

Sick and Tired...? Try Feng Shui

Feng Shui belongs to one of the eight branches of Chinese medicine. Traditionally, if a person consulted a healing practitioner in China more than twice for treatment of the same complaint they were sent to a Feng Shui practitioner to help determine the cause of their illness. If a doctor could not cure the ailment in those two visits, it was believed that the cause originated in the environment and this needed to be addressed as part of the cure. We can look to our own surroundings to see if we can assist our health and healing with a little common sense and the wisdom and techniques of Feng Shui.

Using Feng Shui in a home or office can immediately make a space look, feel and function better. One of the many positive side-effects is that it can also help those who spend time in the space feel better. Although the Feng Shui is multi-layered and complex, here are some things you can look for in your environment that could improve your health.

Good design. A well-designed home can offer good Feng Shui. A home should be designed to allow ease of movement throughout the space with easy access to all doors, windows, closets, switches, appliances and fixtures. Constricted passageways, too many sharp or irregular angles and poorly positioned doors and windows can interfere with the positive flow. A poorly designed home can cause increasing unease, frustration, injury or illness. A home with poor Feng Shui design not only can feel 'odd' but may also affect the well-being, prosperity and relationships of the occupants. For many design problems there is a Feng Shui cure available.

Selection of contents. Good Feng Shui in a space means that you have possessions you love, need and take good care of. Choosing the furniture and possessions directly influences the feel and function of the space. Good choices in contents create a pleasing presentation, a comfortable and welcoming atmosphere and offer a unique personality. Good furniture choices include comfort, avoid sharp edges and corners, and are proportional to the space and to each other. When looking at health – you want to create a comfortable and functional space that you love being in, making sure it is not overflowing with possessions.

Placement of contents. You can have great stuff, but if it is in the wrong place, it can be working against your comfort and well-being. This part of Feng Shui is too complex to summarize here, but there are a few things you can consider. There needs to be easy access to all parts of the room, furniture, drawers and cupboards. There needs to be enough room to easily move around and through a space without stepping over anything, turning sideways to fit through or making any other adjustment in movement. Flow is important.

With regard to health you want to avoid being surrounded piles of stuff – it drains life energy and when on the floor can contribute to depression. Avoid placing plants and trees in the middle of the room. Simple examples of poor placement include tripping over unexpected things left on the floor, bumping into the sharp corner on a table that is

too close to a couch or stubbing your toe on a piece of furniture that sticks out too far into the room. Often we become accustomed to moving carefully around things to not hurt ourselves. Feng Shui suggests we place things differently so that that kind of effort is not required.

Colours and shapes can reinforce health. Yellow, browns, terra cotta and earth tones are primary colours in supporting health. Also helpful can be reds. The shape of a square helps to reinforce health, also helpful can be triangles. Ways to bring these qualities into your home can be to look for these colours and shapes (or a combination thereof) in things you already own. **Just remember Feng Shui aims for **balance** so **more is not always better**. Therefore, painting a room yellow and adding square brown contents not only breaks the rules of good taste, would be extreme rather than balanced.

Symbolism. To support health you want to ensure that the images in your art, pictures and decorations reinforce positive health. Avoid sculptures with missing body parts, images of death, deterioration, emaciation. Notice what you have hanging on your walls and displayed on surfaces – does the imagery symbolize health and wholeness?

Maintain your possessions. Take care of your possessions so they can serve you well. Sometimes neglected possessions can indicate neglected health. Removing or repairing broken items and things in poor condition is one step you can take. It can prevent injury and the waste of valuable time trying to work around the dis-function.

Success Story... I have seen endless examples of Feng Shui helping the health of clients. One example was a client who had been struggling with depression for 2 years who found relief shortly after her Feng Shui consultation. The steps we completed included removing several dead and dying plants (maintenance), removing piled-up shoes, jackets and junk from behind her front door (unblocking flow) and dealing with unfinished tasks and unwanted possessions piled in various places on the floor (selection/placement). She gave away two paintings depicting sad lonely solitary female figures (negative symbolism). We also re-organized the furniture in her living room and added a bright yellow throw and square yellow candles on clay tiles (reinforcing colour & shape).

Think of Feng Shui is as a multi-vitamin for your home or office. Feng Shui does not require an entire renovation to give your home a new and better look and feel. It can simply mean looking at your space and your possessions differently and repositioning them so that you can get them working **for** you.

...Kelly Talbot uses her training and experience as Professional Organizer, Lifestyle Coach, Counsellor, and Feng Shui Consultant to provide unique, individualized consultations and workshops on-site and online. Phone 780-882-7969 or email kelly@kellytalbot.com for more information.