

Feng Shui

The importance of elemental layers

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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.

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

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