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Feng Shui

By Michele Duffy



Layering and creating an active yang front entrance might include arching dancing lights, custom gates, and lots of fragrant flowers. A welcoming secret garden always creates the magic reflected in thoughtful design. Photo provided

greater success.

The Five Elements help to activate the Bagua areas in your home using the actual element, color or shape. To represent the water element, we might add a water feature such as a fountain, or an Orchid to bring in the wood element.

Other layering aspects of feng shui are designed to create greater harmony and Qi flow including furniture placement, lighting and fragrance. Understanding how to apply all of these elements is not complicated, however, it is why many people choose to work with a professional to avoid overspending and to methodically prioritize to create the results you want most.

A professional can also be helpful during remodels to choose cost-effective solutions that do not negatively affect the feng shui.

Here's a helpful step-by-step guide to add feng shui layers to your home:

- 1) Start with intention. Ancient Bon Tibetan Buddhist and wisdom Daoist traditions all draw upon the Qi of the person, and it begins with inner reflection and choosing an intention to benefit others and self, with great care given to exact details of your wishes.
- 2) Honor lineages. Depending on what school of feng shui you choose to work with, pick one and stick with it to avoid confusion around Bagua orientation.
- 3) Use the Bagua map (see diagram, Page D14). Overlaying the Bagua map correctly over your home or office and correctly do an energetic audit.
- 4) Include the Five Elements. Bagua areas are each ruled by one of the Five Elements - water, wood, fire, earth and metal, as well as colors and shapes.
- 5) Start small. Pick one key area of the Bagua map and go from there.
- 6) Assess. Physically inspect each Bagua area of the home, yard and master bedroom
- 7) Add layers as needed. Add, subtract, move, or repurpose elemental layers as required and add subliminal layers to activate your wishes.
- 8) Take stock. Allow yourself time to experience the changes you make, notice what shows up, and if you can feel your environment creating the results you want now.

In this modern world of stress, anxiety, worry or fear, as individuals we needn't be swept along in a tribal way toward burnout.

Perhaps you've noticed, even with the rain, that the early summer season has begun and we are happily awash in a complete symphony of seasonal layers - mating rituals of birds dancing about, bunnies peering from tall grasses, or massive flowers bobbing gently in the sunlight. These seasonally rich layers remind us that nature is powerfully abundant and is aligned perfectly with the age-old timing cycles. Layers reveal depth and create happiness, as well as harmonious and sumptuous feng shui.

The layers of feng shui are as varied and complex as a moody Napa cabernet, but it is important to properly layer feng shui elements in the appropriate Bagua areas. Understanding how the Bagua areas optimally work together can create a holistic, restorative and sustainable environment to manifest the life you want now. If attracting a new relationship is inviting your curiosity, keep the Bagua area opposite Relationships - wisdom/self-knowledge/skills - in mind and pay more mindful attention to auditing this area as well. The close relationships of all Bagua areas to one another is often overlooked, and it is important to address this for

Feng shui allows us to have significant control over our environments and create the shifts that we want to experience much more than we might realize. Feng shui creates ease, possibilities, openness, and spaciousness. Keeping that in mind, the layers of feng shui will abundantly allow a return to the canvas of home to create layers, to tweak and improve.

Experience the initial changes before adding new layers, and try to be mindful of the broader perspective regarding the needs of the entire family. What truly makes a home a home are the people who live there; the layers of sound feng shui should mirror and support what those people are dreaming about. If you want your home to provide the same nurturing sense of healing as experienced in nature, try to slowly invite a few of the layers I've shared and allow your home to help manifest the life you want now and be the retreat it is meant to be!

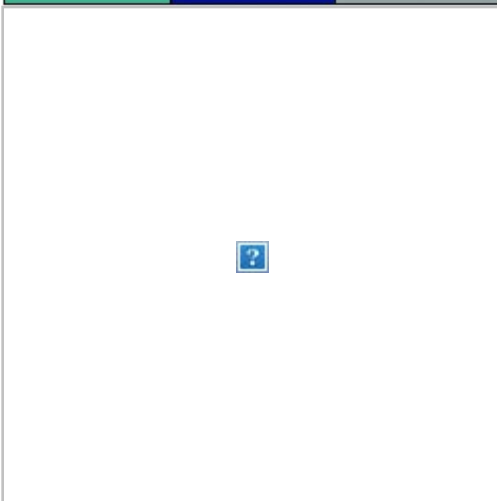


Extra bamboo chimes are hung to lift the Qi of the home.



Abundance is located on the far right of the Bagua map and is also ruled by the wood element. Include prayer flags, bamboo chimes, gold fish in flowing clean fountains, planted herbs, red geraniums, and Nandina or 'Lucky' Bamboo in green pots to activate this area.

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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