

IRELAND'S

YOUR LIFE • YOUR WEEK • YOUR READ

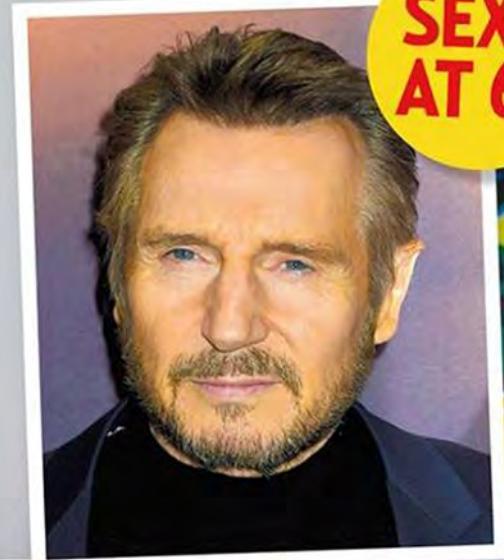
# Woman's



**PRINTS  
CHARMING**  
Hot spring  
patterns *Page 8*



*Ireland's got talent*



**SEXY  
AT 65**

**LIAM NEESON**

**LUCY  
KENNEDY**



# Feng shui your home

Clear out the old and fill your house  
with things that bring you joy

**I**rish feng shui expert Amanda Collins has been practising feng shui for over 20 years and has worked with some of the biggest companies in the world, like DreamWorks, Hyundai and even the Hollywood elite. Here, Amanda shares her knowledge on how you can feng shui your home in a few easy steps.

“When you walk into your home and you feel embraced, safe, inspired and completely supported, that’s the most simplified version of what feng shui is,” she says. “Good feng shui is only having what you need and love.”



## The front door

How welcoming is your front door? When you look at some houses it’s clear that the residents are very private and don’t want visitors, but when you drive by others you feel like going inside for a cup of tea because there’s a welcome mat and beautiful flowers around it. Ask yourself; is the key working well? Has the knocker got fresh paint on it? It is a colour that you love? The front door is really, really important.



**Black floral door mat**  
€6 from Ikea



**Garden door mat**  
€38 from Laura Ashley

Take three...  
**WELCOME MATS**

**Welcome Patio Door Mat**  
€43 from Artsy Doormats @ Amara





## The kitchen

In feng shui, the kitchen is at the heart of the home and we like to have the countertops clutter free, removing the plethora of magnets off the fridge so that it's nice and open. Have a fresh bowl of fruit on the counter. I usually suggest cleaning out the cabinets, taking everything out and only putting back the stuff that's really needed.

Avoid sharp objects because they keep away good chi or good energy. Huge, big heavy pot racks aren't great in feng shui because in the kitchen, they can make someone feel like they've got the weight of the world on them.



**Two tier wire fruit bowl**  
€23.50  
from Next

Take three...  
**FRUIT BOWLS**



**Coastal Cote De Provence Copper 'Fisherman's' Fruit Basket**  
€14 from John Lewis



**Serving bowl**  
€14 from Ikea



## Bedroom

There should be very little electrical equipment and that will provide a much better night's sleep. Definitely don't bring your laptop or computer in for finishing off work because that's saying that work is more important than your present relationship or even just time to yourself.

There shouldn't be exercise equipment in the bedroom because that relates to hard work.

In feng shui it's suggested not to have a television because that brings an extra magnetic source. Alarm clocks with batteries instead of plugs are much better, have a light on each night stand. Energy comes into the room through the door; you want to see the door but not be in line with it, so you sleep better.

Take three... **LIGHTS**



**Concrete Lightbulb**  
€8 from Penneys



**Culinary Concepts Smoked Glass Tea Light Holder Small Lamp**  
€29 from John Lewis



**Ombre table lamp** €46 from Oxendales

For more information on Amanda Collins and feng shui visit [www.amandacollins.com](http://www.amandacollins.com)

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