

GET THE ENERGY Flowing WITH



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QUICK TIPS

Do you ever feel like something is not quite right in your space? Would you like to increase your energy, and make your space work for you instead of against you? ...**You're not alone!**

There was a time when I found myself in the same situation and experiencing the same feelings. I couldn't put my finger on it, but I knew something wasn't working for me. Things felt cumbersome, the energy felt "stuck", and the space was difficult to work in. Then a friend introduced me to the practice of Feng Shui. By Wikipedia definition, "feng shui is an ancient traditional Chinese practice which believes you can use energy forces to harmonize individuals with their surrounding environment; also known as the art of item placement. Literally translated, feng shui means wind-water.

From ancient times, landscapes and bodies of water were thought to direct the flow of the universal Qi – "cosmic current" or energy – through places and structures. Someone who understands the principles of Qi can affect its flow to improve wealth, happiness, longevity, and family". Conversely, if the flow of energy is not corrected from negative to positive, it can bring less than desirable results.

Feng shui also utilizes the five natural elements of water, fire, earth, metal and wood to assist in balancing space.

Already overwhelmed? So was I. The more I read, the more complicated it became, but I am a believer in the existence and power of energy, so I decided to give it a try. I did so by embracing just a few basic principles, and I immediately felt the results! I found the teachings of David Kennedy, a leading expert and author of "Feng Shui for Dummies", to be an invaluable resource. He was taught by the founding father Lin Yun, the most prominent authority on feng shui, but you don't have to study under a master to get positive results. Some simple, small, and powerful changes can make all the difference and the results can be instant. After implementing some key elements, the energy of my space felt different; there seemed to be a flow, the rooms were easier to be in and my frustration disappeared. Many times when a space appears to not work, it's because the energy cannot flow freely; it gets stuck and so do we.

If you're looking to create a better flow of energy in your home and generate a more peaceful and workable environment, try some of David's quick tips.

TIP #1: DECLUTTER YOUR SPACE-DECLUTTER YOUR MIND

Take time regularly to declutter your home. If you haven't used it and don't love it, let it go! This is the single most powerful exercise to increase energy flow and the results are immediate.

TIP #2: KEEP YOUR ENTRANCE CLEAR

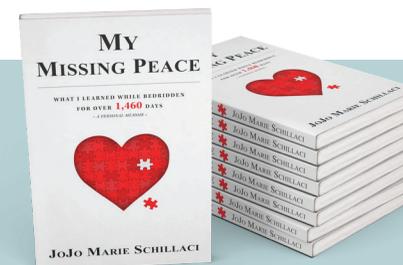
Feng Shui states that front entrances should never be obstructed. The belief is that it allows positive energy to move freely into the home. It also creates a welcoming energy for guests and makes a good first impression.

TIP #3: IF IT'S BROKEN, FIX IT

Broken things create negative energy. Anything from broken appliances, drawers or even failing zippers can manifest frustration. So go through your home and fix it, mend it or replace it!

TIP #4: BRING NATURE IN

This is one of my favourite tips that I practice every single day, no matter the weather! Never underestimate the power of natural sunlight and fresh air. A poorly lit room with stale air will create very low energy. Open your windows, and pull your curtains back! Allow nature's energy to flow and naturally clean your space!



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TIP #5: GET ORGANIZED

A disorganized home is quite simply a magnet for frustration which produces negative energy. Clean up the chaos by organizing your home. When your closets, cupboards and bookshelves are in order, you naturally create order in your mind which generates calming energy.

TIP #6 - ADD A FOUNTAIN

Looking to increase cash flow? Try placing a small water fountain near your entranceway. It is believed that the flow of water is a symbol of the flow of money. By adding this element, you are creating an energy that allows your finances to flourish.

TIP #7 - BRING IN THE GREEN

Bringing nature indoors is a wonderful way to bring the earth element into your space. Plants clear negative energy and clean air pollutants. Steer clear of dried flowers! Dead flowers equal dead energy. If you're looking to increase love and romance, try positioning 3-9 plants in the bedroom!

TIP #8 - REPOSITION FURNITURE

In order to generate feelings of safety and love, position your bed in the "Commanding Position" of your bedroom. The Commanding

Position is farthest from the door with a clear view of anyone entering while in bed. It is believed that this creates a feeling of personal power and control which generates peace within. This philosophy also works with office space. Position your desk in the "Command Position" and open yourself up to opportunities, creativity and career advancement.

TIP #9 - BLOCK DRAINS

It is believed that drains and toilets can symbolize money draining from our life. Feng shui suggests using a drain plug when sinks are not in use, keeping toilet lids closed and always closing the bathroom door.

TIP #10 - UNPLUG IN THE BEDROOM

Choose to unplug electronics in the bedroom or, even better, keep them out altogether. Think of your bedroom as a sacred space for resting and rejuvenating your mind, body, soul and spirit.

Remember to be gentle with yourself. It's always about taking small, but steady steps forward by making small, yet powerful changes each day. Don't get overwhelmed, just keep taking that next right step...it simply begins with you!

