid before flushing, and keep the door shut while flushing the toilet so that Chi doesn't rush from the rest of the house down the drain.

Light and air

If you own your own home and have the funds, many bathrooms could benefit from a larger window or a skylight to let in some refreshing light and air. Obviously, though, the people that can do this will be in the minority!

If this isn't an option for you, you can at least:

- Make sure you have an exhaust fan installed
- Put in a brighter light bulb than you would use for the rest of the house
- Open the window, no matter how small it is, at every opportunity.
- Decorate with light, bright colors

The problem of not being able to sustain living plants in the bathroom is related. Don't forget, though, that cut flowers and plastic plants actually carry much of the same Chi that green plants do. Use these in your bathroom ... and make up for the lack a little in the rest of your house!

Mirrors

Make sure your mirror doesn't reflect the toilet. It would be ideal to have it facing the window, so that you can double your view of the outside. Hanging it to face a painting or artwork would also have a positive effect on the Chi of the space.

You can also use the bathroom mirror for verbalizing your affirmations. If you're a regular reader, you might have several affirmations printed out and displayed around the house. Speak them to yourself in the mirror in the morning to start your day on the right foot.

Privacy

Make sure you indulge in the privacy the bathroom affords as often as you can! Put a lock on the door so you can revel in the knowledge that you are completely alone. Keep a little CD player in the bathroom, so that you can put some music on while having a bath or shower, and completely shut out the world.

Miscellaneous tips

- Pop some candles in the bathroom. It is one of the safest spots for them, with minimal soft furnishings and plenty of water around.
- The earth energy of the bathroom is usually very good, with all the tiles around. Balance all the water and earth with some wooden towel racks or cupboards.

Your bathroom is a unique spot in the house ... and while it has its challenges, it is definitely a place to be celebrated!

Q&A: I share a house and don't have complete control over the bathroom, or the other communal areas. What Feng Shui fixes can I use for the bathroom?

So many Feng Shui manuals are designed for the 'ideal' home situation - where somebody owns their own, regularly-shaped and well-planned home. Reality rarely meets the ideal, though, and sharing a house is just one example of this! However, Feng Shui is much more flexible than many people realize. Even if you don't have complete control over your bathroom, there are plenty of things you can do to enhance it - read on for some inspiration.

Keep it clean

Having a space that is clean and de-cluttered is a huge part of good Feng Shui! Make sure that your bathroom is clean - try to institute a roster for cleaning the bathroom in your shared house, or else leave some supplies in there so that people can clean up after themselves.

Lids, curtains and doors

Even if your housemates don't share your Feng Shui goals, there are plenty of reasons to implement systems for minimizing the impact of running water. The toilet lid should stay closed for hygiene, the door shut for privacy, and the shower curtain closed over to prevent mold.

Bring your environment with you

Whenever you use the bathroom, bring your own mini-environment with you. So bring some brightly colored towels, candles and a CD player for when you have a bath or even a shower.

Scenting

Sometimes the bathroom smells heavenly - like when you've just finished getting ready for work and your perfume is filling the air. Sometimes, though, bathrooms do NOT smell heavenly! Pop an oil burner in the bathroom, or fill a basket with scented bath salts and beauty products to help keep the air nicely scented.

Use power spots

If your bathroom is shared, there is a good chance that it is fairly plain. Note which Gua your bathroom falls into, and then enhance the power spot for that Gua in other rooms in the house which you do have the power to change. If your bathroom is in the Love and Relationships Gua, for example, you would enhance the top-right corner of every room.

Do what you can

Some enhancements that we've suggested above are fairly universal. It's hard to imagine anyone objecting to having an exhaust fan in the bathroom, and they are very inexpensive. Ask your housemates if they mind you incorporating some of these suggestions into the bathroom - you never know what they'll say!

Feng Shui Tip: An outdoor bathroom?

The indoor bathroom is one of the hallmarks of civilization. However, challenging that norm could create one of the happiest areas of your home! The idea of the indoor-outdoor bathroom is becoming more popular in self-contained accommodation and luxury villas. Having plenty of light and fresh air brings Chi that is much-needed in the bathroom. Could you:

- Make a much larger window in your bathroom?
- Make one of the bathroom walls glass?
- Leave one of the doors open to the outside while showering?

This part of the house so rarely sees nature ... changing that will make you look at personal time in a whole new light!

Inspirational quotes:

I don't sing because I'm happy; I'm happy because I sing. ~William James

Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world. ~Hans Margolius

Love is the thing that enables a woman to sing while she mops up the floor after her husband has walked across it in his barn boots. ~*Hoosier Farmer*