Harmony for Your Head, Heart & Home

9 Fast Feng Shui Fixes to Attract Abundance

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Feng Shui Basics

What is Feng Shui?

Feng Shui (pronounced Fung Shway) is based on the principle that your environment reflects and affects your life. It is an ancient Chinese art and science which works to arrange your home in a way that is harmonious and reflects what you intend to manifest. Feng Shui unblocks stuck energy and is a powerful tool for attracting the people, circumstances and things you want into your life.

What is a Bagua?

The Feng Shui Bagua (prounounced ba gwa) is a mental map of your space. "Ba" means eight and "Gua" means sides. The Bagua is a square consisting of nine sections. There are eight sides in the traditional Chinese Bagua with the ninth section being the center or Health Gua (area). Each section relates to a life area and correlates to a physical area in your home.

You will notice on the color Bagua below that each area has an associated color, element, body part and number. The colors and elements are used in Feng Shui to enhance that particular life area (Wealth, Health, Career, Partnership and so on). The body parts guide can be used to remedy particular physical issues. So, for instance, if you are having issues with your feet, you can look at the Family area of your home and see what's going on there. Is there a lot of clutter? Do you have a fireplace there? Or perhaps there are stairs and the health of your feet is up and down.

The numbers on the Bagua can be used to determine what type of house you live in. For example, if your house number is 3992 you would add 3 + 9 + 9 + 2 = 23 and then add 2 + 3 = **5** (continue adding until you reach a single digit number). A 5 house is Helpful People & Travel. This could mean that those living in this house enjoy support from the people in their life (doctors, bookkeepers, teachers, etc.) and that they will do a fair amount of traveling. Now calculate yours!

Your house number ______ \hat{r} ____+ ___ + ___ + ___ + ___ = ____ \hat{r} ____ + ___ = ____

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What do I do with a Bagua?

Place the Bagua over the main level of your home, an individual room or your desk. The main entrance to your home or the room is always at the bottom as noted by the arrows on the color Bagua provided below so when you are standing facing your front door from the outside, your Wealth area is at the far left corner while your Partnership area is in the far right corner. Your front door, then, will usually be located in Knowledge, Career or Helpful People. Any attached structure with 4 walls and a roof (like a garage or screen porch) is included in the Bagua.

Bagua Sections Correlate to Life Areas

Wealth: Money you inherit, win, earn, your own personal power, feeling abundant and gifts
Family: Relatives, siblings, extended family, close friends or any group with a common purpose
Knowledge: Education goals, ability to use talents, understanding yourself and spirituality
Career: Your job, your journey in life, passions, activities you love and opportunities
Helpful People/Travel: Feeling supported, travel, right place at right time and fair treatment
Creativity/Children: Your children/other kids, pets, creative endeavors and completing projects
Partnership: Significant other, business partner, relationship w/ yourself or God/Universe/Source
Fame/Reputation: How people perceive you, being known, good name, integrity, legal issues
Health: Physical, mental, emotional and spiritual well-being. Center/health is key & touches all!

Four Principles of Feng Shui

- Everything is Energy
- Intention is Key
- > Use Nature as a Model for Balance
- > Your Space Reflects your Life

NOTE: Do not make adjustments when you are tired, lonely, angry or hungry.

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Feng Shui Bagua © 2014 Finding Your Fiji LLC



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1. FRONT DOOR

Is considered the "mouth of chi" where energy and opportunities enter your space. Make certain it is:

- a. Clean
- b. Inviting
- c. Visible
- d. Opens smoothly with nothing stored behind it

Ready, Set, Go!

Increase opportunities in life & business by using your front door (go in & out) x 9 days

2. CLUTTER

Represents stuck energy and can cloud your vision, especially on horizontal surfaces. It also blocks the flow of abundance.

- a. If you don't use it or love it, let it go!
- b. If it's broken, repair it or toss it.

Ready, Set, Go!

Spend 9 minutes a day for 9 days clearing clutter.

3. STOVE

Represents wealth (the more burners you have the more people you can feed, right?) The stove is also tied to health (how we nourish our bodies).

a. Keep it clean

b. Use all the burners

Ready, Set, Go!

For 9 days in a row, turn all the burners on at once until they are red hot, then turn off.

4. TOILETS

Are a big drain no matter where they are located in the home

- a. Keep toilet seats down to contain the energy
- b. Keep bathroom door closed if visible from the bedroom or kitchen to help with sleep issues and nutritional issues.

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5. EMPTY VESSELS

Are equivalent to poverty chi (energy)

- a. Fill vases with flowers or decorative stones
- b. Keep birdbaths full of water

6. DEAD PLANTS / DRIED FLOWERS

Are stuck or dead energy - remove them*!

* Unless the dried flowers have special meaning such as wedding flowers. In that case, preserve them and store them in a shadow box or other keepsake container.

7. DESK

Place it in the command position of your office, which is the farthest corner from the office door and facing the door.

8. HIGH BACK CHAIR

At your desk provides support and will put you in an "executive" position to make more money.

9. WEALTH CORNER

Place something that reminds you of Abundance here or on the wealth corner of your desk (For example, a purple amethyst).

Look at your home or office with a fresh perspective and remember that like attracts like. What are you inviting into your home...chaos, clutter, things that don't work? Or clarity, peace and a state of flow?! Remember, letting go of the stuff that no longer serves you creates a vacuum for what you want to come in.

Intention is vital so when making Feng Shui changes (even when cleaning). Do so with love, visualizing what you want to attract into your life. Remember that changes can be subtle. Less money going out for expenses, free lunches, winning gift certificates, etc. all = more abundance.

I'd love to help you bring more harmony to your head, heart and home! <u>Schedule a free Virtual</u> <u>Coffee Chat</u> to determine what type of feng shui consult or session best suits your needs.

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