

The Spiritual Feng Shui newsletter
Issue 47
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Feng Shui's Cheapest, Easiest and Most Effective Improvements!

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for January 2012! As a new year has dawned, it's the time of year for new inspiration, reinvigorating yourself and all around you. A new calendar year brings hope and the opportunity for improving all aspects of your life. This month we look at how to make Feng Shui as effective as possible, without it costing the earth and without it proving too difficult to contemplate. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in January!

- 0x Feature Article: Feng Shui's Cheapest, Easiest and Most Effective Improvements!
- 0x Q&A: I'm looking for Feng Shui improvements that don't require lots of time – can you suggest some of the fastest Feng Shui improvements?
- 0x Feng Shui Tip
- Luxury Feng Shui Items to Lash Out On
- 0x Inspirational Quotes

Enjoy!

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Main article: Feng Shui's Cheapest, Easiest and Most Effective Improvements!

As humans, we're always looking for a faster, easier and better way to do things. It's evolution, baby ... we wouldn't be in the favored position that we are among the species if we were happy to just leave things as they are! So, while you already know that The Spiritual Feng Shui is in fact not about quick fixes and stop-gap measures, there are numerous ways you can make improvements to Feng Shui in your home that are easy, effective and inexpensive.

The Structures That Make Your Home

As we practice Feng Shui in the modern age, it is not practical to knock down a wall or build a new room every time the energy isn't quite right! We just need to learn how to adapt the architectural elements that make up our home, such as windows, doors, corners and so on, so they have the best possible Chi for their circumstances.

Now unless you live in an igloo or a teepee your home will have lots of corners. There are two common problems associated with corners – Chi whirling towards the center of a room bypassing the corners altogether leaving them stale and stagnant. Sharp corners also repel Chi and will create black holes of negative energy in your home.

The easy solution for both these problems is to place objects you already have in the corners to attract beneficial energy. It could be a bookshelf designed especially to fit a corner or a small stool; a side table, a lamp, a potted plant or an oversized vase will all be effective ... and cheap, and easy!

Regulating Chi Inside to Out and Back Again!

Windows can be tricky as they are the gates that regulate how fast or slow Chi is allowed to enter a space and can be both good and bad. If a space has too much rushing Chi that must be contained a simple solution is to close an open window. The opposite is true for a space like an attic or basement that hasn't had any fresh air in years – the simple act of opening a window can have an enormously beneficial effect.

Here are some simple tasks to bring the windows in your home into line with best Feng Shui practice:

- Spend a weekend making sure your windows are all working and easy to open and close
- Cut down on curtains and blinds in heavily covered windows that are difficult to access
- Move household items that block access to windows away

Like windows, doors act as gates for letting Chi in and out of a space. Think about the way you feel when you open a door and walk into a room for the first time. A bare room can make you feel depressed and negative, while a luxurious and stylish room can make you feel uplifted. An easy way to lift Chi is to hang a picture behind a door – make it something cheerful and meaningful to you.

The most important door in the whole house is your front door, speaking volumes about you and your family. Does your door have the right type of energy to come across as inviting and hospitable? A stark white door is not very engaging for visitors; this can be easily remedied with a simple paint job. Paint your door a bright red color

as it denotes vibrancy and energy. If you can't stand red, try INSERT. These bright colours actively engage people and draw them into the house in a natural way.

Preventing Chi From Escaping Down Hallways or Drains

Almost every home has a hallway of some kind or another; the most common problem for Feng Shui is a long, narrow hallway which carries Chi directly in a straight line allowing it to gather force and becoming rushing Chi. This aggressive type of energy can be harmful, especially for the room at the end of the hallway. What you need to do in this situation is slow down the Chi that is rushing down the hallway.

Try:

- Hanging crystals from the ceiling to catch the Chi, breaking up its rushing pathway.
- Placing tall, thin ornaments along the hallway to break it up – tall plants, side tables, benches or vases, for example.
- Use several smaller rugs with varying colors, rather than one long hallway runner
- Hang artwork along the hallway

The smallest room in the house – the bathroom – is often found at the end of a long hallway. Unfortunately this is undesirable with the Chi racing down the hallway escaping down the drain. As plumbing represents a house's finances this means flushing money down the toilet! To avoid losing all the Chi down the drain, use the 'absorbent' strategies above to scatter Chi and even up the distribution.

The Slippery Slope

Staircases can be another tricky element in your home – the ideal scenario is a set of stairs that are wide, gently sloping, curved but not spiral and broken up with landings to help Chi descend gradually. However, very few of us live in the ideal scenario! Fear not, simple solutions for stairs include placing small plants on the landings of a staircase that has too many – this will encourage the Chi to descend gradually rather than being caught up on the landings. If you have the most common type of staircase found in homes without any landings at all then the opposite problem is true – all your Chi will be falling down too quickly. Again a crystal can be a simple solution here – suspend it from the ceiling at the top of the staircase to help hold Chi up, easing its descent. At the bottom you can do the same helping to lift up Chi and collect it rather than letting it rush off.

Surfaces and Textures Are Important Too

The bedspread you choose for your bed to the rug you lay on the floor all play an important part in the practice of Feng Shui. All the fabrics and textures on furniture and on surfaces such as floors and walls are highly influential in balancing Chi. A cold room that doesn't feel warm or inviting can be easily improved by adding warm texture items such as deep, thick carpeting or rugs, cushions, wall hangings and tablecloths. By increasing the comfort level and bringing in items imbued with good energy you are changing the entire feel of a room!

Lights Out!

Lastly, Feng Shui has a place for both natural and artificial light. Darkness too is an essential element; the key is to find balance of all three. A bedroom without distracting light sources will be a restful place to sleep; but dark corners of another

room will attract dust and negative energy. A quick fix is to turn the lights on in a room and see where the shadows are. Brighten up the dark corners and nooks and crannies to get Chi flowing again by adding a lamp or introducing some lovely candles.

So as you can see it doesn't need to be complicated to get effective Feng Shui results in your home. Simply follow these suggestions and you'll be well on your way to having a home with correctly balanced Chi!

Q&A: I'm looking for Feng Shui improvements that don't require lots of time – can you suggest some of the fastest Feng Shui improvements?

We are a time poor society these days. However the good news is there are some very clever and effective Feng Shui improvements that do not need to take up much time or effort! Three of the fastest elements to think about for improving Chi in your home are living energy; furnishings and fabrics and finally decorative items.

Living Energy Inside Your Four Walls

It has been said so many times before in this newsletter about the negative impact clutter has on your Chi. Clearing away the clutter is not enough, though it is a fast and simple way to start. It needs to be **replaced** with energizing, life-affirming objects that make you happy when you see them.

Living energy is very easy to add to your home with objects like:

- A fish tank or fish bowl with beautiful, brightly colored fish. Symbolizing contemplation and reflection, fish are ideal for a living room or a quiet place in the home where you might meditate or reflect on the day's events.
- Other pets like dogs, cats, chickens, rats or mice – though you shouldn't bring them home if you aren't going to love them! Sad, neglected pets will create negative Chi, not happiness.
- Living plants or cut flowers – choose ones that are healthy, vibrant and colorful. Avoid cacti or prickly plants that can add harsh or aggressive energy to a room.
- Silk flowers or a fake plastic plant will do as well if you want to reduce expenses, but take the same amount of care in selection and maintenance as you would with a real one.

Embrace the Energy of Furnishings and Fabrics

If you are in the market for new furniture, then a simple way to improve Chi without taking any extra time is to consider the type of materials when making your purchase. In general wooden furniture is best as it has an intrinsic earth energy that creates a sense of grounded-ness and stability, while also promoting a calming influence. However, balance is needed here also – too much wood energy creates anxious, busy rushing Chi.

However if you have no need of new furniture there are other time-saving ideas for making Feng Shui improvements in your home. If you have a lot of metal or iron furniture sharp and square edges can be softened by draping fabric over the corners. A metal chair that seems uninviting can be enhanced with a soft, colorful cushion.

Decorations With A Higher Purpose

Enhancing your home with beautiful objects through Feng Shui is an effective and time efficient way of improving your Chi. It needn't be just large items like pieces of furniture – think about smaller, subtle items such as a picture hanging in the bathroom or some candles above a fireplace.

A simple solution for a bland room is to add a tall red vase, either on the floor or top of a table or windowsill – this will invigorate the room's energy. Similarly you can liven up a stale room by lighting a scented candle.

The most important thing to remember is that when choosing beautiful and decorative items make sure they have some personal meaning for you. Do not choose something because someone else told you to, or because you think you should. You will get the most benefit from the items that speak to you.

Feng Shui Tip: Luxury Feng Shui Items to Lash Out On

While the practice of Feng Shui needn't break the bank, it is nice to occasionally spend a little bit of your well-earned cash on some special items.

One luxury that needn't seem like one is the beauty and scent of fresh flowers – think about how you feel when entering a room with a beautiful bunch of flowers on display? Or when you pass by a florist store? It's no surprise flowers are a favorite for birthday gifts or for get well wishes. They immediately lift your spirits and bring a smile to your face.

Another luxury item you could purchase are some gorgeous plates with gold-colored trim or pattern. You may not be able to afford an entire dinner setting, but just a few plates with scented candles lit for the evening meal can create a sense of luxury and elegance, even if the rest of your home is not that of a five-star hotel!

Or finally how about some beautiful tactile materials - luxurious linen – the finest of bed sheets and perfectly luscious pillows for a restful night's sleep and improved Love and Relationships Gua energy; high quality draperies and rugs will make your rooms feel more inviting. While you might like to invest a little in quality items, you can also find great bargains on the Internet or at a garage sale or your local second hand store!

Inspirational quotes:

"Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best." ~Theodore Rubin

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us" ~Helen Keller

Man becomes man only by his intelligence, but he *is* man only by his heart. ~Henri Frederic Amiel

Love all, trust a few, do wrong to none. ~William Shakespeare