

The Feng Shui Secret – Don't Forget It

Have you applied Feng Shui principles to your home over the last few years? Have you tried a “do-it-yourself” Feng Shui balancing act where things were better for a while then everything fell apart again? Has anything changed in your life since you created balance in your personal or workplace environment?

Many people apply Feng Shui principles once to their surroundings with the idea you can “Feng Shui It and Forget It.” Feng Shui simply does not work that way. Your life changes daily, world and international events change hourly, even your thinking and the people in your surroundings change – so you must revisit applying Feng Shui principles to your surroundings to accommodate for those changes.

Every time you move an old piece of furniture out of your home, a child leaves home, someone dies, a baby is born or a grandparent moves back in, the balance of energy in your home and your life changes. If you've lost a job, changed jobs, lost your home, lost a loved one, lost or gained weight or gained a new loved one, the energy in your home changes and what it takes to remain balanced needs to be re-evaluated. Your goals and objectives might have changed, maybe you had more money in the past than you do now or maybe you've started a new relationship or a new job – that means your needs have changed as has the energy in your personal environment which needs to be re-balanced based on those changes.

The Feng Shui secret is “it is impossible to just Feng Shui it and Forget It” because life changes and moves on – so must the application of Feng Shui principles to your surroundings and thinking.

There are a few Feng Shui basic principles that you should apply annually to help you maintain balance in your personal environment which leads to you being in control, anxiety-free and self-confident.

- Maintain a clutter-free lifestyle. If it doesn't fit, look great on you or make you feel like million dollars, get rid of it. If it is chipped, cracked, broken or thread bare, get rid of it. Be especially wary of clutter collecting areas such as closets, counter tops, end tables and corners. Clear the clutter so positive prosperity energy can freely meander throughout.
- Eliminate the negative thinking that plays as a steady loop in your mind. Get rid of the can't do, won'ts and what ifs. Replace them with a can do and will do attitude that says “not yet” instead of can't; e.g. I haven't found that new job yet

or I haven't found that "special someone" yet. And stop the "trying" to achieve something – either do it or don't do it. You cannot try to pick up a pencil, you either pick it up or you do not pick it up.

- Create a "will do" list and always do the most important thing first to help you control the negative thinking loop that keeps replaying in your mind.
- Energize prosperity, health and income in the east area of your living room, bedroom and office with something green, something made out of wood, a picture of trees, a plant or even the number 3.
- Energize good luck, fame and fortune in the south area of your living room with objects depicting fire, something red, something triangular pointing upward such as pyramid, a picture of a mountain or the number 9.
- Energize helpful and supportive people energy in the northwest area of your living room and office with metal objects, silver, gray or the number 6.
- Energize relationships, new ones and improving old ones in the southwest using objects made out of earthenware, terra cotta items, terra cotta colors, earth tone colors, collections of treasured items, happy pictures of you with your family, friends or business associates, or the number 2.

Are you less stressed, calmer and more peace-filled today than you were two months ago, two years ago or two minutes ago? The balanced approach would be to create a personal environment where you are in control, anxiety-free and confident no matter how personal circumstances and world events are changing.

If something major has changed in your world, take another look at applying Feng Shui principles to re-balance your personal environment. Don't just Feng Shui it and forget it. Your home is your personal sanctuary from the world and the place where prosperity always begins.

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