

Feng Shui Your Home to Gain Inner Peace in Your Life and Career

Summary: *No matter how positive our workspace or personal mind may be, until our home achieves a level of peace and balance, staying positive will be impossible.*



There are some homes that you walk into that radiate positive, happy and relaxing vibes. Feng Shui is the Chinese practice of **harmonizing your environment**. With our homes being the heart of your family and place of personal sanctuary, ensuring that it is a place of comfort is important. Follow these tips to bring that good energy into your home.

- The front door is where it starts. Make the entry open and inviting so that the energy from the outside can flow through your home. A red flower or accent pieces on or around your door attract energy, fortune and luck.
- **Get rid of the clutter.** Nothing causes more stress than stuff being everywhere. Don't just hide the clutter in a closet either, because your mind still knows it's there. Actually go through your home and throw out or donate things you don't use or need.
- Have a balance of the five elements – wood, metal, earth, water, and fire – in every room. This will help you stay grounded, balanced, and centered in your life and surroundings. You can also incorporate the colors to achieve the balance. Black is for water, green for wood, red for fire, white



for metal, and yellow or browns for earth.

- Keep nature inside your home. Nature can calm the soul and reduce anger and anxiety. This can be done by opening your windows to let the natural light and air inside. You can also keep a plant or add nature artwork to your walls.
- Place mirrors where they will reflect beautiful things and light. Mirrors are not for the bedroom because they energize the room where you should be trying to rest.
- Don't let the good vibes come in the front door and go right out the back door. Feng Shui teaches that you want it to wander throughout the home, so place furniture, a rug, or some other object near the exit path that can impede the energy flow.
- Your bedroom is the most important room. Use sensual fabrics and comfy pillows to enhance the relaxation and restoration of the room. Do not use the space under your bed to store items that create too much energy like shoes, books, pictures, and suitcases.
- Place family and friend pictures in the house, but not in your bedroom. The bedroom is the most intimate room and should be free of reminders of obligations and worries so that your mind and body can rest. Wedding pictures of just your spouse and yourself are okay to put in your room.
- Bright lights create energy. If you are trying to keep costs down, place the high-wattage bulbs only in the hallways. To have a bright light inside you, keep things around the home that elicit positive emotions.

Photo: much-ado.org