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Recession-Proof Your Life Using Feng Shui

I decided that given the economic “trends” these past several months this would be a good time to review the benefits of Feng Shui. I recently immersed myself in a weekend workshop with William Spear who wrote “Feng Shui Made Easy” and has been practicing eating macrobiotics and using Feng Shui for about 30 years. He discussed an individual’s Chi or cosmic energy and the affect that positive and negative energy has on us. There was considerable conversation around the food we ingest, the way we sleep and the “stuff” we surround ourselves with.

To begin, we must all remember that our bedrooms are where we renew and revitalize our Chi. We are beings of vibration and we need our rest to collect our vibration and allow our body to rest. Be sure to use a headboard for your bed to give your support. This represents how you are supported in life. A solid, wood headboard works best. When you are rested and feel good then you can go out into the world and take care of business, like meeting your deadlines at work. Another critical area of your home is your kitchen. It should be free of counter clutter and your oven should be clean and sparkling. The oven is considered the heart of the kitchen and the collector of abundance. Try to use all of your burners and be sure they are in good working condition. Whatever is not needed for everyday use put away in your cupboards. Do not neglect the inside of your refrigerator. Go through your condiments and throw out what is old and stale. Be critical of the clutter in your cupboards.

Keep all your doorways free of blockages, especially your front door. A blocked entrance translates to missed opportunities. Do a walk-through and replace burned out light bulbs, patch paint chips on your walls, fix chips in your baseboards, and fix what you know is broken. Place something that is vertical and uplifting in every room. Think of using up lighting, or a tall plant or artwork that represents a view of horizons or fields of flowers growing upward.

If you are using a home office be sure to have a solid wall behind your back and not have your back to the doorway. It is preferable to see the entrance to your office from your desk. Clear out your drawers and files. Hang photos of inspiration like the Ansel Adams Half Dome Mtn in Yosemite Park or a particular photo that has a special meaning and makes you feel good. Become critical of your space and “recession proof” your home or office. Clean your windows that represent the “windows to the world” and take away any dead plants indoors and outdoors. Keep all your toilet seats down so that money doesn’t get “flushed away”.

Be especially critical of the area/room in the rear upper left corner from your front door. That area is the Wealth and Money corner of your home/office Bagua. Use the color red on the wall or as an accent wall in that room. Write down what you want to intend into your life and hide it in that part of

your home and office. If that room is especially dark use lighting or lighter wall paint Make sure the area on the outside of that room is also clutter free and clean. I have seen patios on the outer side of that room that had dead plants or broken patio furniture.

Clear out your body with healthy organic food, and leafy greens. Get away from fried fatty foods and bring clarity to your mind and body. Raise your vibrations to attract beneficial Chi. Try to include an exercise regimen even if it lasts only 30 minutes a day. This may all sound very basic but is a necessity to help you attract abundance into your life AND manage stress. In the Feng Shui world your environment is a direct reflection of your life. Blockages in your home may translate to blockages in your body and in your life. Please refer to earlier articles posted on this site to assist you with setting intention and ways to remove clutter.

May happiness and abundance come into your life!