

The Nuts & Bolts OF HARMONIOUS LIVING



“PACK YOUR BAGS”

We're going on a trip! More like a journey, that is. Or perhaps I should say a stroll down memory lane. While there may be numerous so-called “rules” and “principles” to this wonderful art form that promises to bring peace to our homes and harmony to our lives, in its purest form feng shui is simply about assessment. An assessment that is, of the relationship between our homes where we live and the lives that we lead. From the ancient studies of feng shui your home is actually a mirror reflection of who you are and what is going on in your life. As we gain an understanding of the impact our surroundings have on us, the first phase to bringing that wonderful harmony everyone dreams about into reality is taking a look at the big picture.

Feng shui is about having a balanced flow of energy through our home. One might even generalize and say something along the lines of “Good energy flow, happy life; blocked energy flow, challenging life.” So the initial step to incorporating any feng shui principle is to determine where you are starting from. Take a moment and reflect on all those places you've ever called home sweet home – what went on there? First, you want to think about the major things such as did you get a new job, meet the person of your dreams, have a baby, get to experience travel all over the world? Or was it more like you got laid off, divorced, lost money, got sick, etc.? Now move on to all those little inconveniences that we might not automatically associate with good or bad, yet

they build up and contribute to our overall well-being. For example, I broke my leg it was a pain to do anything for weeks, they fired someone at the office and I had to work overtime for months, I gained 20 pounds while I lived there, my sister and I didn't speak for years, etc., etc., etc...

Now think about where you are right now and put it all together. Imagine you are taking a walk along 5th Avenue during the holidays peering into the wonderful window displays, each telling its own remarkable little story. If you were to build a display window for each home you've lived in, what kind of story would yours tell? Would it be an adventure film, a heartfelt drama, a tearjerker, an academy award winner or perhaps a horror film? So now, in your own expert opinion, thinking about all of your homes, would you rather have a refund or are you ready for that double feature! ☺

FENGShui

FENG SHUI – (pronounced Fung Shway) is an ancient Chinese art and science that studies the relationship between our psychological well-being and the physical space in which we live and work. Like acupuncture or yoga, feng shui also seeks to bring harmony and peace to your life by removing stress from your environment.