

HOW TO Feng Shui

The ancient Chinese practice of feng shui is designed to create harmony between the individual and their environment. Here, feng shui expert Amanda Collins shares her interiors tips for inviting feng shui into your home and she reveals how you can use the practice to enhance your prosperity and give a boost to your health. Eimear Moriarty reports.

Elements of Nature

When people ask me what feng shui is, the best way I can describe it is when you walk into your front door and there's this feeling of being embraced and inspired, you feel good and a sense of peace comes over you - that is the true meaning of the concept. There is a strong connection with nature, based on the universal rhythm of connecting the indoors with the outdoors - implementing elements such as water, wood, fire, earth and metal into the home. If you think back to about 1,000 years ago, we lived by the sun, moon and equinox cycle, but now we are spending at least 80 percent of our days inside, so it's necessary to have these elements inside to promote a connection with nature.

Clearing out Clutter

Eliminating clutter is probably the most important aspect of feng shui. Nothing should be in the home unless you absolutely love it, need it or use it. People tend to hold on to ornamental decorations they received as gifts and clothes they wish to slim into, or haven't worn in a year, and if this is the case - let it go. By clearing all the clutter in all these areas you are allowing energy to flow in the home and when energy flows in the home it directly correlates with the energy flowing in other aspects of your life. You are creating opportunities for love, money, health or whatever it may be that you desire in your life.

Mental State of Mind

Feng shui can have a positive impact on the individual in terms of their mental health. Positive and inspirational artwork has the ability to emotionally lift you up, therefore it's capable of helping an emotional, sombre or even depressed person. Position your furniture so that it's not blocking anything else in the room as this creates a block to the energy flow. Those suffering from depression, often consciously or subconsciously, have chosen dark colours to decorate the house. Invite brighter and lighter colours into the space to make rooms warm and inviting and allowing positive thoughts to manifest and to reinforce a pleasurable ambience.

Embracing the Power Position

The position of your bed is very important. We sleep a third of our lives and in order for us to rejuvenate both mentally and physically, a good night's sleep is needed and feng shui can help with that. Ideally, we shouldn't position our bed under the window or in line with the door, but we do like to be able to see the door from the bed. Limit the amount of laptops, phones and basically all electronics in the bedroom - if it doesn't support



rest or romance it shouldn't be in there. Promote a good environment for sleep and you will feel supported. Life feels a lot harder when you don't get enough rest. Follow these tips to fine-tune your nocturnal habits.

Prosperity and Success

Maintaining your household and possessions is a simple and practical exercise that people can do instantly which creates a big change. The kitchen is known as the wealth and prosperity area and if someone has a broken stove ring or a leaking tap, it normally signifies a loss of prosperity in the household, everything is in direct correlation. Focusing on the kitchen, eliminate sharp knives on magnets and pot racks hanging from the ceiling; sharp pointy edges send the energy away and any household appliances hanging from the ceiling will only feel like a weight hanging over your head. Less is always more.

Winter Months

As the days are getting shorter and darker earlier, feng shui suggests implementing warmer colours like burnt orange, yellows and reds into the home in the form of throws, cushions or duvets as they brighten up the home and maximise the mood of the individual. Also during winter, it is important to reposition to maximise the amount of sunlight coming into the home. The sun rises in the east so bare this in mind when creating spaces in each room. By allowing the outside and natural elements into the home, you are promoting a more balanced atmosphere and an environment that will inspire you in other aspects of your life.

Amanda Collins is founder and teacher of the International Feng Shui School. She is a yoga teacher, singer-songwriter and spiritual guide who leads people on journeys around the world, their own homes and most essentially, their internal landscape. Born and raised in Ireland, Amanda is now based in San Diego. www.amandacollins.com



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