



# FENG SHUI YOUR LIFE

Shift your space. Uplift your life.

The International Feng Shui School offers two online training levels: ***Feng Shui Your Life*** and ***Feng Shui Master Certification***.

In the first one, you will learn the ancient art of Feng Shui to transform your personal space, yourself, and your life. Connect to energy, intuition, and self-love. Experience the life-changing magic of Feng Shui in your family, home, health, finances, and career.

Continue to the second level of mastery and begin a career as a Feng Shui consultant. Deepen your understanding of these timeless teachings and become a guide for others - share your light with the world!

Upgrading to the ***Feng Shui Master Certification*** prepares you to start a career as an internationally certified Feng Shui consultant. You will go deeper into Feng Shui's wisdom and get the tools to work with businesses and set up your consulting practice. Help companies and corporations boost morale, productivity, and profits. Learn to support your clients while protecting your energy. Step into your power and your form of leadership and learn how to facilitate workshops, circles, meditations, journeys, and more. Fully embody the art and science of Feng Shui by sharing it with others.

Each training is composed of modules presented in the form of audio, video, and/or downloadable documents as detailed in the following pages. When you upgrade to the Feng Shui Master Certification, you still cover all the Feng Shui Your Life modules.



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# Feng Shui Your Life

## Module 1: Awakened Life, Awakened Home

*Open up your intuition, connect with your inner magic and learn how to ground your energy.*

- Aligning with your Higher Self meditation and pranayama
- My Journey
- Signing contract to live free
- Our Feng Shui Global Community
- What is Feng Shui?
- Mirror Exercise for Freedom and Joy
- Closing Meditation for Grounding your Energy



## Module 2: Feng Shui Foundations

*Study the fascinating history and schools of Feng Shui, the 5 Elements in Chinese medicine, and Yin and Yang's importance. Create your Trigram.*

- Feng Shui five elements meditation and pranayama
- Self-love mirror exercise
- Your home is inside of you.
- History of Feng Shui
- Schools of Feng Shui
- Five senses of Feng Shui
- Yin and Yang
- The five elements
- The three cycles
- The metal element
- Five-element design
- Calculating your personal trigram
- Going deeper into your personal trigram
- Feng Shui foundations
- Deep relaxation closing meditation



## Module 3: The Elements of Your Home

*Learn how to remedy different types of houses through classical Feng Shui. Discover your home's intrinsic energy based on its birth chart.*

- Forgiveness meditation and pranayama
- Your home as a sanctuary
- Early Heaven Sequence
- Classical Feng Shui
- The eight trigrams
- Different house types
- Locked houses
- Remediating house types
- Sitting and Facing
- How to find out the year the house was built
- Compass reading both in-person and online



- On the line Compass Reading
- Flying Stars
- Life, Decay and Death Cycles of the Flying Stars
- What to do if you do not have the construction year
- What if a West group person lives in an East group House and Vica Versa
- The Elements of Your Home Reading
- Closing Meditation



## Module 4: The Internal Energy of Your Home

*Learn about every room in your home and how to divide floor plans for optimal flow and balance.*

- Grounding Meditation: survival of the adaptable and pranayama
- Shapes of buildings and their impact on occupants
- How to divide floor plans
- Remediating missing areas
- The 9 square grid vs. the Pie Chart
- Front doors
- Stairs
- Kitchens
- Bathrooms
- Bedrooms and love
- Nursery and children's bedroom
- Dining room
- Living room
- The internal energy of your home
- Closing meditation



## Module 5: Intentional Creation

*Use Feng Shui to create the life of your heart's desires. Unload what no longer serves you by clearing out clutter. Play in the power of art and color.*

- Opening meditation and pranayama: you are not your past.
- Intentional Feng Shui
- Writing affirmations for your home and life
- Creating a vision board
- Artwork & Feng Shui
- The psychology of color
- Intentional creation
- Closing Meditation: The Art of Letting Go





## Module 6: Raise the Vibration

*Dive into the sensual and potent world of ritual. Play with saltwater cures, wealth vases, and clearing meditations. Raise your vibration and watch life respond in kind.*

- How to clear money blocks meditation and pranayama
- Releasing clutter
- How to create a saltwater cure
- How to make a wealth vase
- Feng Shui Rituals
- How to raise the vibration in your home
- Simplify your life and clear clutter
- From clutter to organization
- Feng Shui for wealth
- Closing meditation



## Module 7: Remediating Your Landscape

*Apply Feng Shui to the land and position of your home. Create a powerhouse garden and reconnect to nature in your daily life.*

- Opening Meditation
- Exercise to go out into nature
- Form Feng Shui
- Mountain Environments
- Water Environments
- Evaluating the site
- Landscaping with Feng Shui
- Remediating your landscape
- Closing meditation: releasing the old and embracing the new



## Module 8: Clearing & Cleansing Energy

*Clear and cleanse your space, so it works for your highest good. We explore the fascinating world of altars, blessings, wind chimes, mirrors, electromagnetic fields, and more.*

- Higher Self opening meditation and pranayama
- Following that golden thread
- Opening up your Intuition & connecting with your inner magic
- Connecting with Universal energy
- Creating An Altar
- Preparing Space Clearing
- Space Clearing
- After Space Clearing
- Space cleaning tools
- Triple Grid Technique
- Violet Flame
- Home Blessings
- Calling in the Angels
- Angels of White light
- Calling in the directions
- Electromagnetic Fields
- Wind chimes and Feng Shui



- Using mirrors with Feng Shui
- Living in a natural environment
- Space clearing resources
- How to make a space clearing spray
- Clearing & cleansing energy
- Closing chakra meditation