

Feng Shui

Choosing the right colors for your home



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4) Look at your color picks in the morning, at noon and at night since different times of the day provide varying natural light, and make sure you do this in the actual room you are painting!

5) Simultaneously, place the brush outs on the wall with the most light (opposite windows) and also on the walls that are the darkest (walls with windows). Move the brush outs around, too (that second set of brush outs is very handy now).

6) Record your impressions, for example, it's less brown than I thought or it has more green or is too light or too dark, etc.

7) Review your color journal after three days. Be mindful and notice if there is one color that you and your partner have

begun to gravitate toward. Is there one color that emerges as the “one” you prefer during more times of the day, and that also works well on your well-lit and dark walls?

At the end of this process the final color you choose will have the added assurance that you did a bit more of the thoughtful work upfront. This will help you to “know” it's the color that works best for you and this color selection process will help you avoid second-guessing your choice later, when it's on all four walls! This is an ideal outcome since you will sleep better in the color you picked over time, and which is also perfect timing, for sleeping longer and lingering in these late Autumn days.

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