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## Spring and Feng Shui

By Michele Duffy



The fresh green of spring is nicely expressed in this living room.

plants, purple African or common purple violets on a desk or side table. Do so with the motivation and intention to welcome upward growth in this area, to leave any difficulties of paying your daily bills in the past, and planting new possibilities for abundance moving forward. One can deepen the "activation" of the wood element that rules this area even further by choosing green pots for the plants.

Since moving water creates wood, the Family/New Beginnings area is excellent for a water feature. As long as that area is not a bedroom, a nice sounding upward directional indoor water fountain will get things moving nicely. Paint that area a soft but happy color of green to activate the wood element of spring, or place three images of a sunrise, a forest or bamboo in wooden frames on the wall. In the same area of your garden, place an outdoor water feature and a bamboo wind chime. Remember to minimize the metal in this location almost entirely, since metal is not a friend of wood and you do not want the vibrant upward growth and new beginnings of the spring season to be cut short.

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.

The Wood element and the fresh green color resembling jade governs spring in feng shui, and spring has sprung! Spring symbolizes colorful new growth, new projects, new friendships, new bonds, new beginnings and abundant health - especially when associated with the idea of family. You can think of your family as the roots of your being, your DNA, your very own new beginnings. Families are defined by the group that loves you unconditionally and may include your immediate family but also close friends or colleagues.

The Family, New Beginnings and Spring area on the Feng Shui Bagua is, from the front entrance door, the middle left area of your home or office. This is also the area that governs "little money," or the paying of everyday bills. Oh, you say, how do I get that area moving? Easy. The number three is associated with this area, so since plants represent the wood element, place three small lucky jade



Green, the color of spring Photos provided



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

"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 lu



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