
Balance and Harmony Through Feng Shui

Creating Positive, Healthy Energy in Your Home and Yard

TITLE SLIDE

- Feng Shui can be applied anywhere
 - Talking about homes today but can apply to office, store, garage, any interior or exterior space

SLIDE – Chinese symbols for Feng Shui

- FS is the Chinese art of placement and has been practiced for over 3,000 years.

SLIDE – Gee What is Chi?

- Qi or Chi (pronounced “chee”) is the Chinese word for energy. We are made up of energy and our environment is filled with energy. Positive, healthy energy makes us feel better. And, of course, negative energy can bring us down. Think about how different it makes you feel when you are with a positive person as opposed to a negative person.
- We also have the option to create energy and to change energy for the better.

SLIDE – The Flow of Chi Through a Room

- Chi enters through the front door, ideally meanders throughout the house, and leaves through the windows and back door.
- FS helps enhance the flow of Chi through a house by balancing the pathways of Chi flow. Balanced pathways invite people and vital Chi into your house.
- In FS buildings are considered to be living bodies whose purpose is to support their inhabitants. We give our buildings Chi when we are comfortable in them, and they give it back to us.
- People experience happier, healthier, more prosperous lives when their home and work environments are harmonious. We can apply FS principles to our homes, apartments, workplaces, hotel rooms.

SLIDE – Things That Deplete Chi

- There are a lot of things that can deplete Chi - dead plants, broken things, messy piles, uncomfortable chairs, harsh lights, crowded bookshelves, things you don't love or that you associate with unhappy times in your life can negatively affect your Chi and the Chi of the rest of your house.
- Items that you don't like or are not significant to you, do not carry Chi to support you. Your furniture needs to please you, embrace you, and support you. You need to be surrounded by things you love.
- Give away or donate the things you don't absolutely love. Let them become happiness for someone else (“One man's junk is another man's treasure”).

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SLIDE – Things That Enhance Chi

- The good news is that there are some easy things to add that can enhance Chi – fish tank, good lighting, crystals, wind chimes, healthy plants, water fountains
- Moving things and cleaning behind them activates the flow of Chi. Chi tends to stagnate around things that don't get moved. There is a Chinese saying "If you want change in your life, move 27 things in your house." You never stay the same and neither should your Chi.
- Even small improvements in Chi flow can have great benefits – you don't have to redo your whole house.
- Compare how you felt when you looked at these 2 slides. The depleting slide vs. the enhancing slide. What emotions did it bring up for you when you looked at the pictures?

SLIDE – “YIN/YANG – Finding Your Comfort Zone”

- We're going to start with the concept of Yin and Yang energy and how to balance them in a way that we find pleasing

SLIDE – YIN/YANG Symbol

- Yin energy is slow and cooling, Yang energy is fast and warming
- Think about yourself and the type of personality and energy level you usually have. Are you usually more Yin or Yang?
- If your energy tends to be more Yin you may want try getting some regular physical activity or hanging around with an energetic person. And if your energy is usually more Yang you may want to try something quiet and calming like reading or meditation.
- You can apply this concept not just to people but also to furnishings and decorations

SLIDE – List of Yin/Yang Characteristics

- **(SLIDE - Yin Bedroom)** – Feminine, cool colors, soft/rounded shapes, ornate, floral, textured, traditional
- **(SLIDE – Yang Bedroom)** – Masculine, light, straight/angular shapes, large, plain, geometrical, open, bold, smooth, modern

SLIDE – So What Do I Do Now?

- We perceive comfort when Yin and Yang elements are balanced in a ratio that we find pleasing. Find a room that pleases you and determine the Yin/Yang ratio. This is your comfort zone

SLIDE – “THE FIVE ELEMENTS – Balance Is Everything”

- We're going to talk now about a concept called The Five Elements. This is a way to create harmony through balancing the types of objects you have in your home.
- The five key elements of Feng Shui are water, wood, fire, metal and earth. In Feng Shui we believe that if you want to balance your environment you must have a balance of the five key elements. When the five elements are in balance, the “Chi” or vital energy in the space is

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balanced. If you have balance in your environment then you will have balance in your life. Balance ensures good luck, happiness, success and confidence.

- Through this method you're looking at the shapes of the things that you have, the colors, the patterns to make sure you don't have an overabundance of any one thing, which can throw the energy of the space off balance

SLIDE – 5 elements chart

- The 5 elements are listed in the left column – fire, earth, metal, water and wood
- They are considered to be the “building blocks” of every physical object.
- We are most comfortable when all of the five elements are in balance (vs yin/yang where it's a personal preference)
- Each of the 5 elements has certain colors, shapes, and qualities associated with it
- So in this practice you analyze each of your rooms for:
 - The actual five elements themselves: wood, fire, earth, metal, water
 - Materials made out of or containing the five elements
 - Things that represent the five elements
 - Artwork that depicts the elements
 - Things associated with the color or shape of the elements

SLIDE – 5 elements arrangement

- Wood – table, chairs, flowers, floral table runner, floral plates, candle pedestals, glass stems, green glasses/candles/flowers (10 things)
- Fire – candles, pointed table runner, red flowers/plates/table runner (5 things)
- Earth – ceramic tile, ceramic plates, rectangular table runner/placements, yellow flowers/napkins/plates, earthtone table runner/placemats/plates (10 things)
- Metal – Metal silverware/napkin rings/candle pedestals, circular candles/cups/ plates/vase, arched chair backs, white table/chairs/flowers/floor tile (12 things)
- Water – vase, black chair seats (2 things)
- Don't pick the entire room apart analyzing it. You just want to define the overall elemental composition. Simply make a list of the elements in the room. Notice if there is a dominant element, and if there are any missing elements. If so, decide how you could add the missing elements
- Now, some objects can have more than one element in them...

SLIDE – Fish Tank

- Glass aquarium/water (water), plants (wood), fish (fire), rectangle shape (earth), rocks (metal)
- Reasons fish tank is calming/healing - Watching fish swim is very relaxing. It calms our breathing, reduces stress and lowers our blood

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pressure. It calms hyperactive and autistic children. It also elevates mood and helps Alzheimer's patients to maintain their appetite.

- Creating five-element composition(s), whether it's a fish tank or some other group of objects, will enhance the Chi in the room and create natural balance

SLIDE – List of Controlling/Nourishing Elements

- When you have an overabundance of an element you can quickly bring it into balance by adding some of its controlling element, then accenting with the element that nourishes the controlling element. Don't use too much of the element that nourishes the overabundant element.

SLIDE – 5 elements arrangement

- So back to our Dining Room example. We said that we have 2 Water elements, 5 Fire elements, 10 Wood and 10 Earth elements, and 12 Metal elements.
- So we have an overabundance of metal in this composition

SLIDE – List of Controlling/Nourishing Elements

- So to balance that we need to add fire to control the metal, then accent with wood to nourish the fire.

SLIDE – So What Do I Do Now?

- So what do I do now?

SLIDE – 5 elements chart

- Take a room and analyze it. Create a balanced arrangement as described above. Pay attention to how the Chi (how you feel in the room) changes when you do this
- Note that not all of the elements have to be visible. You can place something in a drawer, for example, and it will still do the trick

SLIDE – “CHI ME! Applying the Five Elements to Your Wardrobe”

- Remember that when we have all of the five key elements in balance, we will have a balance of the vital Chi energy. The balance of this vital energy brings success and confidence. We can apply these same principles to our wardrobe by incorporating a balance of all of the five elements into our outfit so that we are surrounded by healthy, balanced energy.

SLIDE – A Five Elements Wardrobe

- For example, we could have black shoes representing the water element, green pants for the wood element, a yellow blouse for the earth element, a triangle-shaped scarf for the element of fire, and silver jewelry symbolizing the metal element.
- Remember that not all of the elements have to be visible. We may have floral undergarments for the earth element or white socks to symbolize the metal element completely out of view from our public appearance.
- When we wear all of the five key elements, we are balancing the energy surrounding our body and allowing this vital energy to flow around us.

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SLIDE – “CREATING HEALTHY CHI – Go with the flow”

- Again, Chi is the Chinese word for energy and FS helps enhance the flow of Chi through a house by balancing the pathways of Chi flow.
- Chi flows in from the door out through the window(s) and exterior doors in a room. Ideally, this is a meandering, flowing path.

SLIDE - Window

- If there is a window directly across from the door, or the windows are very large, Chi is flowing out too fast to be able to nourish us. Add drapes, furniture in front of the window, or a corner arrangement of plants/sculpture.

SLIDE – Interior Bathroom

- If there are no windows in a room (like an interior bathroom), add mirrors, flowers, lighting, and natural objects to attract more Chi.

SLIDE – Blocked Door

- Doors should be able to fully open (nothing behind the door) or they hinder the Chi flow and cause an annoyance. Fully-open doors represent a clearance for positive things to happen.

SLIDE – Kitchen and Bedroom

- Chi is most active at the front of the house. Kitchens, living rooms and offices are best located here. Bedrooms are best located at the back of the house, where Chi is less active.

SLIDE – Yin/Yang Characteristics

- So when your bedroom has to be in the front, add calming yin elements to balance the active yang location. When your office has to be in the back, add active yang elements to balance the calming yin location. You also want to make sure the five elements that we talked about earlier are balanced.

SLIDE – Table Corner

- Exterior corners shoot strong Chi in whatever direction they are pointed. If they face a door, the Chi will push you out and make you feel unwelcome. Face the flat side of furniture toward the door.

SLIDE – Corner Décor

- Conversely, interior corners pull Chi into the corner (this includes vertical corners as well as the horizontal corners where the ceiling and floor meet the walls). It can stay there and stagnate. Crown and base moulding help to keep Chi active, as well as lights, plants, baskets, sculpture, mobiles. Or place furniture at an angle in the corner. Definitely do not store things in a corner – it contributes to the stagnation.

SLIDE - Stair

- Stairs are channels for Chi. If your stairs face the door, add a barrier to stop the flow from going out the door (table, screen, plants, art) or else put a mirror by the door to redirect the Chi back inside.

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SLIDE – Bedroom With Mirror

- Mirrors activate Chi. They are good for hallways or rooms without windows, where the Chi flow can stagnate. They should not be hung directly across from each other, though, as that depletes Chi.
- Mirrors are discouraged in bedrooms because they can interfere with rest. IF you have a mirror in your bedroom, move it so that it doesn't face the bed. A good trick is to hang it on the back of your bedroom door. If you can't move it or hide it, cover it at night.
- Also, in bedrooms you need to be able to see the door from the bed (comforting) but not be right in front of it (vulnerable). Put the bed off to one side of the door, out of the line of direct Chi flow.

SLIDE – TV and Computer

- Electronic equipment activates Chi, and the equipment tends to “pull” at you and activate you. Cover or enclose TVs, computers, and stereos when not in use. It will create a more serene environment.

SLIDE – Funny Toilet Picture

- Keep your toilet lid down when not in use (and, ideally, keep your other drains closed). Chi flows out through them.

SLIDE – Cluttered Office

- Keep your house uncluttered. Storage piles cause Chi to stagnate. And when you look at the piles and you feel agitated, angry, overwhelmed, you create negative Chi.

SLIDE – So What Do I Do Now?

- Try 2 or 3 of the suggestions we just talked about and see if you can feel a change in the energy of your space.

SLIDE – “THE BAGUA MAP – Chart Your Own Course!”

SLIDE – Bagua Map Photo

- We're going to talk now about a FS concept called The Bagua Map. The Bagua Map represents 9 aspects of your life.
- Similar to The Five Elements, each of the 9 aspects of your life has certain characteristics associated with it – certain colors, objects, feelings, etc
- So the idea is that you decide which aspect or aspects of your life that you would like to improve, then you improve the Chi in that area of the house using the characteristics described in the Bagua Map

SLIDE – Sample floor plan

SLIDE – Sample floor plan with Bagua overlay

SLIDE – Bagua Map Photo

- Wealth and Prosperity (also called Wealth and Abundance) - This is the place we will attain wealth and hold onto our money. We want to honor this section in order for abundance to flow into our life. We can place items associated with wealth such as plants, coins or the color purple.

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- Fame and Reputation (also called Fame and Recognition) - It is not as much as being famous, as it is our self-gumption and our self-esteem. This is the energy we need to do our job or to follow our passions. It directly lines up with our Career section. It is important to honor the energy of this area in order to do our job effectively. We need to have confidence to pursue our dreams and to accomplish our goals. This is the ideal area to place awards, diplomas and the color red.
- Love and Marriage (also called Love and Relationships) - This is the place where we maintain healthy and strong relationships. People often think this corner applies to only romantic relationships, but it covers all the relationships in our life. This area applies to all our relationships with our family, friends, neighbors and coworkers. We need to have healthy relations with all the people in our life not just romantic partnerships. In this corner, we can use the fire element to ignite the desires of the heart. We can place candles, crystals and the color pink to increase the energy of our heart's desire.
- Health and Family (also called Family and Heritage) - This is where we want to honor our ancestors. It was important in the ancient Chinese culture to pay respect to their ancestors. We believe we would not be successful without the foundation our family built for us. This area is the perfect place to display family heirlooms, wood crafted items and the color green.
- Children and Creativity - This is the place where we birth our ideas, in addition to fostering our offspring. It is where we are going to find inspiration for the projects we are working on. In the Children and Creativity area, we can place hand-crafted items, objects that honor the children in our life and the color white.
- Skills and Knowledge (also called Knowledge and Self-cultivation) - This is where we retain our knowledge, expand our thoughts and continue on the path to learn. This would be the perfect place for an office or study. We can incorporate the color blue or images of mountains and elephants to help us retain our knowledge.
- Career – This area represents our life's purpose or the career path we chose. This is where we can honor and highlight our profession. We can place objects associated with our field of expertise, the color black or a water element.
- Helpful People and Travel (also called Mentors and Helpful People) - These are the people who will help us along life's journey. It might be a favorite aunt, our grand-parents or a historical figure that we want to honor. It can be someone we know personally or it might be someone who inspires us, like a saint or a historical figure. This corner is an ideal place for pictures of our friends, objects made out of metal and the color gray.
- Center/Earth – This is our place of centering, groundedness and calm. Many believe this is the most important part of the Bagua because without

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our mental health and strong energy, we cannot have any of these other aspirations in our life. We need to have a strong healthy foundation to build upon all the other areas of our life. In this space, we can have plants, flowers, the color yellow or items made from the earth.

SLIDE – So What Do I Do Now?

- So for example, here is what to do if you would like to manifest more money into your life...

SLIDE – Bagua Map Photo

- To manifest more money in your life you would find the Wealth and Prosperity corner of your house, which is located in the back left corner of the house.
- You do this by taking the map and standing against the front wall of your house on the first floor, and whatever is in the back left corner is the Wealth and Prosperity area on your first floor.
- Do this on all the floors – the basement and upper floors too

SLIDE – Chi Depleters

- Get rid of dead plants, broken things, messy piles, things you don't love or that make you feel guilty or sad

SLIDE – Chi Enhancers

- Then you want to add things that enhance Chi – fish tank, good lighting, crystals, wind chimes, healthy plants

SLIDE – Bagua Map Photo

- Then you want to add the colors and objects listed on the Bagua Map
- You can enhance your happiness and good fortune when the Bagua of your home or workplace is properly mapped and then enhanced

SLIDE – CONNECTING WITH THE EARTH

- An important principle of Feng Shui is to connect with the earth's natural energies.

SLIDE – Bagua Map Photo

- Our relationship with the Earth is at the very center of the Bagua Map. In Feng Shui it is believed that it is not enough just to balance our environments, we also need to balance ourselves. So we need to stay connected to the earth's energy in all seasons. This energy is a powerful force that can heal our bodies, bring balance to our lives and make us feel grounded.
- We have talked about tapping into the positive energy of a particular space to transform our surroundings. We can do the same thing with the earth's natural energy by utilizing this force in nature to improve our bodies and environments.

SLIDE – Walk on the Earth

- One of the easiest ways to connect to the earth's energy is to spend time in nature. We need to go out and walk upon the land on a regular basis. Just

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planting our bare feet on the ground allows our bodies to absorb the powerful life force that the Earth supports.

SLIDE – Breathe Deeply and Consciously

- Deep, conscious breathing is very grounding and cleansing. Deeply breathing in fresh air cleans our lungs, revitalizes our bodies, and relaxes us so that we feel grounded and stable.

SLIDE – Connect With a Tree

- Trees have very grounding, healing energy. Whether you hug them, lean up against them, or just sit near them; their powerful energy brings our internal Chi into balance.
- We can take these same principles and apply them to our living spaces...

SLIDE – Open Up to Nature

- It is important in Feng Shui to have natural sunlight and fresh air enter our spaces. They work as a cure to push out stale energy and make way for a fresh new feeling. They move the stagnant energy that has can otherwise build up in our spaces.
- It can be as easy as letting nature into our own indoor environments. Open up the curtains and let the sunlight stream into our spaces. Crack a window to let the fresh air flow inside.

SLIDE – Bring Nature Indoors

- Another thing you can do is bring a piece of nature indoors. It could be a bouquet of flowers, a healthy plant or just some unique branches. By allowing these forces of nature to come into our living spaces we are allowing this powerful energy to revitalize us and renew us.

SLIDE – THE CELESTIAL ANIMALS OF FENG SHUI

- Many cultures believe that animals have special energies associated with them. In Feng Shui, the four Celestial Animals are used for their protective abilities. Each animal has specific attributes that are connected to it.

SLIDE – The Phoenix

- The Phoenix represents fame and opportunity, and it will help you to find success. As well as being a protector, the Phoenix has the ability to heal our wounds and make us invincible.

SLIDE – The Dragon

- The Dragon symbolizes wisdom and creativity. It will assist you in accomplishing your tasks and bringing success. It is full of energy and is associated with activity. You want to make sure you place the Dragon in an active area and not in your bedroom or places where you intend to rest.

SLIDE – The Tiger

- The Tiger represents courage and patience. This celestial animal is known for warding off disasters and fire. The Tiger can also provide protection from thieves.

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SLIDE – The Tortoise

- The Tortoise is one of the most sacred animals in Feng Shui. The Chinese have long believed the tortoise to have a special significance. In fact legend has it that the Bagua map was first seen as a pattern in a tortoise shell. The Tortoise can enhance your career as well as attract new business. It provides grounding energy necessary for success.

SLIDE – So What Do I Do Now?

- You could place Celestial Animal statues in the corresponding areas of the Bagua Map to enhance the energies in that area. You would place a Phoenix statue (representing fame and opportunity) in your Fame and Reputation area. You would place a Dragon statue (representing wisdom and creativity) in your Children and Creativity area. You would place a Tortoise statue (representing career and success) in your Career area. And you would place a Tiger statue (representing courage and patience) in any area that you feel you need more courage or patience.

SLIDE – “THE PSYCHOLOGY OF COLOR – Open a Can of Happiness!”

- Colors affect us on a subliminal level without us even realizing it.
- For example:

2 SLIDES – Warm Colors

- Reds, yellows, and oranges seem warm and energizing. These are the colors associated with sunlight and fire (Buttercup Yellow, Brick Red, and Tangerine). North-facing room? Consider a warm color.

2 SLIDES – Cool Colors

- Blues, greens, and purples seem cooling and soothing. These are the colors associated with moonlight and water (Sage Green, Hazy Blue and Steel Gray). South/West-facing room? Consider a cool color.
- Color Psychology
 - **1 SLIDE:** Red – Exciting, energetic, dynamic. You eat more and longer in the presence of red. Men prefer yellow-reds (Tomato) and women prefer blue-reds (Raspberry). Good for Dining and Living Rooms. Value range: Dark Burgundy to Pale Pink
 - **1 SLIDE:** Yellow – Stimulating, warming (sun), attracting. Myth: cheery. Actual: increases anxiety and mood irritation. Bad for rooms used to put on makeup (affects perceived skin tone). Good for transitional spaces (Laundry Room, Mudroom, Hallway). Value Range: Deep Gold to Pale Chiffon
 - **1 SLIDE:** Blue – Serene (sea), quiet, calming (sky). Bad for Dining Rooms (there are no blue foods or drinks in nature except Blueberries), but good for any other room. Value range: Indigo to Pale Sky

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- **2 SLIDES:** Green – Restful (nature), calming, secure. Green makes most food look appetizing (except sweets are better around pink). Good for Kitchens, Living Rooms, Bedrooms. Value range: Forest Green to Seafoam Green
- **1 SLIDE:** Purple – Rich, luxurious, royal. Bluish purples are serene and calming and are good for any room except Dining Rooms. Reddish purples are more dominating and are best used as accents. Value range: Eggplant to Pale Amethyst
- **1 SLIDE:** Orange – Warm, earthy, pleasing. Good for informal areas or as an accent in formal areas. Appeals to most people (except for yellow-oranges). Value range: Deep Ochre to Pale Tangerine
- **1 SLIDE:** Brown – Natural (earth/trees), warm, comforting. Appeals to most people (except for yellow-browns). Complements food (many foods are in the brown family). Good for any room in the house. Value range: Dark Chocolate to Café Au Lait
- **2 SLIDES:** Gray – Creative, artistic. Some people find it dreary (rain, fog, smoke). Can use it as a backdrop, livened up with other accent colors. Value range: Deep Smoke to Light Silver

SLIDE - FENG SHUI TIPS FOR THE OUTDOORS

- Here are some tips for applying Feng Shui principles to your yard and the exterior of your home

SLIDE – Overgrown House

- Trim trees, vines, and plants back to encourage energy flow

SLIDE – House Exterior

- Fix broken fences, etc. that create unhealthy Chi

SLIDE – Dead Plants

- Remove all dead plants, bushes and trees from your property

SLIDE – Broken Sidewalk

- Fix broken or uneven walkways that create unhealthy Chi by representing faltering or tripping

SLIDE – Leaky Pool

- Repair leaky pools and water fountains. Like the toilet picture we saw, this is a “Chi drainer.”

SLIDE – Rectangular Pool

- And if you are adding a pool in the back yard, don’t have a corner of the pool pointing at the house

SLIDE – So What Do I Do Now?

SLIDE – Bagua Map

- If planting flowers or bushes or trees, think about the Bagua Map and apply it to your yard. Lay the map over your yard and plant things that have the colors and shapes that correspond to each map area.

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SLIDE – SACRED PLANTS AND TREES OF FENG SHUI

- In Feng Shui, there are certain plants and trees we favor and consider sacred. The Chinese believe these trees are sacred because of the auspicious energy that is associated with them. They would even bury their dead near a particular tree. They believed the good spirits of their ancestors would absorb into the tree, bringing them riches and good luck.
- Trees are considered the lungs of the planet. They clean the air by taking in carbon dioxide and give us life-sustaining oxygen. Trees offer more than just shade on a hot and steamy day. They provide a habitat for wildlife and help with soil retention. Trees give us building materials for shelter and warmth from firewood.

SLIDE – Bamboo

- One of the most beloved plants of Feng Shui is Bamboo. It is believed that Bamboo can increase our wealth and it has the power to ward off unwanted energy. If you plant Bamboo in the back of your home, the Chinese believe it can increase your wealth and abundance. If it is planted near the front of the home, it will attract positive energy or auspicious Chi. Bamboo is easy to grow and requires very little maintenance, making it one of the most honored trees of Feng Shui. It is also strong, durable and renewable. It grows quickly and replenishes rapidly.

SLIDE – Evergreens

- Another sacred tree in Feng Shui is the Evergreen, because they keep their green color all year long. For that reason, the Chinese believe Evergreens bring prosperity throughout the winter months. Pine trees, in particular, symbolize friendship and loyalty. However, any type of Evergreen symbolizes durability and endurance. They never lose their positive energy and can create an optimistic spirit.

SLIDE – Fruit Trees

- Fruit trees represent abundance and good health. They attract good Chi or energy to our homes. In 1912, the Japanese gave the United States the gift of Cherry trees, as a symbol of good luck. A Cherry tree planted in the yard brings good luck to the home. Another example is the Apple tree. It can bring peace and strengthen family relations. If two families are blending together through marriage, it is suggested to plant an Apple tree.

SLIDE – Citrus Trees

- Citrus trees are also favored in Feng Shui, especially the Orange tree because it is believed to increase abundance. Oranges are presented to loved ones around the Chinese New Year as a way to ensure prosperity throughout the year. Lemon trees can help with fertility and reproduction. There is a legend that if a couple is trying to conceive, they should plant a lemon tree in their yard to increase the chances of getting pregnant.

SLIDE – Other Sacred Trees

- Other trees that bring blessings and good fortune include the Maple. They can bring balance and stability to our yards.
- The Oak tree is the mightiest of trees and symbolizes strength and courage. They can help to increase career success.

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- Birch trees represent new beginnings and a cleansing of the past. They would be good to plant when you move into a new home or in a newlywed's yard.

SLIDE – So What Do I Do Now?

- Check your yard and see if you have any of the sacred trees of Feng Shui. Before you plant a tree, you might want to consider one of the sacred trees so you can take advantage of the energy associated with them. Trees provide strength for us and give us powerful grounding energy. Trees anchor the energy that is vital to our well-being. They are powerful healers that bring us peace and comfort.

SLIDE – SACRED FLOWERS OF FENG SHUI

- In Feng Shui we look forward to Spring with its new growth and a spirit of optimism. Spring is the perfect time to look at our yards and try to improve the Chi or energy that surrounds our homes. There are different flowers that symbolize success and can be effective at attracting good energy. We refer to these as the sacred flowers of Feng Shui.
- These plants are sacred because of the good luck bestowed upon them. If you plant these particular flowers in your yard, you and your family will reap the benefits of this sacred luck. These particular flowers are good for increasing wealth, promoting happiness, and creating harmony.

SLIDE – Peony

- The Peony is considered the “king” of Feng Shui flowers because it represents honor, wealth, and fortune. It can also strengthen relationships. A red Peony is especially good for love and romance. Peonies are the perfect flowers for wedding arrangements.

SLIDE – Chrysanthemum

- The Chrysanthemum or “Mum” represents happiness and laughter. It is a symbol of comfort and a pleasant life. It is believed that if you have Mums growing in your garden, they will bring a life of ease and harmony. A Yellow Chrysanthemum is often associated with nobility and can provide strength and stability. In ancient China, emperors would place them in their palaces and courtyards to ensure success.

SLIDE – White Magnolia

- The white Magnolia is a symbol of purity. It represents truth and wholeness. The Magnolia is often used in religious ceremonies. If it is planted in the front of the yard, it is believed to bring happiness and joy. If it is planted in the back, it symbolizes an accumulation of wealth.

SLIDE – Orchid

- The Orchid conveys good taste and gentleness. Orchids have a tendency to slow us down and allow us to soak up their beauty. The Orchid is the perfect flower to create a feeling of harmony in our garden.

SLIDE – Lotus

- The Lotus symbolizes the opening of opportunities. Buddhist and Hindus consider the Lotus to be a blessed flower. An expanding Lotus increases spiritual consciousness. It represents purity and enlightenment. The Lotus can help us to open our minds and increase our spiritual growth. The Lotus is good for meditation. It can bring peace and even enhance our creativity.

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SLIDE – So What Do I Do Now?

- As you think ahead to your garden next Spring, think about how the sacred flowers of Feng Shui can transform your yard. You might want to bring more abundance into your life, strengthen a relationship or create a more peaceful feel to your home.

SLIDE – A HAPPY DAY THE FENG SHUI WAY

- If we can use Feng Shui to enhance our homes, offices and yards, can we also use it to enhance a special occasion? Yes! You can use Feng Shui to enhance a wedding, family reunion, milestone birthday or even a baby shower.
- When we apply the principles of Feng Shui to our environments, it makes for a more peaceful and calm space. It's perfect for events that usually cause a lot of stress, and would be a great way to ensure you will have an enjoyable event without a lot of chaos.

SLIDE – 5 Elements Chart

- We use the five main elements of Feng Shui to provide balance – water, wood, fire, metal and earth. We can use the actual element, an image of the element, or a color that represents that particular element. We can incorporate this approach at any event.
- Let's apply the Five Elements balance to a wedding.

SLIDE – Wedding

- A white wedding dress represents the element of metal. A black tuxedo integrates the water element. Candles add the fire element, and flowers bring in the wood element. The shape of a square brings in the stability of the earth element.
- When we use these five main elements of Feng Shui it balances the energy of the space. This will ensure that the day goes as planned and things run smoothly.

SLIDE – Color Me Happy

- Color is a powerful tool used in Feng Shui to adjust our environments. So thinking about special events with our families, let's focus on the colors that we associate with love: pink, purple, and red. Green is the color associated with heart chakra which the Chinese believe is the center of expressing love for one another and for ourselves.
- Let's apply color to a family reunion or a baby shower

SLIDE – Family Reunion / Baby Shower

- If we are celebrating a family reunion, we could also use the color green as a theme. The color green represents our family and heritage. That would be a nice way to mix in good family relations, ensuring a happy and relaxing reunion.
- We might use the color yellow for a baby shower. The color yellow represents health and energy. This would be appropriate to ensure a healthy and happy baby.

SLIDE – Pick the Perfect Place

- When planning a special event, choose a location with meaning. Make sure it is a place that is special. This will increase the beneficial energy of that space and make the event more memorable. A special wedding location could be your family's church, a park where the couple first met, or an exotic island that the couple has always dreamed of visiting. When we have a strong connection to our surroundings, we will feel more comfortable and at ease. This will allow everyone to enjoy the day.

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SLIDE – So What Do I Do Now?

- The next time you are planning a special event, try applying some of the principles of Feng Shui. It's a lifestyle tool that can balance the energies of a particular space, and thereby balance the energy of the people in that space. It can be used to balance the energy of any day you want to make special!

Thank You
And enjoy your new, healthy environment!

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