

LESSON 5

FENG SHUI 101:

HOW TO APPLY
FENG SHUI IN
YOUR HOME!



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What you need to know:

A small, Feng Shui adjustment in the right place, can have a big impact to fix a larger problem.

Guess what?

- Mirrors can absorb, expand, and redirect chi
- You can boost chi by adding life to a room

You don't need to knock down walls to improve your home, you can add small powerful energy shifting tools to correct and adjust Feng Shui issues. Below are nine simple ways to adjust and correct the energy of your space for issues such as: missing areas, negative lines chi, tight or confined spaces, sharp angles and odd shapes.

1 **Lights and lighting:** effective lighting can correct the direction of chi, and bring more chi to a needed area. Balancing the amount of light in a space is important; too much harsh, bright lighting can make a space too yang, too little light will make a space feel dark and dull. Mixing different types of lighting in a space is key.

Task: Review the lighting in your home. Where can you use task or accent lighting rather than harsh overhead lights? Can you add dimmers where needed?

2 **Faceted crystals:** also called a Feng Shui crystal or ball, is a man-made, faceted crystal. Often made from a blend of lead and glass, these Feng Shui crystal prisms come in various sizes and colours. They modulate and redirect fast moving chi.

Task: How are your hallways? Long and narrow with many doors? Depending on how long the hallway is hang one or two Feng Shui crystals to slow and break up the chi.

3 **Mirrors:** can do many magical things. They can expand and open a narrow space, reduce negative chi by absorbing it, or contained it. A well-placed mirror can reduce disruptive floor plan issues such as an entrance with a 'brick wall' effect, it creates space and allows chi to flow more smoothly.

Task: Does your career need a boost? Place in your career gua (Kan) to expand the area and activating water chi.

4 **Wind chimes and bells:** Resonating sound is a great way to get chi moving. They also change the vibration of negative chi, and can adjust an inauspicious direction of energy. They are used by many Feng Shui practitioners to clear a space of negative chi, and residual, unwanted energy.

Task: Invest in a set of tingsha bells. Ring them nine times when you need to clear the energy or activate the chi.

5 **Plants and flowers:** plants are living adjustments, they bring vital living chi into a space. You can use them to boost the overall chi of a home, or place them in an area that is missing part, or all, of a gua (area of the bagua). Using multiple plants is sometimes necessary to correct a floor plan issue.

Task: Do you have a spot in the home that is empty and feels hollow? Can you place a large plant in it to fill it with life?



Watch the Video:

We will chat about common ways to use the method of minor adjustments to correct issues in the home.

Your Homework:

Try experimenting with three of the tasks above!

Task:

1

Result:

Task:

2

Result:

Task:

3

Result: