

It's Not Easy Being Green

By Andi Peterson Brown

Along with family road trips and outings for ice cream, summer is synonymous with home improvement time. If you want to do some value-add projects to your home this summer but tearing up your dated bathrooms sounds way too intense, you might want to consider doing a little bit of “greening” instead. Compared to other house-related projects, greening your home can be much easier, can immediately lead to utility savings, and can still create some long term value. Below are a few ways to easily go green.

- Switch to low flow showerheads and dual-flush toilets.
- Replace lights with CFLs or LEDs.
- Seal gaps and cracks around windows and doors and install weather stripping where necessary.
- Install solar landscaping lights and motion sensor porch lights.
- If possible, replace some grass square footage with native landscaping/low water plants.
- Install a programmable thermostat.
- Plant your own vegetable and herb garden.
 - Lower the temperature setting on your water heater to 120 degrees.
- Replace an outdated HVAC system with a newer, more energy efficient model.



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Feng Shui

Health and the Tai Chi Area for Balance, Wellness and Longevity

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Do be careful to minimize metal, however, as metal drains earth.

One client in Moraga has a bathroom in the Health/Tai Chi area of their home. Everyone in the home had been suffering symptoms of lethargy, low energy and constant colds. Bathrooms all have draining energy, but a bathroom in the center of a home is the worst possible placement. Fortunately, this is a classic example of how feng shui can help adjust for poor placement without major remodeling.

We mirrored the entire outside of the offending bathroom door so, physically, the area disappeared, but also energetically, the area no longer existed as its former draining location. We activated the Earth element that rules this area with several specific longevity symbols such as turtles, lotuses, cranes, deer, and evergreens. We also made other improvements in all of the bedrooms, beginning with the master bedroom, and addressed the clutter in the yard. The household recovered, and shifted into wellbeing.

Remember to fully activate or adjust any area of the Feng Shui Bagua, attention should be paid to that area of the home, master bedroom and yard.

If your home has an untidy garden or is at an energetic dead end, on cul-de-sac, below the road, has an uneven shape or lot, is on a narrow windy street or has a narrow front walkway, a clearing and healing followed by individualized, personalized, and specific feng shui adjustments or “cures” can be beneficial.

So before summer gets into full swing, take a moment to consider your health goals for the year and reflect on your progress – and take a peek at what is happening in the center of your home.

The feng shui energy of your home is connected to a total of nine energetic areas of your life, including your health and the health of your household. Checking in with your space and specifically addressing the Health/Tai Chi area will certainly bring new focus, new energy, and integrated alignment with your goals for health and wellbeing.

Remember, when you have your health you truly have it all!



Red represents fire, and fire creates earth, so this red rug placed in the Health area of a Moraga home generates healthy energy.



Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2015 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.