

Home front

BE PART OF NATURE

Greenery and wildlife in your neighbourhood are essential for your well-being and signify prosperity. Live in an area that is vibrant with birds, butterflies and foliage. Alternatively, create a natural environment inside your home with large leafy plants, fresh flowers, nature landscapes and an indoor fountain.

KEEP AN OPEN PATH AHEAD

Front doors should not directly face large trees, tall buildings or telephone cable poles. They attack your home with harmful negative energy, which can lead to stunted growth and poor health. Hang a small Bagua shaped small mirror outside, above your front door, facing the object to deflect this energy.

AVOID POISON ARROWS

Roads, rivers and bridges are conduits of energy. Negative energy from oncoming traffic or water pollution acts as poison arrows if your home directly faces them. Shielding your front door with a fence, a hedge or a low wall could protect your home.

GET IT EVEN

The shape of your home should be a complete square or rectangle. Different areas of your home represent different areas of your life such as relationships, career, health etc.; incomplete structures can create problems in the missing area.

BRING IN SOME LIFE

One of the ways to rectify an uneven structure can be to hang a large mirror on the inside wall, facing inwards, behind the missing space. You can also square off the missing area by placement of potted plants, a bright light or a birdbath in that open space.

SECURE YOUR FORTRESS

Setting the boundaries for your home with a gate, a fence or a row of shrubs to mark out your territory increases your sense of security. Statues of animals such as lions on either side of the front gate offer protection, as does a bright light on your doorstep.

ALWAYS MOVE UP

For that 'uplifting' feeling, front doors should be approached either via an uphill slope or a few upward steps. Living in basements is inauspicious and should be avoided where possible.

UPLIFT YOUR FUTURE

Ensure that your house number is clearly marked so that visitors are not stressed when locating your home. Numbers should be placed climbing from left to right to keep your future optimistic.

THERE IS A LOT IN A NAME

Personalise your home with a meaningful name. Constantly look to improve its character with interesting objects in windows and flowering plants in your front path. The nicer the front of your home, the more you will benefit from the positive energies of those passing by.

PROJECT PLEASANT VIBRATIONS

Choose a pleasant sounding doorbell. Ensure it always works. Your doorbell emits vibrations about you and signifies a positive welcome to your guests.

Entrance Hall

FIRST IMPRESSIONS COUNT

The entrance hall is the transitional space from the outside world to your own and is a reflection of who you are. Have something inviting like an unusual water feature or a stunning work of art to focus the energy of your guests. This welcome will lift their ch'i and help them feel more relaxed.

WELCOME THE CH'I

Doors and windows control the movement of invisible ch'i. Ch'i entering the main door (the mouth of the house) gives you nourishment. Hence doors should always open 'into' the space. Windows (the eyes) should open 'out' like eyelids.

HARMONIZE THE ENTRANCE

Improve the quality of ch'i entering your home to enhance your well-being. Hanging a wind chime inside the doorway creates harmony by preventing negative ch'i and moderating the flow of positive ch'i.

CREATE AN INSTANT VISUAL IMPACT

Doors should open into the largest part of the room to create a feeling of space. Where this is not possible, place a large mirror close to the door, on the nearest wall to reflect the more spacious side of the room.

ENLARGE NARROW HALLS

Long and narrow entrance halls project a poor picture of your inner world. Feelings of limitations, rigidity and respiratory problems are common outcomes. Bright lighting, pale colours and a large mirror on the nearest wall create an impression of space.

EXPAND YOUR HORIZONS

An entrance door facing a blank wall can be oppressive and gives a sense of limited opportunities. Hanging a beautiful landscape with depth will give your soul a subliminal message of a pleasant journey ahead.

STOP LOSING THE CH'I

Your upper floor ch'i will escape if the staircase is directly facing the front door. Place a small mirror on the door facing the stairs to conserve it. Spiral stairs with open treads can also drain finances. Fill the treads and hang a wind chime in the middle of the stairway to slow down escaping ch'i.

CHOICE OF COLOUR

Colour makes a statement about you. It dominates your senses, interacts with your energies and alters perceptions. Use a pale colour of your choice and remember white signifies purity and spaciousness.

Living Room

BRING NATURE INTO YOUR LIFE

Your living room is the space for relaxation, rest and socialising. Make it welcoming, comfortable and a visual feast for you and your visitors. Choose a spacious room giving the best view outside to lift and replenish your ch'i.

DÉCOR TIPS

Choose the following for a supportive, auspicious and harmonious environment:

- Warm wall colour
- Matching furniture and curtain fabrics
- Soft decorative floor rugs
- Exotic plants and fresh flowers
- Happy family photographs

GALLERY OUTLOOK

Living rooms mirror your personality, character and aspirations. Display your art collections, precious antiques and most loved objects against a natural background like plants and create a perfect Yin and Yang balance for a harmonious environment.

FURNITURE DESIGN

Sharp edges or corners are harmful and create poison arrows. Rounded shapes and smooth edges stimulate a feeling of harmony and balance.

SETTING THE STAGE

Arrange the furniture in a way that most seats are not backing the doorway or windows. Keeping seats against solid walls gives everyone an increased sense of security and puts them in a relaxed mood.

ENTERTAIN IN STYLE

Avoid sharp corners in furniture and glass top tables, which subconsciously can make you, feel on edge. Ensure the seating arrangements for guests are cosy and close enough to stimulate conversations.

Dining Room

KEEP IT SIMPLE

Dining rooms have dual vibrations, the social energy of the living room and the nurturing energy of the kitchen. There is a fusion of intellect and nourishment. Avoid other distractions. Keep it clutter free, supportive and simple.

GENTLE TOUCHES

For relaxed, informal gatherings, use the following:

- Lively and colourful mats, serviettes or flowers
- Comforting images
- Soft music
- Candles as a centrepiece

CONSERVE THE CH'I

Dining rooms can sometimes feel like crossroads as they may have doors from more than one room or be next to the kitchen or patio area. This will be disconcerting for diners so do what you can to enclose the area and add a sense of peace.

STABLE VIEWPOINT

Dining tables should be round, oval or octagonal with an even number of comfortable chairs. This makes the environment more harmonious and enhances the sense of fellowship. The host should always sit on a chair with a good view of the entrance to feel secure.

FUEL THE FIRE

A wooden dining table is preferable to a glass top or metal table although elementally a combination of wood and glass is fine as glass represents water, which nourishes wood. From the five elements, wood symbolises growth and fuels fire. Fire energy in Feng Shui refers to our destiny.

DOUBLE YOUR NOURISHMENT

Fresh flowers, fruit-filled bowls or colourful objects on the table add a new dimension to the décor. Hang a large mirror to reflect the dining table area. This signifies abundance of food.

Kitchen

ENERGY OF WEALTH

The kitchen contains the element of fire. The energy force here activates our wealth. It should be well designed, clutter free and properly ventilated. Ideal locations are the fame or relationship areas of your home.

LIGHTING

Lighting must be good. People are healthier and more active when they work in well-lit areas. Dark corners are lifeless and consume twice as much of your energy. Adequate lighting will also enhance your culinary experience.

COLOURS DIGEST TOO

White is the best wall colour in a kitchen as it brings in more natural light and enhances purity and spaciousness. Yellow signifies earth energy that is nurturing, relaxing and warm. Red keeps you alert and should be avoided as it prevents good digestion.

KEEP IT NATURAL

Natural materials help you to relax quickly. Wood encourages a harmonious flow of energy. Baskets, cotton materials and plants will balance an environment full of shiny metallic objects and surfaces.

INAUSPICIOUS LAYOUT

There should be a working triangle arrangement between the fridge, cooker and sink. The cooker (symbolic of the energy of fire) directly opposite the sink (the energy of water) can lead to arguments in the house.

AVOID SURPRISES

The cook should have a good view of the door. Where this is not possible, then position a small mirror to be able to see if anyone is entering. This will prevent any subconscious insecurity being added to the meal being prepared.

THE SINK

The sink should ideally be made of stainless steel, a symbol of prosperity and intuition. Locate it against a window overlooking a pleasant view. Keep it clean and unblocked as the plumbing relates to your intestines.

Study

KNOWING YOURSELF

Your study represents the space containing the energy of knowledge, influencing your wisdom. It enriches the relationship with “yourself”. Keep it clutter free, organised and vibrant. Your study should ideally be in the wisdom area of your home.

SAFE ARRANGEMENT

Position your desk against a solid wall with a diagonal view of the door and window. Avoid walkway spaces or shelving behind you. This stimulates focussed thinking and provides a safe, supportive environment.

CREATE A PARADISE

Changing the outer landscape transforms your inner landscape. Surround yourself with inspiring pieces that remind you of your goals. A carefully sited indoor fountain is also auspicious if your study is located in the wealth or elders area of the home (see Bagua Grid-p.1). Your concentration and creativity will soar.

SIT LIKE A KING

Your chair aligns you between heaven and earth’s energy forces. It should have high back, curved lower back, seat tilt and five spoke base for stability. It should also be height adjustable and have armrests-all of which keep you at an optimum balance.

AVOID SLIPPERY EGDES

A wooden element for desk signifies authority and growth. Non-reflective surfaces in natural, light wood or muted colours are ideal for optimum focus.

- Rounded, oval or arc horseshoe shapes stimulate creativity
- Square shapes with rounded corners are auspicious for figure work
- Rectangle shapes let your money slip off the edges

PLANT PROTECTION

Computers, stereo systems, digital clocks and mobile telephones emit electromagnetic pollution harmful to our well-being. Plants absorb and counteract this energy. Palms, peace lilies and spider plants are ideal.

Bathroom

WATER IS WEALTH

The bathroom is governed by the element of water, closely related to money and emotions. Any leak or drip in the sink, tub, shower or toilet will imply loss of “money energy” and “emotional strength” and should be fixed immediately.

LOCATION MATTERS

The most suitable location is the area of elders.

A bathroom facing the front door drains you by giving your brain a false signal, making you use it more frequently than necessary. Placing a mirror on the outside of the bathroom door will help. Keep the bathroom door shut at all times.

AVOID CONFRONTATION

A bathroom facing the kitchen can create more arguments with the combative positions of water energy with fire energy. Hang a crystal in the middle of the kitchen to adjust this imbalance.

WORST SCENARIO

Bathrooms in the wealth area will impact on your ability to generate and hold on to your money. “Wealth ch’i” will be flushed away. Keep the lavatory lid shut. Place a small hardy plant in the windowsill to retain the water energy.

LESS IS MORE

Shelves, windowsills, the floor and even the bathtub rim should be clutter free. This facilitates cleaning and makes the room calm and peaceful. Keep a small plant like a fern to soften the environment.

AVOID MORNING TRAFFIC JAMS

Ideally, separate bathrooms and toilets for better hygiene and for eliminating queues!

Bedroom

BEST LOCATION

The main bedroom should ideally be at the back of the home, to the far right of the main door, overlooking a pleasant view. This area refers to your relationship corner.

DÉCOR TIPS

- Soft materials and furnishings are very relaxing
- Pale blue walls are calming. Add touches of red for love
- A large plant freshens the room
- Candles represent passion
- Rounded furniture stimulates romance

IDEAL BED LOCATION

While sleeping, always have a view of the doorway. However, never sleep directly facing one. The powerful energy force entering the door can cause physical health problems by weakening your own ch'i. Sleep with a solid wall behind you for an increased sense of security.

ARE YOU SLEEPING IN A SAFE PLACE?

If you frequently feel uneasy or tired and suffer from health problems or insomnia, then chances are that your bedroom has geopathic stress (see Glossary). Check this out in your bedroom by calling an expert and rectify the situation.

TOGETHERNESS

Couples should sleep on a double bed. Sleeping in two separate beds or one bed with two single mattresses suggests an unstable relationship and can lead to separation.

STRENGTHEN YOUR SUPPORT

A solid headboard is a must. This gives an increased sense of support and nourishment to your head. A round one is preferable to a square one. Wooden or padded ones can create a romantic mood.

A WORD OF CAUTION

Do not display your entire collection of toiletries on your dressing table. Keep only the items you frequently use. This will prevent the formation of stagnant ch'i in your most sacred sanctuary-your bedroom.

BEDROOM MIRRORS

Avoid positioning your bed under a beam or a sloping ceiling. Beams can cause rifts in relationships and lead to poor health whereas slopes push the energy down making you feel suppressed. If relocation of bed is impossible, disguise the beam by painting it the same colour as the ceiling to render it less harmful.

UP...UP... AND AWAY...

Good lighting, melodious sounds and pleasant images create positive vibrations. The energy of the room may be lifted with use of up-lighters, soft music, and beautiful landscapes of your choice.

OVERHANGING FEAR

Hanging pictures on the wall above your headboard create vibrations of fear and anxiety and can adversely affect the quality of your sleep.

CLEAR THE CLUTTER

Clutter in your room is the biggest enemy of Feng Shui and emits chaotic vibrations resulting in unclear thinking. Are you aware that you spend a third of your life in this room? Keep it neat and tidy at all times.

DON'T HANG ON TO THINGS

Piles of old magazines and unwanted books create stagnant energy. Only keep items of value. Let go of the past to make room for the future. Revitalise your energy.

CLEAR YOUR WARDROBE

Most of the time, we tend to wear the same 20% of our clothes. Keep only the items which you use and love - give the rest away

DRESSING TABLE RULES

Mirrors are an integral part of any bedroom and sometimes they are placed alongside or over the bed to spice up the sex life. Mirrors reflecting your bed will drain your energy even during your sleep. They tend to act as a stimulant, making it difficult for you to rest and relax. Place mirrors inside wardrobes or cover them with thin curtains to wake up feeling fresh and lively.

BEDSIDE TABLE MANNERS

Keep bedside tables clutter free. You can only read one book at a time. Switch off the bedside lamps from the wall sockets every night. Electromagnetic vibrations entering your body's aura are harmful and they linger if the wall socket switch is left on.

DO NOT MIX ENERGIES

Desks, computers or bookshelves belong in a study. Televisions, clock radios and answering machines lower the quality of your sleep with their electromagnetic pollution. Avoid them or keep them at least eight feet away from your head.

ALWAYS HAVE A PAIR

Your pictures and sculptures are all symbolic. Solitary sculptures and images give messages of solitude as a way of life to your subconscious mind. Happy relationships can be enhanced by having pairs e.g. couples in paintings, sculptures and in photographs.

ADD A SPARKLE

Check the relationship corner of the room on the far right from the door. Keep it tidy. Hang a sparkling heart shaped crystal to keep it energized and romantic.

CHERISH YOUR UNION

To enrich your emotional and physical union, place photographs of two of you together and a pair of ceramic doves, dolphins or mandarin ducks in the relationship corner of your room. Ducks in general are known to enjoy monogamous relationships in their lives. This can bloom your love aspirations to give you a healthy sex life.

Children's room

INSTIL THE PRINCIPLE OF GENEROSITY

Lots of clutter can block your children's ability to think clearly. They can become confused and distracted. Their unnecessary toys, books and clothes should be donated to charity.

DÉCOR TIPS

Bedrooms shape children's dreams and destinies by stimulating and nurturing their ch'i. Locate their rooms in the creativity area of your home.

Ensure that the room has:

- Soft wall colours
- Bright lights and a nice window
- Uplifting colours in posters and paintings
- At least one plant with rounded leaves
- No dried flowers
- Some personal identity on the door

BED PLACEMENT

Ensure that your child sleeps:

- In a corner, to get maximum support from the walls
- Without any overhanging furniture for good health
- In full view of but not directly facing the door for enhanced security

NEVER CONSTRAIN THE SPACE

Bunk beds are undesirable. The overhang on the lower bed can limit the growth potential of the child. The upper bed, being in close proximity to the ceiling is also oppressive and cuts down the energy flow around the body.

ADD GENTLENESS

Curtains or roller blinds are preferable to the traditional horizontal or vertical blinds. The traditional blinds create harmful cutting ch'i when open. A soft, spacious and fresh environment stimulates creativity. Use pillows and cuddly toys as appropriate.

The Garden

A SACRED PLACE

A garden is an outdoor sacred room that speaks to your soul. A view of nature provides fresh inner peace and inspiration and can reduce your stressful emotions.

MEANDERING LIKE A LAZY RIVER

Lush vegetation, elevated hillocks, curving paths with boulders on either side and carefully placed rockeries will attract butterflies, bees and birds and also prevent the energies relating to health and finance from slipping away.

STRIKE A BALANCE

Lift your ch'i and nourish your physical, emotional and spiritual levels with a combination of sunlight and shade. Place your garden chairs under the shade of a parasol or vine-covered trellis.

NURTURE YOUR LOVE LIFE

Place an arbour in the relationship corner of your garden. Keep a sculpture of a couple nearby and grow fragrant flowers around it to lift your romantic energy and strengthen your partnership.

FOUNTAIN OF HEALTH AND WEALTH

The sight and sound of flowing water is therapeutic for your health. A flowing stream, water fountain or rocky waterfall in the wealth corner of the garden revitalizes the area and enhances prosperity. A fishpond or a birdbath is auspicious too.

FOLIAGE, WALLS AND FENCES

- Foliage planted near brick walls and fences creates a balance between yin and yang and adds harmony to the landscape
 - Avoid pointed fences to eliminate harmful cutting ch'i

HEALING MYSTICISM

- Create an ambience of healing, contemplation and meditation by planting aromatic shrubs, herbs and vegetables.
 - Meandering pathways with colourful flowers add a sense of mysticism

