

Feng Shui

Bring Joy and Abundance Into Your Home

By Michele Duffy



This Lafayette home attracts wealth with flanking the front door with visibly stylish pots. Photos provided

So many of you have written to me about wondering how feng shui can help to you lead lives with less stress, more personal happiness, greater balance and a deeper experience of abundance & prosperity. One of my favorite quotes is “Gratitude is the doorway to Abundance,” since to truly be abundant we must acknowledge what we are already so lucky to have!

Abundance can be thought as “having the right amount of everything you

truly need to feel prosperous,” so perhaps consider trying to discover the actual wealth-spring of your life. It could be a partner, spiritual journey, career, family, friends, but whatever it is, I would suggest that we all experience that universal energetic exchange and flow of give and take. Generosity is gratitude’s companion and giving back simply magnifies the energies in of our hearts and understands that true happiness rests with serving others.

Deepak Chopra says, “The universe operates through dynamic exchange... giving and receiving are different aspects of the flow of energy in the universe, and in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.”

Our minds and hearts create the reality we experience which is also reflected in the environments of our lives, home and office. There is a wonderful book called “Home: How Habitat Made us Human” by John S. Allen and in it he says, “Home is one of the most important cognitive, technological and cultural products of our species’ evolution.” So “Home” is both a feeling and a perception and the more you make your dwelling feel like “home” the more you will actually thrive.

So while our minds are perhaps, in some cases, more difficult to transform, evolve and change on a whole range of issues, it is easy to make changes to home that can have an immediate and lasting effect in a wide variety of ways. So looking around your own home as we prepare for a joyous and reflective holiday season, beyond the seasonal fixes, how can you energize your home to reflect the abundance you seek?

Here are some results-oriented feng shui tips:

- 1) Make the most of your surroundings and build upon your “sense of home. Does your home reflect the feeling of luxury and abundance, and, if not, make it so! If you do not “love” something, what’s it still doing in your house?
- 2) Fully energize your front entrance to include no clutter, dead bugs or cob webs. Ideally, potted red cyclamen, geraniums or the wonderful evergreen Nandina (lucky bamboo) flank the front door, as does an always fresh welcome mat and proper lighting invite abundance into your home.
- 3) Decluttering is not just removing toxic, stagnant chi or energy, it’s also about creating a sense of spaciousness at home which always looks and feels high-end. Consider if pieces actually work in the space or if you are forcing it, and that less is more when it comes to home furnishings.
- 4) The Wealth area of the Feng Shui Bagua is far left from the front entrance. Be sure to make sure you inspect thoroughly what exists in the far left area of your home, master bedroom and yard and immediately apply these handy feng shui tips to all three of these areas.
- 5) Engage all of the senses in your home with green home cleansers, fresh flowers, candles, fresh smelling laundry, fragrant hand soaps, baked cookies, essential oil diffusers, the five-elements of color and warm cozy textures.

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