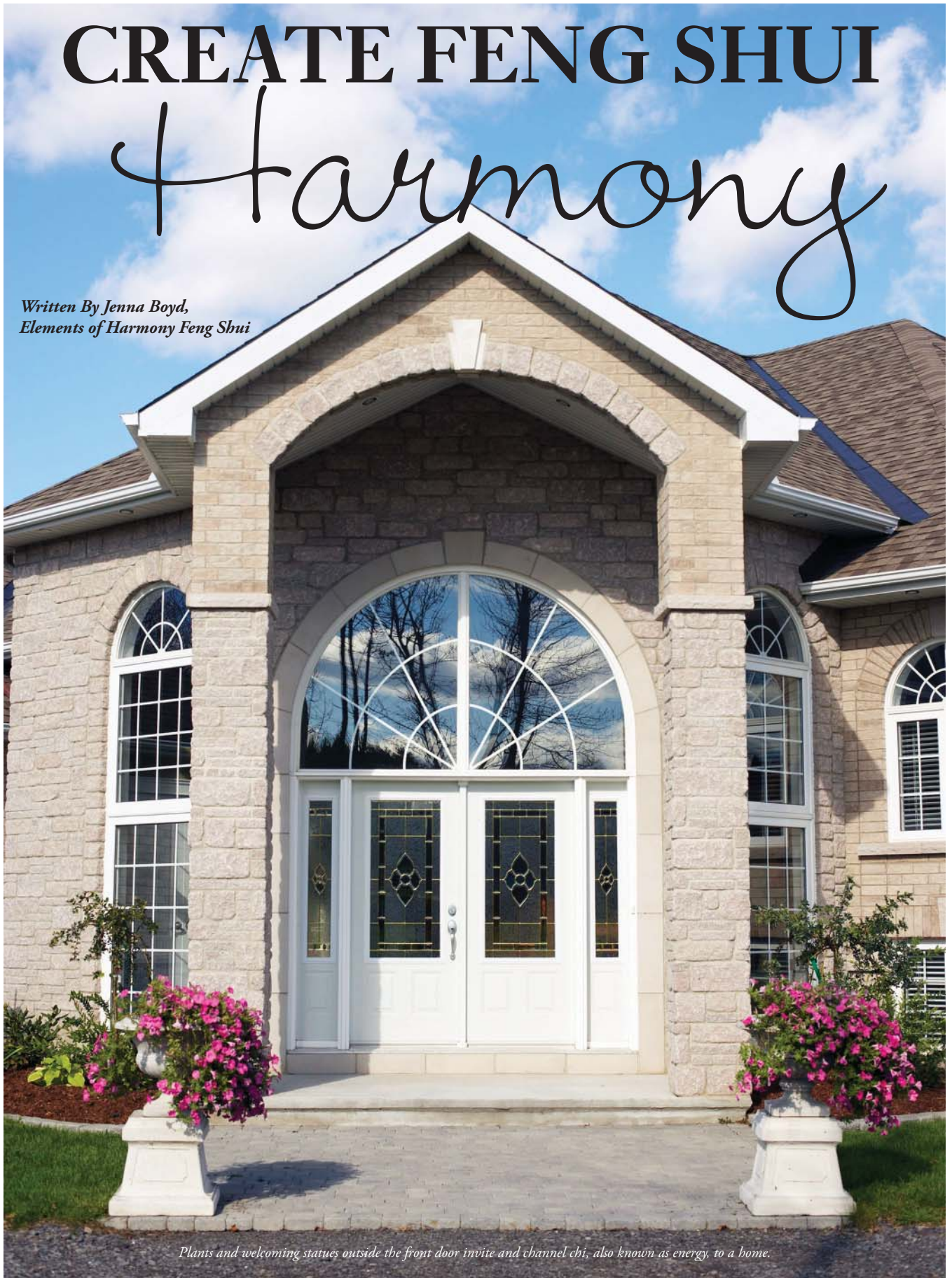
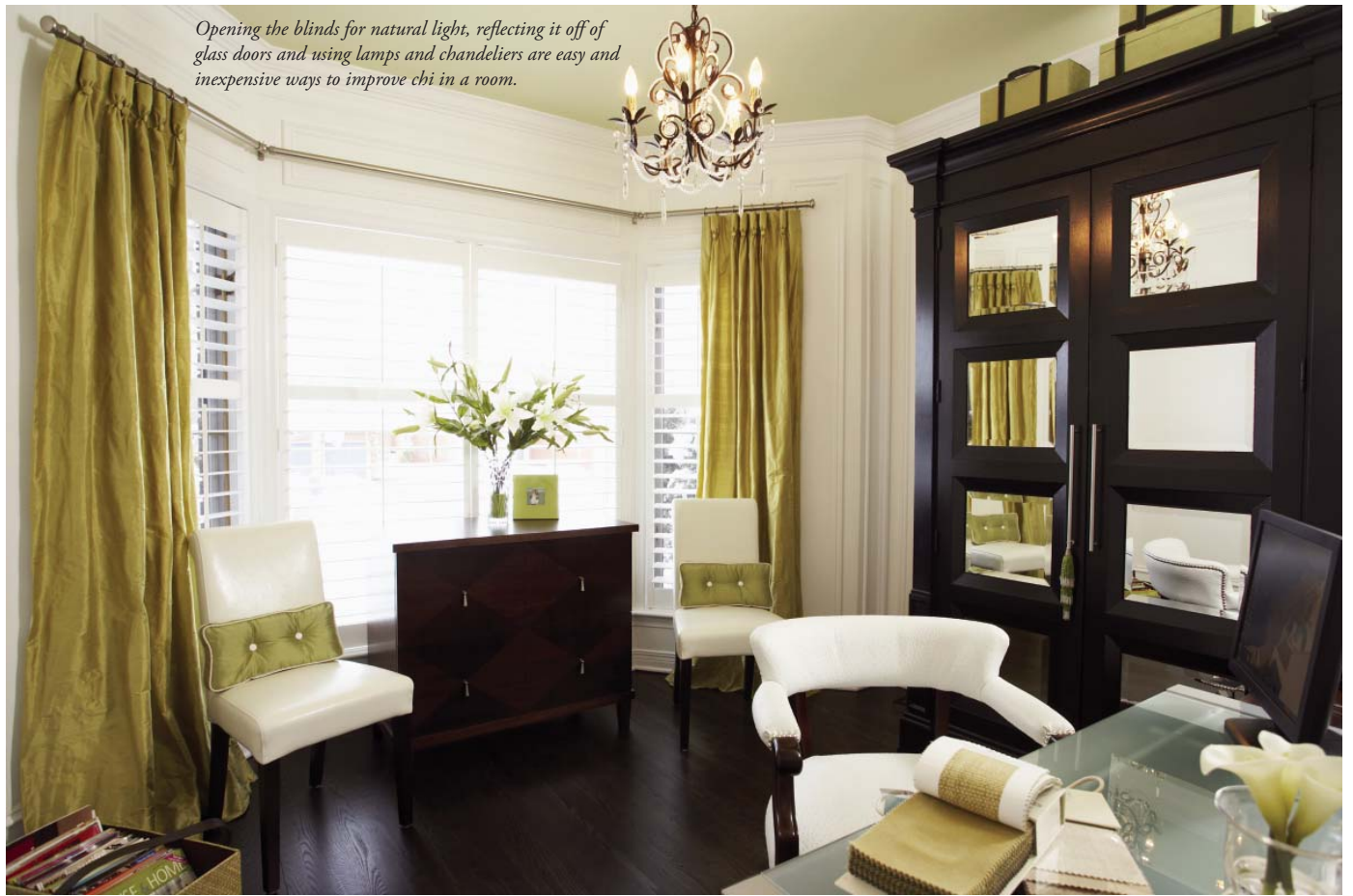


CREATE FENG SHUI *Harmony*

*Written By Jenna Boyd,
Elements of Harmony Feng Shui*



Plants and welcoming statues outside the front door invite and channel chi, also known as energy, to a home.



Opening the blinds for natural light, reflecting it off of glass doors and using lamps and chandeliers are easy and inexpensive ways to improve chi in a room.

The art of feng shui, though it sounds like an ancient Chinese secret, is simply arranging one's environment to enhance the quality of life, including health, career, relationships, finances, children and well-being.

Feng shui identifies these aspects by reviewing areas of the space and noting the symbolism they reflect. The chi (Chinese word for energy) is enhanced within the space by rearranging what you already own to create an open feeling, removing what is no longer relevant and adding in the natural elements for balance. Functionality, practicality and beauty are all attributes of an environment that has been arranged with intention. Harmonious placement within a space yields harmony in life.

Feng shui principles reveal how life is showing up by examining the relationship between the inhabitants and their belongings or the attributes of the space itself; the environment becomes a palate for positive change. The feng shui of a space exists wheth-

er we apply the principles or not, therefore it is to one's benefit to create the most balanced environment possible.

The golden rule in feng shui is to face the door and energize the front door. The door represents life's opportunities; therefore, we need to be able to see them coming and greet them with purpose, rather than surprise or reaction. Position desks so that they face

The golden rule in feng shui is to face the door and energize the front door. The door represents life's opportunities; therefore, we need to be able to see them coming and greet them with purpose.

the door. Situate sitting areas where all seats face or have at least a peripheral view of the door. Include plants and welcoming statues outside the front door that invite and channel chi to the home or business.

Artwork and belongings tell the story of one's life. Review how artwork was acquired or the symbolic meaning within its compo-

sition. Notice how the artwork reveals an aspect of life and how it either supports or detracts from everyday living.

Feng shui principles suggest that if you want something in your life, you must leave a space for it. The pathways in a space represent the flow of energy in one's life. Feng shui focuses on creating a meandering flow, whether it's softening the walkway up to the front door or removing unnecessary items from hallways, behind doors and throughout the space. Improve opportunities, relationships, creativity, productivity or any aspect at home or work by clearing out the pathways and creating a clear path for chi to flow in.

Easy and inexpensive ways to improve the chi in an environment are to liven it up with lamps, increase the bulb wattage, open the blinds for natural light or use nature through windows and glass doors as artwork. Healthy plants and friendly pets also bring wonderful qualities to any space.

The bedroom, which is often the last

continued on page 90

continued from page 89

room in the home to be addressed, is actually one of the most important areas. Improve communication and intimacy with a cozy, sacred bedroom that honors the relationship. Feng shui suggests that skin tones and warm colors are best suited for the bedroom, rather than cool blue, green and white col-

ors. Distractions such as exercise equipment, entertainment centers, stuff under the bed and stacks of books and magazines take away from the sacredness of the space. If a TV is necessary, then put it in an armoire or cover it with pretty material. Hang meaningful artwork above the bed. Keep the bathroom door closed to keep the downward energy in

its space. When selecting a new home, look for a moderate or smaller bedroom with yin (cozy) qualities, rather than an oversized room that has too much yang (bold) space that can cause sleepless nights and anxiety.

Living with your favorites and knowing where your belongings are located make a positive impact on the flow and energy of a space. Similar items located in different places makes it challenging to use them, or, too many things together in one area creates chaos. Organize your favorites together in categories. Label the categories fun names that make it easy to remember what they are. Then, arrange the categories in ways that are appealing to you, so you'll be inclined to put them back. Add special touches, such as happy artwork, smiling photographs or inspirational quotes inside closets, cabinets or unexpected places.

Ready to change an aspect of your life? Use feng shui to change the story of your life!

Jenna Boyd is a professional consultant who integrates feng shui with organization to create balanced, healthy living and working environments. For more information, visit www.elementsofharmony.com.



Improve opportunities, relationships and productivity at home or work by clearing out the pathways and creating a clear path for chi to flow in.



TANTALIZING CUISINE TAKES FLIGHT.

Herons, now open at The Umstead Hotel and Spa offering modern American cuisine with regional influences and an extensive wine selection. Signature dishes include House Dry Aged Sirloin, Pan Seared NC Black Bass, and Steamed Chocolate Cornbread Pudding Cake, as well as spa-inspired dishes. Elegant and stylish, the lively dining room boasts an open kitchen, breathtaking views of the lake, and exceptional artwork. Live music and classic cocktails in the bar. Join us daily for breakfast, lunch and dinner.

HERONS

100 WOODLAND POND | CARY, NORTH CAROLINA | 919.447.4200 | HERONSRESTAURANT.COM