

FENG SHUI

This guide is to help you understand the basics of Feng Shui and how you can improve the energy in your home.





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Dear Reader,

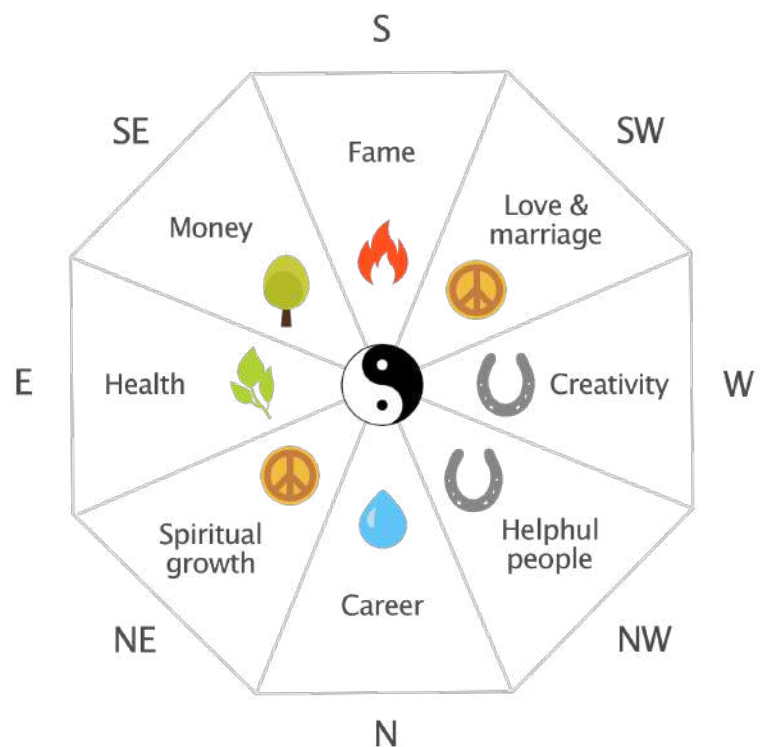
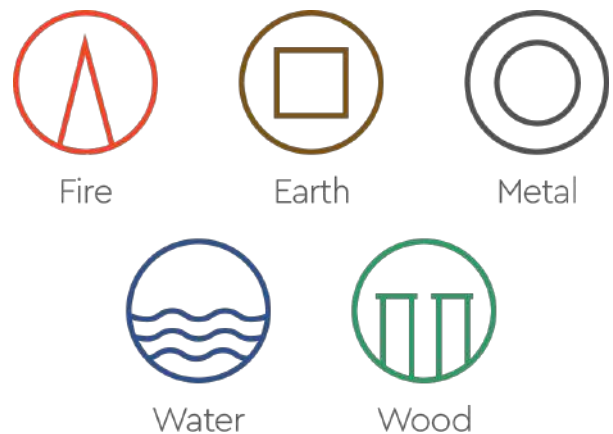
This guide is to help you understand the basics of Feng Shui and how you can improve the energy in your home. If you're doing a new build, you can incorporate Feng Shui concepts before you start any works, to ensure, for instance, that your bed is facing in the right direction or doors are in the right place. If you're working with an existing home, there's still a lot you can do to alter your internal layout and ensure everything is in the best possible place.

As an Interior Designer, it is important for me to serve my clients as best I can; I thus work with specialists from all areas of interiors to get each aspect right. For Feng Shui, I love working with Alexandra Berthault Bizer, an accredited Feng Shui consultant who has been practising holistic and complementary healing therapies since 2004. Together we have come up with this guide. If you'd like to learn more about a real-life example, please check out my website for a detailed run-down on a recent project.

Introduction

The ancient Chinese art and practice of Feng Shui aims to create a space that allows chi or qi – the energy of the universe – to flow naturally. It examines how people are affected by the environment in which they live, and reveals the connection between our external surroundings and our inner being. One way to optimise one's surroundings in accordance with Feng Shui is by filling your home with a healthy balance of the five Feng Shui elements: wood, fire, earth, metal and water.

The Feng Shui of a property changes on the solar New Year, at which time it is recommended the Feng Shui is updated.



Element 1

Wood element

Message: New life, growth and expansion, creativity, and health

Colour: Green

Shape: Rectangular, columns, patterns vertical or horizontal

Material: Trees, plants and fresh flowers

Direction: East and Southeast



The wood element relates to natural growth, creativity and vibrant health. One way to bring this element inside is to decorate with houseplants – especially ones that help purify the air, like Aloe Vera, ferns, peace lily, rubber plants, and the ones known to bring abundance such as the money tree and the bamboo. Incorporating rectangular shapes and greens, blues, and some purple into your home will increase the presence of this element. The wood element is most necessary in the Feng Shui Bagua areas of the East, Southeast, and South.



Element 2

Fire element

Message: Action and passion, fame, supports getting your light out in the world, power

Colour: Reddish like a flame, reds and purples, burgundy, cranberry, plum, burnt orange, bright pink

Shape: Triangles, pyramids and tall, pointed shapes

Material: Candles (can be battery operated), lamps and night light

Direction: South

The fire element brings about high energy levels, fuels passion, and fosters fame and recognition. A great way to introduce this element to your home is with candles and fireplaces. You could also try decorating with angular shapes like triangles and stars, as these are symbolic of the fire element. As for colours, go for fiery hues like red, burnt orange, cranberry, and bright pink. The Bagua areas that benefit most from the fire element are the South and the Southwest.

Element 3

Earth element

Message: Stability and security in relationships; grounding

Colour: Terra-Cotta, yellow, browns and beiges; soft orange

Shape: Square, low objects associated with the feeling of stability

Material: Large scale furnishings, sand, clay, ceramics, marble, granite, river rocks, crystals

Direction: Southwest, Northeast and Centre



The earth element helps to generate nourishment, knowledge, and stability in your life. Decorate with gorgeous stones and crystals. Terracotta planters and natural salt rock lamps are two more ways to get your earth element fix. You can also decorate with square shapes and sandy colours, including tones of yellow and brown. The earth element works best in Bagua areas of the Northeast, Northwest, Southwest, West, and Centre.

Element 4

Metal element

Message: Focus and clarity, justice and discipline

Colour: White, gold, silver, copper, reflective colours and pastels

Shape: Oval, arches and round

Material: Wrought iron, steel and copper, any objects made of metal

Direction: West and Northwest

The metal element helps cultivate strength, focus, and independence. Some other ways to incorporate the metal element are through picture frames, sculptures, and wind chimes. Round, oval shapes can be used as an expression of the metal element, as well as the colours white, grey, all the pastels and of course metallic tones such as silver and gold! Feng Shui Bagua areas of the North, West, and Northwest are favourable for this element.





Element 5

Water element

Message: Abundance and prosperity, movement, cleansing, purifying, allowing emotions to flow and peach blossom to bloom

Colour: Black, indigo or dark blue

Shape: Wavy and curvy patterns

Material: Water (fountains, pools, aquariums)

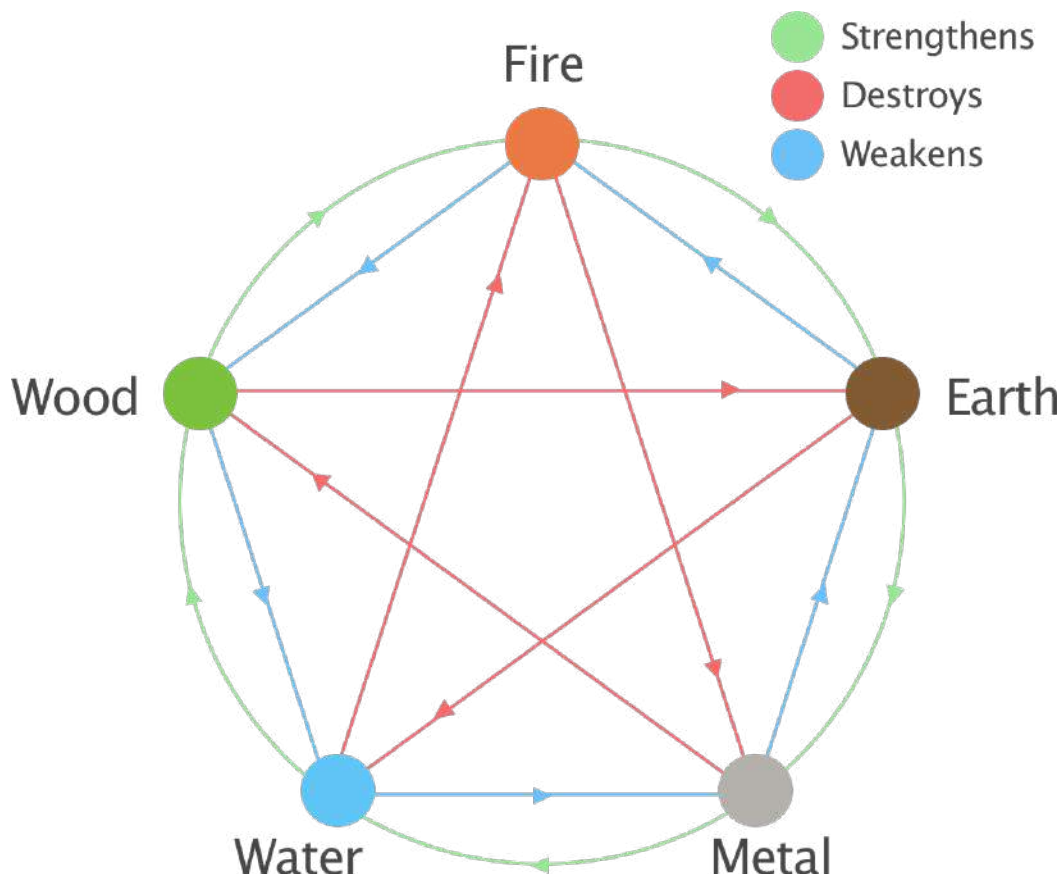
Direction: North

The water element is all about wealth and fluidity. Water creates a relaxing and soothing environment that promotes clarity, sensitivity, and renewal. It can be invoked through fountains, aquariums and misting. Fluid, wavy shapes, as well as the colours blue and black, are another way to incorporate the water element into your décor. This element is most welcomed in the North, East, and Southeast Bagua areas.

Feng Shui analysis

Water nourishes Wood. Wood feeds Fire. Fire, when it turns to ash, creates Earth. Earth, as it condenses over time, turns to Metal. And Metal enhances the life-giving properties of Water.

As a first step, the Feng Shui analysis of the house should be done based on its history, location, environment, neighbourhood, previous owners, orientation and the auspicious vs inauspicious sectors of the house for its occupants. The house orientation indicates whether the dwelling belongs to one of the five elements and how supportive it is for its occupants.

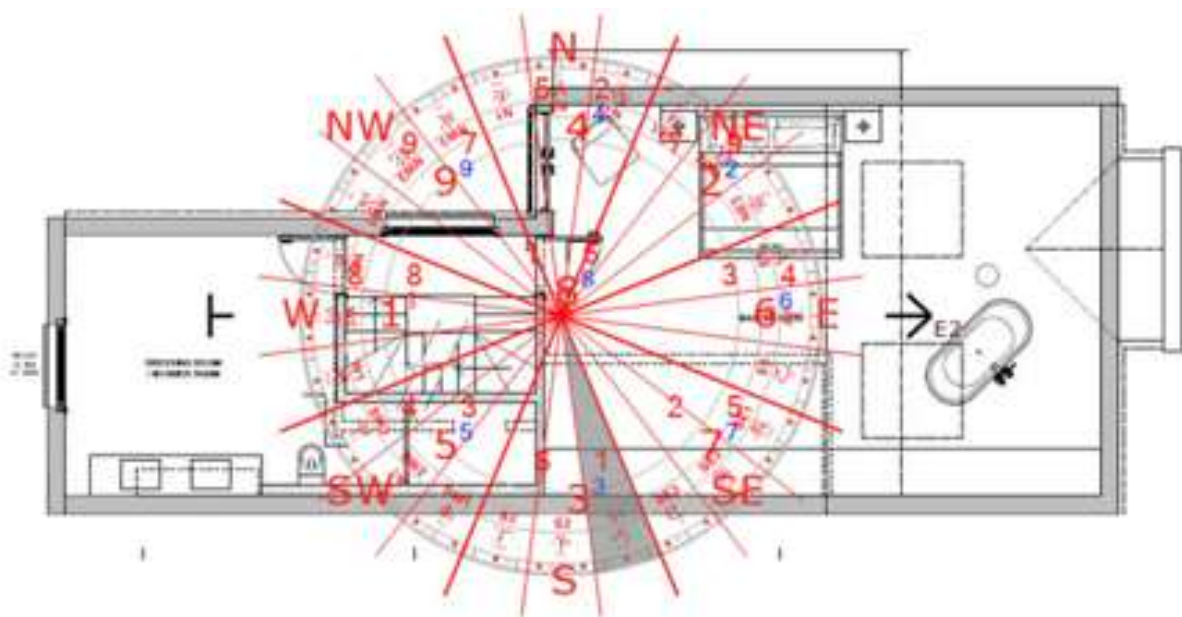


Final steps

Feng Shui analysis

There are different Feng Shui systems used to determine the positive and negative sectors inside.

One of the most popular ones is the Eight Mansions, which is used to work out the auspicious and inauspicious locations; to analyse if you are compatible with the house; and to find out your favourable and unfavourable personal directions that promote productivity at work and in relationships, and foster good health and successful academic pursuits. It is used for long-term purposes, such as building a house or moving into a house for a long time. This system is also used to determine the best location of things; for instance, it recommends putting doors and windows in the positive sectors and spending more time in those areas. The auspicious locations are suitable for main doors, the master bedroom and desk/workroom. Feng Shui consultants advise using the house's auspicious locations and work and sleep towards your auspicious personal directions.

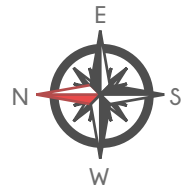


Final steps

Feng Shui analysis

In order to determine which energy resides in which part of the house, the direction in which the house / apartment / office faces has to be identified. It may or may not be the same direction of the main entrance of the house but it will always be the widest, most lively part of the building.

Let's clarify everything on a simple example:



This house is facing West: the front door is on the front main wall along with lots of windows, there is a pathway leading to it, the road, people and cars going by this western side of the house. Moreover, trees are at the back which is another sign that the front is western side of this house.

The front of the house is the side that faces the "yang" (active) energy. The most important however is to determine the sitting position of the house, which is where most of the "yin" (quiet) energy is located. Depending on the sitting position your house may fall under one of eight types. Each of these types has their specific good and bad locations. Therefore it is so important to correctly determine the facing and the sitting of your house.



Thank you!

I'd love to discuss your projects or get to know what you would like to learn in the new Guide

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