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THE FENG SHUI ADVANTAGE

In addition to giving your home a warm and welcoming feeling, Feng Shui – the ancient Chinese art and science of placement – can help you achieve your personal goals such as improving your finances, bringing more love into your life, enhancing your creativity and more. And applying basic Feng Shui is not as complicated or exotic as its sounds!

Feng Shui, pronounced 'foong-schway,' is a process to create balance and harmony in your environment through the placement of furniture and the selection of color and materials in your home or office. Feng Shui, which was founded over 3,000 years ago in China, is widely practiced throughout much of the Pacific Rim and is rapidly gaining popularity in the United States. Literally translated, it means "wind & water."

How can Feng Shui positively influence all major areas of your life? In Feng Shui theory, all of the eight major life aspirations are reflected in your environment. Using the Eight Mansions Formula Feng Shui (one of the most popular and basic theories), the eight directions all relate to life sectors as follows: North is Career and Life's Journey; Northeast is Knowledge and Education; East is Health, Family and Longevity; Southeast is Wealth and Prosperity; South is Fame, Reputation and Your Passion in Life; Southwest is Love, Marriage and Partnership; West is Children and Creativity; and Northwest is Helpful People, Mentors and Spirituality. By enhancing these sectors appropriately, positive changes can be reflected in your life. Our environment affects us just as we affect our environment. Creating balance and harmony in an environment is essential to Feng Shui theory.

Feng Shui strives to bring the harmony of nature into our homes. To accomplish this, in conjunction with the eight life sectors, Feng Shui uses the theory of the Five Elements – Earth, Fire, Metal, Water and Wood. Each element is associated both with particular colors, shapes and the raw elements themselves (e.g. wood = a tree). In turn, the elements are associated with specific life sectors. For instance, the south sector in a home (the Fame and Reputation area) is associated with the Fire element. Therefore, enhancing this sector may include the placement of a red candle or a picture of the sun. Proper use of these elements within your home or office helps create a well-balanced atmosphere.

Here are a few basic Feng Shui tips to get you started:

- Get rid of clutter! Clutter in our space impedes our Chi or energy.
- Place photographs of family in the East.
- Think pairs in the Southwest (perhaps a photo of you and your significant other).
- Place a lucky jade plant in the Southeast for your symbolic money tree.
- Display children's artwork in the West.
- Hang education diplomas and academic honors in the Northeast Education sector
- Place symbols of heavenly support, such as an angel or a picture of your mentor, in the Northwest, the Helpful People sector.

The most important thing to remember is to go slow in making changes in your home. Be mindful of your space and be thoughtful of the various life sectors as you enter each room. Know you have the power to change your life through your environment!

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