

FENG SHUI & MIRRORS



Mirrors are often referred to as the aspirin of Feng Shui. Don't underestimate the impact of mirrors in your home. They have the capability to energize a room.

Think about what you are reflecting when you hang a mirror in your home. Its placement can affect you and your family's behavior. Whatever the mirror reflects you are drawing into your home. If the mirror is reflecting a busy road, you are drawing fast energy into your home, which in turn causes instability. Reflecting a beautiful garden will create a soft and calming energy in your home.

How many times have you walked into someone's living room where there is a huge mirror over a fireplace? What is it reflecting - the ceiling on the opposite side of the room. Does that make you feel warm and cozy?

Another one of my favorite ways to use mirrors is to hang a long, narrow mirror on the wall or door at the end of a hallway. It creates a total change in the space. Do you have any areas where the wall or door at the end of the hallway just seems to block the energy? Most ranch-style homes suffer this issue. You will be delighted with the results if you hang a mirror in the right area.

Consider having a mirror professionally framed to suit a perfect size and styling after you have played with the idea. You might also consider purchasing an inexpensive door mirror to try out the effect before making a more expensive investment.

Another interesting application of mirrors is hanging them on the outside of your home. I know this strange, but I saw this example while vacationing in Kauai. Mirrors that reflect green foliage are absolutely delightful inside your home as well. I applied this technique to my own home. The luxurious feel that was added to my entry courtyard goes without words. It's also a great way to check your makeup in natural lighting before you leave your home.

A few final considerations about mirrors:

- Throw away cracked or broken mirrors. What does a damaged mirror represent – "I just don't care." If you do care, get rid of it.
- In small areas such as a bathroom, mirrors can create a feeling of space.
- When selecting a mirror, the bigger the better. You should be able to see your whole head and at least five inches above it. We all have an energy field around us that reaches an arm's length. This should be reflected in the mirror or you subconsciously will feel cramped.
- Hanging a mirror opposite a window will draw in light and expand a room. It also makes it appear more square than rectangular, changing the room energetically by 100 percent.
- Always use clean, good quality mirrors. The frames may be antique, but should be good shape. Stay away from tarnished or tinted mirrors because they will tarnish the energy in your room.

- Use mirrors that are framed or beveled. Mirror edges that are not finished will send out a negative message. When hanging mirrors, always hang them flat against the wall. Mirrors that hang forward give us a depressed perspective of our lives.
- Do not use mirrored tiles. When you see an image reflected in the mirror, it is all “cut up.” This suggests to your subconscious mind that you have been cut into pieces. This will create stress and damage to your health.
- Most of the time, mirrors should not hang directly across from each other. Because mirrors energize a room, too much energy can be just as uncomfortable as not enough. An exception to the rule is hanging mirrors in a dining room. Mirrors hanging on opposite walls can encourage the conversation to flow freely.

Think about what you are doing when you run out and purchase your next mirror. Placement is on the top of your list. Don't purchase a mirror just because there's an empty space on the wall. Take the time to check out what it will be reflecting. Remember, balanced interiors do not cost more, they just feel better.