



FENG SHUI FROM THE INSIDE OUT

By now most of us have heard about feng shui and many have at least a basic understanding of how to apply it in our environment.

By Laura Pennington

WHO CAN IT BE NOW?

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PERCENTAGE OF PERSONS WHO HAVE PARTICIPATED IN A SURVEY, AND GIVEN A POSITIVE FEEDBACK ABOUT FENG SHUI,
Source: FengShuiMiracle.com

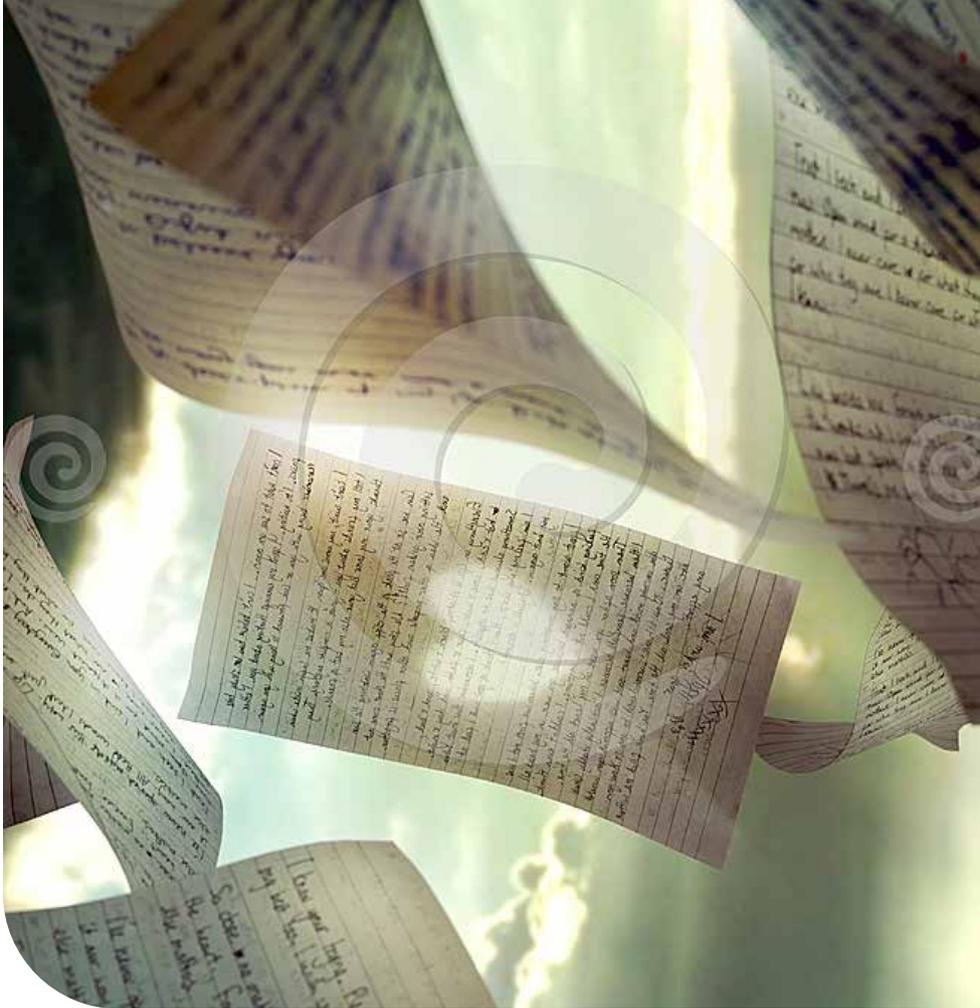


Sanctuary»

I'm going to dispense with the usual breakdown of feng shui and introduce you to an application you may not have considered. What I am going to share is how to clear and balance our inner reality in order to affect our external reality, so feng shui starting from the inside...out!

I had ended a four-year relationship with a man I loved deeply last October and pulling into my garage one night, it hit me. As I sat staring blankly through my car windshield, the headlights struck the back wall of my garage illuminating overstuffed boxes of random mementoes from years gone by. Was my sentimentality really just an excuse for holding onto the past? By keeping those boxes filled with old love letters and photographs of bygone lovers, was I making it more difficult to attract the new love partner that I was longing for?

From a classical feng shui perspective, each area of the home represents an area of our lives. The area that should have filled out the relationship sector inside my home was neglected, actually nonexistent. Instead, my "love life" was essentially cast aside in boxes, untended to and unsorted in my garage; an area separate from the living space and used for storage.



FENG SHUI TIPS

If Your Feeling Stuck

Make sure that when you open your front door, you have a clear and distant view. Feng shui says the farther you see, the farther you go in life. Avoid front doors that look directly at a wall or tree trunk.

When you open your eyes in the morning, the first thing you should see is something uplifting and inspiring whether it be art or your true love.

Burners on your stovetop represent wealth, so turn each of them on everyday to light the fires of abundance in your life. As an added tip, apply a mirror to the back of your stove, magnifying your burners, and thus your home's wealth!

Bring fresh fragrant flowers into your home or office space to attract positive chi and life force. Don't underestimate this simple step, as it can be very powerful.

If you suffer from feelings of not being supported in your life, either financially or personally, make sure your bed has a headboard and the chair you sit in at your desk has a high back. Also, avoid sleeping under a large window.

Storage is for things we are not living with in the now. As the headlights shined on a major problem area in my life, I was able to finally see the discrepancy between what I wanted and what I was living.

I decided to address this "space", both inner and outer, with conscious direction and intention. When working feng shui from the inside out, addressing the inner issue that is holding back the free flow of life force is foundational. Without this inner investigation and release, the energy, life force, or chi is not free to enter. I began by opening each box and feeling the emotion stored there, the stories, the images, the words...I brought these bits of the past back into the light of the present, reliving the memories and consciously letting them go with gratitude for lessons learned and love shared. Some I burned ceremonially and others I just let go into the trash can. I even kept some, but intentionally and consciously. Almost immediately I felt the relief of the newly opened space, both inside my heart and my garage! I could breathe more deeply and I now had the space to set clear future intentions.

This clearing action freed me up to consciously create a relationship sector within my actual living space. However, that is another feng shui tale, full of adventure and intrigue. To be continued...