



Feng Shui Brings Harmony into the Home

Many of us live hectic lives and we can often feel scattered in our mind and energies. We can live in our own little worlds and not realize how strongly other people and our environment can affect us. But sometimes we can walk into a room and feel such a sense of balance and harmony that we don't want to leave.

Most likely, that room was incorporated the principles of Feng Shui, a design philosophy that seeks to create balance and harmony in an environment. We are all connected in some way and Feng Shui, which means 'wind and water,' helps us to recognize that connection.

When we create more peace and order in our lives, we have more positive energy and the ability to focus. Practitioners of Feng Shui believe that carefully arranged living conditions contribute to overall good health, prosperity and success.

For some people arranging a room in such a way is an intuitive skill. For others it is a learned trait. Here are some tips if you want to create that feeling in your own home or office.

- Most people live in homes that are created from several square-shaped rooms. The statement says, "I feel all boxed in" and is very realistic one. Due to this feature of design, our homes are not conducive to overall good health.
- Think of nature when you look at the interior of your home. Negative energy runs in straight lines, positive energy is created in meandering lines that simulate the free feeling of nature.
- When you look at your home try to see it for the first time. Imagine the space empty and count how many dead corners you can view from the entry area.
- Think of your windows, walls and corners as a background for the picture you are painting. Your background needs to enhance your furniture placement.
- Before adding furniture to your space, concentrate on softening your corners by adding tall trees (real or silk) or by placing folding screens at a 45 degree angle to round out your corners.
- Note the number and placement of the windows. If they are causing a design problem, soften them up by adding the right fabric or window treatment.
- Don't be afraid to pull the furniture away from the walls and into the room. Angling some pieces creates more interest and energy in a space.

We need to become more aware of how we feel in our spaces and how it affects our everyday lives. Cluttered spaces create cluttered minds. Harmony is created when everything has its place.

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