

An Ancient Practice Gains New Attention

BY TRACY BOYCE

With this coming season we are looking for more ways to add peace and harmony to our lives. We are redefining what is important. For many, that means reconnecting with what is most important to us and finding new meanings. Spring brings an opportunity for starting anew and making changes.

Today, the ancient practice of feng shui is applied and practiced in homes and offices for making effective changes.

Feng Shui (pronounced fung shway) literally means "wind water." The idea of fung shui is to have good movement (wind) and containment (water) of chi.

Chi is everything. Chi is life-force, energy. Chi is in all objects, both tangible and intangible.

Tables and chairs are examples of very dense chi. Since we can see and feel those objects, they are

easy to manipulate to create a flow. If for instance a chair was blocking the flow of chi in a room it could be easily changed. It could be moved, it could be repaired, it could be recovered, whatever the solution warranted.

Chi is also in air and in thoughts. Unlike chairs, thoughts are not as easy to control or change yet they are still powerful chi directors. That is why it is very important when looking through a place with "feng shui eyes" to have the right frame of mind.

Imagine that chi is entering the front door of your home or office on a mission to wander throughout that space for your benefit to provide peace, love and abundance to all who live or work there. In order for chi to accomplish its goal it must pass through the entire dwelling.

Everything in its path is giving signals to chi. It is saying "go

here," "go there," "go faster," "go slower," or even "stop."

If chi stops or stagnates, it can't move on to other places. Examples of chi stoppers include clutter, dust and filth. Examples of chi diverters include severe corners, overhead beams and poorly placed mirrors. These are more tricky because the flow of chi also depends on what is placed near the mirror or in front of it.

Conversely, if chi moves too quickly or its path is altered too severely, it can't access all areas. Therefore a feng shui practitioner looks for the "sha" negative, inauspicious chi first to cure those areas.

The rest depends on tuning. We want to keep the chi flowing in an auspicious or natural manner. The possibilities for creating auspicious chi patterns and working spaces are as limited as the imagination.

Tip from the Experts No. 4

How can I get started with feng shui in my home?

1. Clear the clutter. Pick one thing at a time - a drawer, box, room, etc. Get a buddy to help.
2. Clean, clean, clean. Use non-toxic products. Clean corners, nooks and crannies.
3. Clear space.
4. Have fresh flowers.
5. Focus on the task at hand.
6. Be present.
7. Meditate.
8. Express gratitude.
9. Ask for guidance from your higher power.
10. Make choices with integrity, intent and taste.

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