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Feng Shui

By Michele Duffy



My work focuses on drawing upon the ancient wisdom of Feng Shui, and applying design principles in a way that supports modern, busy 21st century lives, so trendy isn't normally a word I would include in many consultations, but it's important to be au courant and fresh, that in itself is great Feng Shui.

So what are some trends we can all take advantage of that strengthen, versus weaken, the Feng Shui of our homes?

First, color is the biggest splash of trendsetting and what we paint in our interiors should, ideally, strengthen the overall Feng Shui of our spaces, create the right mood and form a nice backdrop for living our lives.

There is more to a color consultation than simply picking colors and color can be downright daunting to many people. Choosing a "flow" color will help you neutralize most of the common areas and it's also wise to choose colors that are friends and work well together.

Remember to apply colors that will support and strengthen the Five Elements of the Bagua, as you overlay the Bagua over the rooms you paint in your home.

There are many new and old favorite colors that I love and share in the Benjamin Moore palette, but the real trend I'm all juiced up over is a locally based, eco-friendly, paint pigment line called Drikolor. The fabulous pigment is added carefully to a Drikolor gallon of paint, and voila, you have a cutting-edge, environmentally friendly, one-of-a-kind color that will surely set your space apart.

Another en pointe trend is to use eco-friendly natural design elements that represent one of the Five Elements.

The flooring our feet touch, the bedding we sleep in, the chairs or sofas we sit on, the dining table where we eat, are increasingly made of sustainable materials that blend to create a subtle subliminal of "nature inspired, energy-rich" wellness.

Utilizing reclaimed or repurposed raw and sustainable materials such as vintage wood, sea glass, corrugated metals, cork, and abundantly available bamboo can strengthen the Five Elements and ultimately the Feng Shui of your space.

Applying the Five Elements in your own home can be an adventurous and fun exercise. The Water Element can easily be represented by black wavy sculptures or a soothing table-top fountain in the foyer; purple orchids activate the Wood Element; a soy candle ignites the Fire Element; a crystal or ceramic bowl of crystals, shells and rocks grounds the Earth element; and the Metal Element activates effortlessly with a harmonious metal chime.

Each home, each room, has an individual energetic signature, so each project needs the trained eye of a Feng Shui expert to see the big picture as well as the small details, to tie all of the elements together and enhance the overall Feng Shui. Your home should be vital, vibrant, serene and abundant.

For the trend-within-a-trend, even "DIY projects" are more frequently inclusive of a professional Feng Shui analysis so the design budget dollars are spent wisely, save time, save elbow grease and other precious resources in our busy lives. Selecting from the beginning ideal Feng Shui items that are workable, budget-friendly, readily available and powerfully placed puts you in the happy "commanding position" for any of your home remodeling projects.

Of course, trends don't always fit our lifestyle, tastes or mindsets. One that I like to buck is always changing every last detail to fit the season. Yes to lighter-weight blankets and throws but keeping some of the yin winter blue pillows maintains just enough coolness to balance the strong yang Fire Element of the coming summer months.

Most importantly, experiment and have fun. Remember, if it feels good to you, most likely you are probably on the right track towards wonderful Feng Shui.



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| WEALTH & PROSPERITY XUN Wood Southeast Purple | FAME & REPUTATION LI Fire South Red Summer | RELATIONSHIPS KUN Earth Southwest Pink |
| FAMILY ZHEN Wood East Green Spring | HEALTH TAI JI Earth Center Orange, Yellow Brown | JOY & COMPLETION DUI Metal West White Autumn |
| KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue | CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter | HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey |



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