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Feng Shui

Health at home



Photo provided

Painting a centrally located stairwell yellow activates the earth element that governs health, like in this Orinda home.

By Michele Duffy

Taking care of ourselves during these challenging, unprecedented times underscores the importance of addressing what we do have control over, and creating a peaceful, calm and uplifting home. Home should, ideally, restore balance and bring

greater harmony into our lives, providing a place of refuge and well-being to weather life's storms. How can we attract better health and well-being at home and create with Feng Shui the sanctuary we need right now?

First, the health area is located in the middle of the Feng Shui map or Bagua and this central position is important to note since when we place health as a priority, or centrally in our lives, health will positively influence all the other life areas. The health area symbology is the Yin/Yang black and white symbol which is synonymous with balance. The Yin/Yang symbol is not rigid or fixed, it is always moving, flowing, and changing to maintain balance. Movement of Qi or energy is central to good Feng Shui and also to our health in general. When Qi or energy flows easily and moves around our home effortlessly, there is less stagnation or opportunities for imbalances to manifest.

Many of the imbalances we experience can contribute to feelings of being stuck, anxious, worried, fearful, angry or stressed out. If our spaces are out of balance it will affect our health, including physical, mental, emotional and spiritual well-being. This can include too much furniture, clutter, or uneven floorplan shapes. Effective Feng Shui is like acupuncture for the environment and functions to create healthy Qi flow circulating around our homes so that we feel nourished and supported when we are in them.

What is currently located in the center area, the health and well-being area of your home? Is there a bathroom? A staircase? Is there ample natural light? A messy closet? What colors dominate the space? Is the room used often or not at all? Next, check to see what is in the center of your bedroom? Is there a ceiling fan? Is the ceiling slanted? Finally, what is also in the center of your yard? Is there clutter in any of these "center" location areas?

Some Feng Shui challenges might include draining, rushing, depressing, cutting or no

Qi/energy circulating, and these and many other unintended consequences will affect our health. Make notes about what you found in all of these "center" areas of the home, the bedroom and yard and pay attention to your intuitive response in these areas as well.

The Earth element rules the center/health area of the Bagua, and is a natural fit for creating good health. This element is activated by introducing square shapes, yellow/orange/brown, crystals, shells, rocks, ceramics, clay or slate to the center of your home, bedroom or yard. In the Five Elements creative cycle, fire creates earth, so we can also place triangles, anything with the color red, candles or lights to further support the earth element for a healthy home. Adding the earth element to the center of your home will activate improved health and well-being.

In each home there exists a unique template and so while these are good places to start your healthy Feng Shui refresh, reviewing the health details of your home with a pro yields personalized results. Recently, with a new Zoom client, we made a huge impact on increasing well-being in her family's home which is located on the water. Having water behind the home can be challenging, especially when water is seen from the front entrance door. Her family had faced many unnerving health (and financial) challenges and now that everyone was at home so much of the time, she wanted to ensure they were together, creating a healthy home.

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The Yin/Yang symbol represents balance, health and well-being