



House of Light & Harmony

Timely Tips

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FENG SHUI IN ACTION

Just by using the yin and yang principles to ensure sufficient yang -- flowing healthy Qi -- in your home, and applying the five element principles of fire, earth, metal, water and wood to ensure there is balance and harmony, you can create many great ideas for your living, working and garden spaces.

Practising Feng Shui is always a dynamic activity, carried on over the months, seasons and years. This involves keeping the flow of Qi moving in all your rooms. Choose building and decorating materials based on the five elements, including especially the use of metal, glass, wood, pottery and stone.

You can select auspicious decorative objects symbolizing different kinds of good luck. While you may not be able to change the way the land, topography and external environment of your neighbourhood align with your home, bringing Feng Shui into action in the design of your interiors will definitely enhance and increase your relationships, peace, flow, happiness and prosperity.

Do it and you will experience the immediate changes yourself. This practical Feng Shui is great stuff!

Here's to your increased happiness, health and abundance!
Enjoy early summer and the powerful energies of nature.

TIP #1 A GOOD FLOW OF QI

The first thing to bear in mind when designing, renovating or cleaning your home interiors is to keep an eye on the way the invisible energy or Qi moves inside the home.

Let the Qi from the outdoors flow freely in; open your windows and doors; let external breezes and sunlight bathe the home with fresh Qi.

Don't let energy stagnate in corners, storerooms or closets.

Don't have doors in a straight line.

Go for a meandering flow through the home.

Try to let the energy move diagonally across rooms.

Throw out dead plants.

Identify parts of the garden that may be ignored and activate the Qi there too.

TIP #2 THE MAIN DOOR

Personalize your main or front door, based on your Kua number; make it face your good luck directions.

Locate it in the auspicious direction for the breadwinner.

Use coloured doors that go with the directions:

Red for doors facing southwest, northeast and south;

Black for doors facing east, southeast and north;

White for doors facing northwest, west and north.

The main door should have a roof.

The main door should be solid wood.

Gold or brass decorations are excellent.

Lion door knockers are excellent.

The main door should open inwards.

The entrance mat should be on the outside.

TIP #3 AUSPICIOUS ROOM LAYOUT

The Eight Mansions formula personalizes sleeping and sitting directions for different members of the family.

Locate your bedroom in the most auspicious part of the house according to Flying Star Feng Shui.

Arrange your house layout according to the Pa Kua method, focusing on the kind of good luck you want for your bedroom and other rooms.

You may select rooms according to the Pa Kua's allocation of spaces to family members, for instance, father in the northwest, sons in the east and so on.

Flying Star Feng Shui enables you to change the energy of your home based on its orientation.

TIP #4 SELECTING AUSPICIOUS FURNITURE

Selecting auspicious furniture plays an important part in improving your Feng Shui.

Your furniture should always give you support, health and vibrancy.

Minimalist grey and black tones that may be common today are very yin; if you are keen on this zen-like atmosphere, also introduce yang features to create balance, such as primary colours, sound and light sources.

Dining room tables that are oval or round are best for creating harmony at meals; comfortable and right-sized dining chairs are needed; mirrors in the dining room expand space and the sense of abundance and harmony.

Living room furniture such as sofas and chairs with back rests give the needed support for the family and guests.

Beds in the bedrooms need a bed head, and there should never be shelves behind or above you, particularly in children's bedrooms.

TIP #5 COLOUR AND COLOUR COMBINATIONS

Using the Pa Kua gives the colour combinations for each of the eight directions in the house and within each room. For each sector there are auspicious and inauspicious colours.

For a detailed analysis of this, before you repaint your interiors, do consult a Feng Shui professional with a background in colour theory.

There are optimal ways to paint different walls in each room that will harmonize, balance and delight you.

Don't make the mistake of mixing colours that don't jibe with the eight sectors of the home and the room.

TIP #6 SHAPES AND DIMENSIONS

The shape and dimension of furniture can either add or detract from the energy of any room, thereby affecting the subtle movements of Qi around them.

When shapes are in balance and are harmonious to the intricate Qi of that part of the room and home they occupy, the effect is positive. When they are out of sync, though, the effect is negative. Shapes like circles, triangles, squares, rectangles and wavy lines go with each directional sector and the rooms within that sector. So fabrics, linens, bedspreads, pillows, curtains, and furniture and rug motifs need to be in harmony for each room within the eight sectors.

There are also auspicious dimensions for tables, sofas and chairs in regards to their height, width and breadth.

TIP #7 USING PERSONAL ELEMENTS

As well as using the Pa Kua direction elements to enhance your Feng Shui, you can also use your personal element to great advantage. Based on your birth details it is possible to generate the different elements based on the year, date, month, and hour of your birth.

Using your major birth element of fire, earth, metal, water or wood in your home will enhance your health and happiness.

Also, the zodiac animal and its element for the year brings good Feng Shui; for 2009 it is the Ox and the earth element.

TIP #8 FENG SHUI IN THE BEDROOM

Feng Shui offers a great number of guidelines and lots of advice for the bedroom. There are also many bedroom taboos to note.

Because Qi enters a sleeping person through the crown chakra at the top of the head, the direction the head of your bed faces matters greatly to your sleep and regeneration. It also brings increased good fortune.

Do not let the bed be situated in the middle of the room, away from walls.

Do not let your feet point directly at the door, which is termed the death position.

Do not let any mirrors face the bed directly.

Do not have the bed share a wall with a toilet.

Try not to sleep under a window behind you.

Beds should have headboards if possible.

Canopied beds add protection.

Keep the bedroom regular in shape, which is rectangular or square.

Make sure your bed is not too small or large for the space.

Stay clear of abstract designs with arrows and triangles which are poison arrows attacking you while you sleep.

Use soft pastel colours rather than bright yang colours in the bedroom to enhance good sleeping, health and good dream recall.

For a Feng Shui consultation for harmony, balance, energy revitalization and peace for home and/or office, or for Prepping™ (Advanced Staging) a house for an easy, quick sale, please contact Joseph at

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Welcome to your increased energy, prosperity, health and happiness!

