

Feng Shui

Activating the Self Knowledge and Wisdom Area

By Michele Duffy



Bookcases with books are perfect for the Self Knowledge and Wisdom area of this Lafayette child's bedroom. Photos Michele Duffy

Mandala Feng Shui



SPACE AS MEDICINE

You can activate the Self Knowledge and Wisdom area with the color blue in art.

The Self Knowledge, Self-Cultivation and Wisdom area of a home or office is often overlooked but connected to our success in all aspects of our busy lives. The beginning of the school year is a great time to make adjustments in this area of your home, especially in children's bedrooms, if your child studies there.

The self-knowledge and wisdom location on the Feng Shui Bagua map is along the front door wall and all the way to the left. Keep in mind that each Bagua area takes up a third of the total floor plan layout, not just the "corner" area, so very frequently, a room might occupy two Bagua areas or two rooms might occupy a single Bagua area (see diagram on page D10). It just depends on the space.

As a feng shui healer, I recommend making very small and slow changes in any child's bedroom, but if possible try to place the desk in the Self Knowledge and Wisdom area of the child's bedroom (left side from the bedroom door). Images of mountain ranges are helpful as well to cultivate knowledge, inner strength and inspiration, in a metal frame if possible (to minimize the wood element here).

Items that represent growth like tape measures, encyclopedias and other educational books are perfect for this area of the Bagua. Bookcases, pens, pencils, and writing tablets or notebooks are perfectly placed here as well as globes of our wonderful Earth. Proper lighting for reading and studying is a must, as is a comfortable chair for thinking. You can also activate this area with a ceramic dish of gemstones like moonstone, citrine, tourmaline and clear crystals.

Ruled by the earth element, the color for this specific "knowledge" area is close to a lapis lazuli blue. While blue is a secondary water color, in feng shui it is most often included to activate the earth element of this important wisdom Bagua area.

Wisdom is not merely about accumulation of knowledge, and so I also advise clients to place a meditation room, yoga studio or their home office in this area, since this area helps you fully absorb what you are learning.

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The Self Knowledge and Wisdom area is a great place for a home office.