

Understanding the Balance of Feng Shui

By Michele Duffy



Note the location of the bed and nightstands, away from the door, in this "commanding position."
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Our environment influences our health, outlook, personal energy, and all of these influence our ability to be healthy, happy and prosperous. Feng Shui is the arrangement of your physical space with deeply symbolic objects so that they are in alignment with healthy Qi (energy) flow. We are continually influenced by the energy that is around us.

This energetic influence includes the land our home is located on or the street our business resides on and the shape of our buildings, none of which we can necessarily change even if we wanted to. Professional Feng Shui allows for "adjusting" even difficult "Qi" with the addition of specific "cures" so that we can live or work where we do, knowing that we have restored balance. Many people know that Feng Shui applies the five element theory to environments and that we can expertly represent those five elements in our spaces using wood, metal, earth, fire and water, colors and shapes (see diagram on page D11).

Another aspect of Feng Shui you might not be familiar with or associate with the art and science of placement is safety and security. Feng Shui has survived for thousands of years because it offers so much more than energetically sound decorating tips. Feng Shui's greatest strength, which is often overlooked or not acknowledged, is that it helps you to be safe and secure in your space and frees you up to concentrate more on the priorities of your life. ... continued on page D10



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