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Feng Shui Literally Means...

In Eastern philosophies energy is called Chi (in Chinese) Ki (in Japanese) or prana (in Indian)—meaning the vital force. Feng Shui works with Taoism (pronounced Doaism) to create the path of least resistance for the Chi. That is why an uncluttered environment allows us to focus on the tasks at hand.

Feng Shui literally means wind and water. Essentially, it is the belief that the environment in which we live should be balanced ensuring a flow of wind (feng) and water (shui). The aim is to prevent good energy from being dispersed by wind and to have good energy retained by water. It has also been described as the process of balancing the yin (female) and the yang (male).

Making sure your surroundings are in good repair is another Feng Shui belief. Windows are said to be the eyes of the Chi and affect your clarity, so replace broken glass panes and keep your windows clean. Your main entrance is thought to be the Mouth of Chi and where, symbolically, energy enters into your home. For that reason, make sure the main entrance is clear, open and well defined. Create a clear path to the front door, keep the landing swept, keep the house light working and clear or trim any hedges that crowd your walkways. A well-lit front entrance will also help create good energy flow.

Plumbing represents the digestive system, so repair those leaky faucets and clogged drains. Our home's electrical system is a metaphor for our neurological system, so replace dead light bulbs and tend to that tangle of wires behind your computer.

With Feng Shui, less is definitely more. And always keep energy flow in mind when decorating and locating furniture. For example consider furniture on a smaller scale and purchase two love seats instead of a long six- to eight-foot sofa. Use lighter colored woods and fabrics. As a colorist, I work with the "warmth" of the colors in the room. But remember, if you no longer use it or need it, pass it along and open up your Chi!