

The Secrets of Feng Shui

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Is there a Feng Shui, Chocolate Killer Cake, and Hot Red Sports Car Connection? Does it feel like you are out of sync with the world or the world is out of sync with you? Are you beginning to question whether tomorrow will ever be better?

Do questions like this haunt you every time another negative event happens in your life or you have the same negative issue crop up to face for the fourth time in a row? Why do some people snap back to full energy when facing issue after issue having the energy of a hot red sports car while others seem to get further buried in the mire victim-ology?

The answer lies in the energy you surround yourself with on a daily basis; the energy of your material surroundings, the energy of the people in your world and the energy you create in your thoughts. When your things, thoughts and the people in your surroundings are full of positive supportive energy you feel like the high you get just thinking about eating a piece of chocolate killer cake or driving that hot red sports car.

The Feng Shui Connection

This is exactly what Feng Shui is all about, creating positive energy while eliminating negative energy?

- Does it really matter what and **who** you surround yourself with? The answer is a definitive “yes”. Feng Shui is all about using positive energy in your surroundings to bring about desired results.
- Does it matter **what colors** you use in your surroundings? Everything you think, say and do matters including colors. Feng Shui uses color, sound and shape to improve your positive energy. For example there are colors that make you feel down or “blue”, there are colors that make you feel up like pink and yellow. Then there are colors like brown and red that make you feel warm or stimulated. A warm brown teddy bear makes you want to snuggle. Think of a hot little red sports car. You simply want to get up and go.
- Equally important are **shapes**. Furniture that curves gently has soft pillows and no hard edge is very welcoming. On the other hand, furniture with hard edges and looks rigid says to the viewer “don’t sit on me, I am uncomfortable”. Pictures on walls that have soft flowing lines like a lazy river are soothing and peaceful. A picture of jagged mountains with a team of mountain climbers in the distance would provide the viewer the feeling of tension or perhaps danger. Therefore the viewer will experience discomfort unless they love mountain climbing or adventure. A picture of wonderful fresh fruit makes you feel abundant or in the case of lemons, refreshed. Or,

think of that piece of succulent chocolate killer cake and reproduce that wonderful exotic luscious “to die for” feeling in your home through color and texture.

- **Sounds** play another important role in your surroundings. Compare the sounds of a small indoor waterfall to that of loud blaring music; one is soothing and the other can be irritating. Or, think about the sound of waves gently lapping the shore while at the beach, they can be so peaceful and relaxing you might fall asleep. Sound pollution in the home and at work is just as bothersome as air pollution in the atmosphere. Neither provides us the ability to excel nor gives our surroundings the positive energy we need to thrive on.

In order to improve positive energy in your surroundings you must first look at your personal surrounding and observe all of the colors. Are there things in each room that just jump right out and are screaming at you? If yes, then temporarily remove those items one at a time from each room. If the room feels more peaceful without the item then permanently remove it.

Continue this process for every room in your home plus the office where you work. Be careful however to not remove appropriate decorative accessories that give a room that special sparkle such as a lovely burnt orange throw (think hot red sports car) on a warm linen sofa or a rich purple pillow (think chocolate killer cake) on a multi floral lavender bed spread. This process should also include the color of your walls. If they are not a soothing color in your bedroom you will not sleep as soundly. If they are brighter and cheerful in your family room it will encourage lively conversation.

In order to effect a positive energy change in your life it is very important that you understand the Feng Shui Connection to your life and how your surrounding help you create either a better more desirable tomorrow or you maintain the status quo. Surround yourself with things, people, thinking, colors, shapes and sounds that give you peace and bring balance into your life so you can exceed all your expectations and actually drive that hot red sports car or eat that chocolate killer cake if you choose.

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