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YOUR HOME WITH

# FENG SHUI

Is your home feeling less than zen-like? Creating balance based on the principles of feng shui will help, finds Cora Lydon





When it comes to decorating we tend to focus on the aesthetics and the practical – but

did you know that your home and its contents are a reflection of your life?

So what would your home say about you? Is it well signposted and attractive from the outside? Then according to feng shui you're inviting opportunities in. But if the windows at the front are hidden from view, experts agree that you'll struggle to know where you're going in life.

"Feng shui makes you aware of your surroundings and helps you to become conscious and proactive in creating a beautiful space and a prosperous, happy and healthy life," explains feng shui consultant Carol Partridge.

This ancient Chinese system is all about achieving balance in our physical surroundings. It works on the principle that everything has energy – called *qi* in feng shui – and by balancing this *qi* and ensuring items are in the most advantageous position, you'll have a healthy, happy home. "Externally we may not be able to change our surroundings, but we can change what we find inside our homes and whether there is a wall, window or open space, and how we use that space," says Jodi Brunner, master of feng shui.

So, wonder no more why you've been turned down for that promotion and instead place a picture of a running horse – the feng shui symbol for success – in the north area of your workspace to boost your career. Read on for more advice on how to create peace and luck in your home.

## MEET THE EXPERTS



### CAROL PARTRIDGE

offers feng shui consultations across Australia. [sacredfengshuidesign.com.au](http://sacredfengshuidesign.com.au)



### JODI BRUNNER

is a master of feng shui with 20 years' experience. [fengshuimaster.com.au](http://fengshuimaster.com.au)



### LIZ WIGGINS

is founder of the Association of Feng Shui Consultants. [fengshuiliving.com.au](http://fengshuiliving.com.au)



## THE bathroom

**Balance emotions:** The bathroom is about cleansing, so it should be bright and spotless to support emotional wellbeing and give us a good opinion of ourselves.

**Career confidence:** We prepare for work in the bathroom, so it's linked to career success. If we keep our bathroom mirror clean and shiny, it reflects our self image for confidence at work.

**Boost relationships:** If you share the bathroom with your beloved, install two bathroom vanity sinks, so that no arguments arise over use or misuse of the bathroom!

**Keep your cash:** Money in feng shui is strongest in other areas of the house, but just in case there is strong money energy in the bathroom, it's generally a good idea to keep the toilet lid down because of the old saying 'the toilet drains away wealth'.

**EXPERT:** Jodi Brunner ▶





## THE bedroom



**Lucky in love:** Avoid mirrors in the bedroom as they are harmful to relationships, especially if directly opposite the bed. Remove them or cover them while sleeping.

**Keep energy flowing:**

Avoid clutter as *qi* should flow easily through the room. It's particularly important not to store anything under the bed – we absorb this energy while sleeping, so the last thing you want here is stuff from past relationships or

**Sleep tight:** Don't place the foot of the bed in direct

alignment with the door, as this is the 'coffin position'. The *qi* is so strong coming through the door that it can lead to a restless night's sleep. Close the door or place your bed against a solid wall where you can view the whole room.

**Rev up motivation:** If the bedroom or bathroom door can be seen from the front door it can unbalance energy. This can lead to lack of motivation and feeling fatigued and lazy. Keep these doors closed and place a plant at the front door to improve the *qi*.

EXPERT: *Liz Wiggins*



## THE kitchen

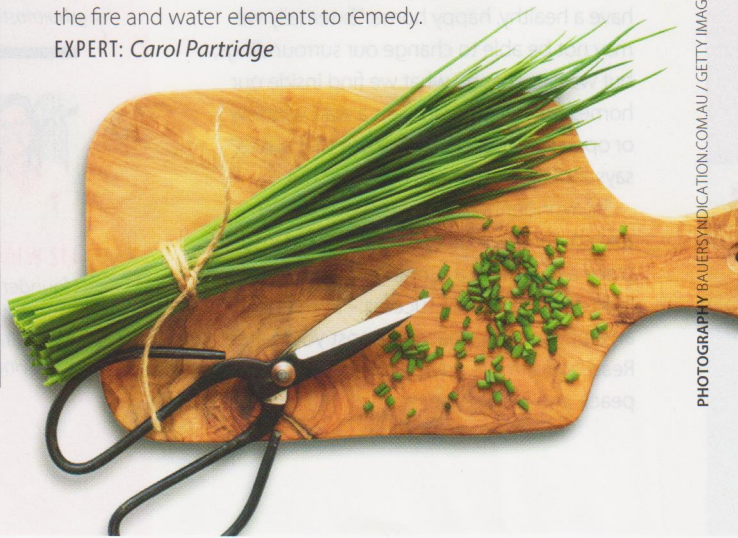
**Cook for health:** The kitchen represents your health and wealth, so it's important that it's light and bright, kept clean, organised and you cook regularly to support health and cashflow.

**Accumulate cash:** Centuries ago in China, the stove was a symbol of prosperity, so it's important to keep your oven clean and in good working order. Clean your stove until it shines and watch the money roll in.

**Bin the rubbish:** If your kitchen bin is visible and not hidden behind cabinetry, ensure it is not located in the east section of your kitchen. Rubbish on display here symbolises poor digestion and elimination. Ideally the east section of your kitchen should be kept clean and clear of clutter.

**Avoid arguments:** A stove or hotplate close to your sink, dishwasher or fridge represents an inauspicious clash of fire and water elements, leading to heart and kidney problems, and heated and emotionally charged arguments. Place a wooden chopping board between the fire and water elements to remedy.

EXPERT: *Carol Partridge*







## THE living room

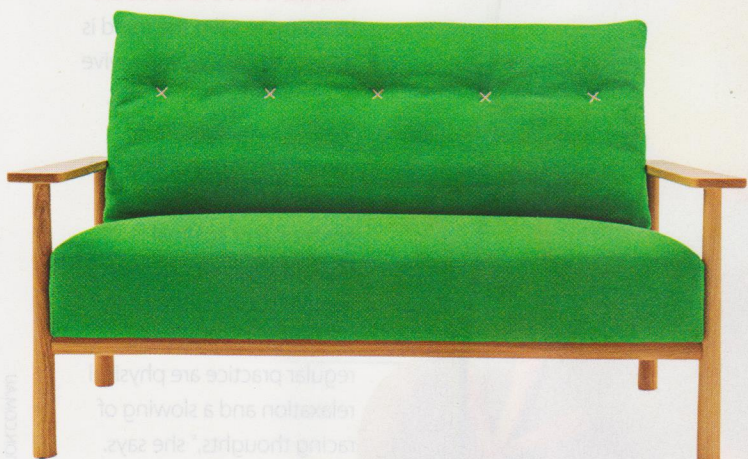
**Forge strong bonds:** To support both emotional wellbeing and relationships put happy photos of you and your partner in the south-west of this room. If you're single, place two crystals here and light a candle every day focusing on what kind of partner you are looking for.

**Career success:** Place awards and certificates in the north area of your living room to enhance your career

– be ready for promotions, pay rises and new career opportunities.

**Money matters:** The south-east corner represents wealth and abundance. Place something of great value such as a vase, painting, statue or natural crystal tower in this area to watch your wealth grow. Don't place cheap or broken objects here for obvious reasons.

EXPERT: *Carol Partridge*



## THE garden



**Fix your fortunes:** Check your garden tap doesn't leak – it could indicate a gradual loss of income.

**Rev up your health:** Flaking paint may suggest you're suffering from tiredness, so give walls and fences a sand and paint.

**Create opportunities:** Keep the garden beautiful to entice opportunities into your life – also keep it free from clutter as this signifies worry and prevents us from being focused.

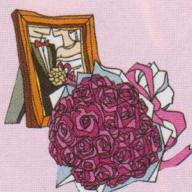
**Revive your spirits:** Healthy plants, fresh flowers and nice smells all attract good energy and will lift your spirits. Look after your garden and bring nature into your home too.

EXPERT: *Liz Wiggins*



## FENG SHUI AND THE FAMILY

"For emotional and physical wellbeing it is important to place positive and uplifting items such as plants, crystals, photos, pictures and objects in the compass direction that relates to that member of the household," says Partridge.



**South-west** – mother or another dominant female of the house

**North-west** – father or another dominant male of the house

**East** – Eldest son

**South-east** – Eldest daughter

**North** – Middle son

**South** – Middle daughter

**North-east** – Youngest son

**West** – Youngest daughter ☺