

Spring and Feng Shui

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Green, the color of spring

Photos provided

Some of the other energetics of this Family and New Beginnings area include feeling more secure in all areas of your life. Activating this area can help you build a stronger foundation to help you meet life's challenges with more confidence and less stress, improve family relationships and bring more harmony into family matters, enhance your business and increase income, get a promotion, or create a situation where you always have the money to cover the bills. You can find emotional balance and stability, improve your physical and mental health, and make better choices in life.

The energy in our homes and gardens influences us in many meaningful ways, so with your own harmonious intentions, plant your gardens this spring with a mindful eye to all that you will be shifting anew, and welcome the wonder of the season with each new day of possibilities.



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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 Basics

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 in, our homes and offices. The goal is sustainable good luck, good health, harmonious relationships and prosperity.