

The Spiritual Feng Shui newsletter
Issue 44
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Get Up and Go

Physical or Mental Energy?

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for August 2010! We've reached a hard time of year for many, when motivation seeps away and the television gets more attention than ever. So this month we're talking about how Feng Shui can help you get your energy back, both at home and work. If you feel that your problem is with physical rather than motivational energy, we have some great tips also. Our Feng Shui tip this month is a little fishy ... but in a very good way. We also have inspirational quotes for the topic. May peace and harmony reign for you in August!

0x Feature Article: Get Up and Go With Feng Shui
- Take the power back!

0x Q&A: Physical or Mental Energy?
- If you're otherwise healthy, we have some effective tips for boosting *physical* energy through Feng Shui

0x Feng Shui Tip
- Fishy Feng Shui

0x Inspirational Quotes

Enjoy!

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Main article: Get Up and Go with Feng Shui

Ever feel that you'd like to do something, but you 'just don't have the energy'? We tend to think of energy as a physical thing - the calories that our food kindly supplies, or even the way our body extracts and distributes them. However, in modern times a 'lack of energy' is very unlikely to be caused by a lack of food! Energy is a mental and spiritual game inside our bodies; and much energy comes from the way we perceive and respond to our surroundings. In fact, the energy that comes from how we perceive and respond to our surroundings is called 'Chi' ... if you're a regular reader of our newsletter you might be familiar with it! This means that you can definitely use your surroundings (and Feng Shui, the art of designing your surrounding to achieve goals in your life), to improve your energy levels. We look at some easy strategies for doing just that today.

De-cluttering

We've spoken a lot about de-cluttering over the 40-odd issues of this Feng Shui newsletter. We won't bore you with all that discussion again, except to remind you that it isn't possible to focus on something, and feel that you 'have the energy for it', when there is an avalanche of different types of competing Chi crashing down around ... as happens in a cluttered house.

Yang, yang on the door

Chi's two components, yin and yang, are both equally necessary. It is also essential that they are in relative balance - if you feel that you never have any energy, it is probable that your home has an excess of yin energy. To boost the yang profile of your home's Chi, you should:

- Open your home up to natural light every single day
- Make sure your home is warm enough - don't put up with having to wear your winter coat inside the house!
- Look for linear designs, and vertically-based patterns for your home's wallpaper, fabrics, linens etc.
- Make sure your home isn't too 'soft' - pay attention to the balance of cushions, fabrics and hard surfaces
- Enhance the right side of rooms, where it also fits with your other Feng Shui aims

Watch your elements

Most homes have plenty of wood energy, which symbolizes growth, development and potential. Wood energy helps you define goals as well as reaching them, and in the odd home where there is a deficiency of wood energy it is likely that the occupants will feel demotivated, de-energized and generally flat. It is easy to re-introduce wood energy by simply replacing some of your smaller pieces of furniture, like coffee or bedside tables, with a wooden version.

However, it isn't only wood energy that can affect your energy levels at home and at work. Fire energy can be very disruptive, or metal elements may be conducting Chi away from where it is needed. In many cases, that Chi gets directed towards the television! It can be pretty complex trying to determine how the balance of elements plays out in your home, and professional help is usually recommended.

Improve the health of your Health Gua

The Gua most strongly tied to your energy levels is obviously your Health Gua. It lays in the centre of your home, and presents a few unique challenges in enhancing it. For example, both fresh air and sunlight are vital to boosting Chi and your general energy levels - but it is difficult to get them into the area of the house that is least likely to have windows!

Structural changes, such as installing skylights or exhaust fans, are the most effective ways to improve your health Gua. However, they are not necessarily the easiest or cheapest ways! Here are a few more tips:

- Use earth colored or fire colored design elements and enhancements
- Pay attention to your lightshades! These are often located in the center of each room, and are a great opportunity to enhance the center of the room without cluttering it. Personalize them and dust them regularly.

Replicate these techniques at work

A workplace which feels draining is likely to impact on your home life as well. Make sure you replicate these techniques in your workplace; boost your yang energy and get professional help with your elemental balance; check your health Gua and make sure you stay de-cluttered!

Feng Shui is all about energy ... so it isn't surprising that the practice can help you boost your energy levels, achieve your goals and feel more vibrant and vigorous about life! Small changes can make a big difference - check them out for yourself.

Q&A: I don't have a problem with mental energy, but with physical energy. Can Feng Shui help me?

Feng Shui can certainly help with physical energy levels, as well as mental ones ... especially if you understand that the two are very much interlinked!

However, before you try to improve your physical energy levels with Feng Shui, you need to visit your doctor to make sure that your physical tiredness isn't the result of a serious health-related condition. Thyroid problems, heart problems, sleep apnea, iron deficiency and other poor aspects of diet as well as some chronic infections can cause fatigue, and they should be excluded before you start looking at Feng Shui-related solutions to your physical fatigue.

If there are no medical problems, though, it is time to start looking at some base areas of your Feng Shui practice that could contribute to your everyday energy levels!

Sleep well, play well

Poor sleep quality is a common cause of fatigue. However, we don't always know that we are sleeping poorly! Feng Shui tells us that the Chi of your bedroom should be slow and calm, encouraging relaxation. You can achieve this by:

- Making sure that no light enters your room while you are asleep
- Taking extra soundproofing measures such as double-glazing your windows
- Removing televisions and personal computers from the bedroom
- Dimming bright alarm clocks
- De-cluttering your bedroom, especially under the bed
- Placing your bed in the ideal Feng Shui position

Breathe well!

We wouldn't be able to use the energy from the food we ate if we didn't have any oxygen available. That is why fresh air is considered to be such a Chi-booster ... it's not only a mental, but a physical effect! One of the basics of a Feng Shui practice is opening up the house to fresh air. You can help refresh the air in your home and get a real physical boost by:

- Making it a habit to open the windows in the morning, and when you come home from work
- Install ceiling fans or use standing fans throughout your house to help circulate the air.
- Introducing (real!) large, leafy green plants to help absorb carbon dioxide and boost oxygen levels
- Create outdoor living spaces in your home - bring furniture outdoors to allow you to read or do work in the fresh air.

Light it up

For some people, light is a real and physical factor in their energy levels. At the extreme end of the spectrum are people that suffer from Seasonal Affective Disorder, a period of depression lasting throughout winter when days are shorter. Light is also recognized as a critical component of Chi. While natural light is always preferred in your home, you can improve the Chi of your house and your energy levels with artificial lights just as well.

Become a light-accountant ... and do a light-audit on your home! Look at:

- How often you open the curtains
- Whether there are any corners of your home that are completely closed off to the outside
- Low-electricity light solutions such as fairy lights or nightlights for some areas.

Feng Shui combines both psychological and physical strategies for increasing your energy levels ... but don't forget that everybody is different! If you're having trouble, it is wise to get professional advice tailored to your situation.

Feng Shui Tip: Fishy Feng Shui

No, we aren't talking about the questionable brand of Feng Shui that promises to get you a new job and fill your bank account just by precisely placing old Chinese artifacts at different GPS locations around your home! We're talking about real fish today ... the kind that swim around in a bowl.

Fish are actually quite an easy and very underused Feng Shui enhancement. They are constantly moving (to ensure that they can breathe), and as such are a great source of Chi for your home. Not to mention the fact that fish will always listen without talking back. Cold water fish like goldfish, zebra danios, white cloud minnows, guppies and some species of barbs are easy to keep ... and a great Feng Shui aid!

Inspirational quotes:

We cannot command Nature except by obeying her. ~Francis Bacon

The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins. ~Bob Moawad

The reason angels can fly is because they take themselves lightly. ~G.K. Chesterton, "Orthodoxy"