

## Feng Shui

# Common Feng Shui Missteps

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**5) The beds, home office, or stove are not in "Commanding Position" to support you!** Energetically, set up your home so YOU are supported by not placing beds/desks in front of windows, in line with the bedroom door, or so your back faces the door. The "Commanding Position" is opposite and preferably diagonal from the door. A solid supportive wall should always be to your back so you are fully in control of the work or rest you want. This support concept also applies to the no-no of beds missing a bedframe or headboard, a key element of strong Feng Shui for security, sound sleep and support in the same spot you spend eight hours daily. Make these simple adjustments and immediately feel the difference!

**6) Picking Yang (active) colors for bedrooms.**

We love color but let's not overlook the function of the rooms we are painting. Bedrooms map back to the two R's: Rest and Romance. If your bedroom walls have strong hues or loud colors and you are having trouble sleeping, look no further for the solution. To break the insomnia cycle choose a softer yin more neutral color with a hue that is gentle for a sound night sleep and amp up the other design elements for a romantic, restful master bedroom retreat. Strong hues are great for pass through rooms, guest baths, family rooms or other rooms you want to encourage conversation or stay awake in. If color palettes also map back to the Bagua area of your bedroom, the color actually strengthens the Feng Shui. For example, if your master bedroom is in the wealth area (far left), ruled by the wood element, choosing a soft agave, or light blue-green color activates the wood element and strengthens the Feng Shui of your wealth area.

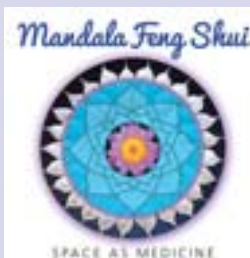
**7) Plastic or dry flowers and knick-knack abundance.**

Life-force, real energy, comes from design elements reflected in nature, for example healthy fresh flowers and plants. If your space is overwhelmed by dusty fake flowers just give them the heave ho and opt for silk in low light areas and live plants elsewhere. If you cannot find a spot for your coffee mug because your "collections" have taken over your space, it's time to prioritize towards functionality and comfort. Scale back on the tschotkes, sell them, or create one area to display them and free up your space and life for living. This is especially true for things in your space that no longer feed your joy and so as you let them go, notice how the renewed control over your space empowers a sense of renewed well-being.

With so much not under our control it's nice to know that if we change our space we can begin to change our life in meaningful ways. Taking the first step IS a new beginning so allow these Feng Shui tips to honor the spring season in your own home, and just experiment with what resonates most for you.

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Beds, desks and if possible the kitchen stove should be in the power or "Commanding Position" like this correctly placed student's desk in Orinda.

<b>WEALTH &amp; PROSPERITY</b> XUN Wood Southeast Purple	<b>FAME &amp; REPUTATION</b> Li Fire South Red Summer	<b>RELATIONSHIPS</b> Kun Earth Southwest Pink
<b>FAMILY</b> ZHEN Wood East Green Spring	<b>HEALTH</b> TAI JI Earth Center Orange, Yellow Brown	<b>JOY &amp; COMPLETION</b> DUI Metal West White Autumn
<b>KNOWLEDGE &amp; SELFCULTIVATION</b> GEN Earth Northeast Blue	<b>CAREER &amp; OPPORTUNITIES</b> KAN Water North Black & Dark Blue Winter	<b>HELPFUL PEOPLE &amp; TRAVEL</b> QIAN Metal Northeast Grey