

Chinese New Year and Feng Shui

By Michele Duffy



A tidy entrance with an activated red door allows for Chinese New Year's prosperity to flourish at this Moraga home. Photos provided

More people are celebrating Chinese New Year, which began Feb. 19, than ever before. This is the year of the Female Wood Sheep/Ram, which will help to usher in a peaceful, calm, artistic, creative and kind energy. Attention to feng shui is the best way to prepare your home for the blessings of this year.

First, clean your home thoroughly and completely. Move any piece of furniture that has not been moved during the year to clean behind and all around. This first step is the most important of all preparations. It is most auspicious to start a new year and a new cycle in anything but a messy or dirty home environment. Remove any items you no longer use. Clear out all closets, drawers and storage areas if they have clutter. Focus on organization and tidiness. ... continued on page D10

Feng Shui Basics

WEALTH & PROSPERITY "Gratitude" REAR LEFT <u>Wood</u> Blues, purple & reds	FAME & REPUTATION "Integrity" REAR MIDDLE <u>Fire</u> Reds	LOVE & MARRIAGE "Receptivity" REAR RIGHT <u>Earth</u> Reds, pinks, & whites
HEALTH & FAMILY "Strength" MIDDLE LEFT <u>Wood</u> Blues & Greens	CENTER <u>"Earth"</u> Yellow & earth tones	CREATIVITY & CHILDREN "Joy" MIDDLE RIGHT <u>Metal</u> White & Pastels
KNOWLEDGE & SELF CULTIVATION "Stillness" FRONT LEFT <u>Earth</u> Black, blues & greens	CAREER "Depth" FRONT MIDDLE <u>Water</u> Black & dark tones	HELPFUL PEOPLE & TRAVEL "Synchronicity" FRONT RIGHT <u>Metal</u> White, grey & black

"Front Door"

Feng shui (or Wind and Water) is the practice of arranging your environment so that energy or "Qi" flows gently and smoothly through your home or business. The principles of feng shui are founded on traditional Chinese medicine, which is based on the dynamic opposites of yin and yang, together with the five elements (water, wood, fire, earth and metal) as well as form, landscape, space orientation and time. Feng shui is about creating a natural equilibrium, while promoting health, harmony, stability and prosperity. Feng shui is not a meditation practice, a religion or a New Age cult. In fact, its origins are thousands of years old. Feng shui is based on the concept that everything in your environment has a life force or energy called "Qi." Just as Qi flows through your body, Qi also flows your through living environment. When the energy flow is stagnant, stuck, obstructed or moves too quickly, unbalanced Qi may lead to ill health, domestic strife or financial concerns. Professional feng shui advice, adjustments and blessings help create nurturing energy in the spaces and places we spend the most time – our homes and offices. The goal are sustainable good luck, good health, harmonious relationships and prosperity.