

The Ancient Art of Feng Shui

Written by Katrina Katsarelis

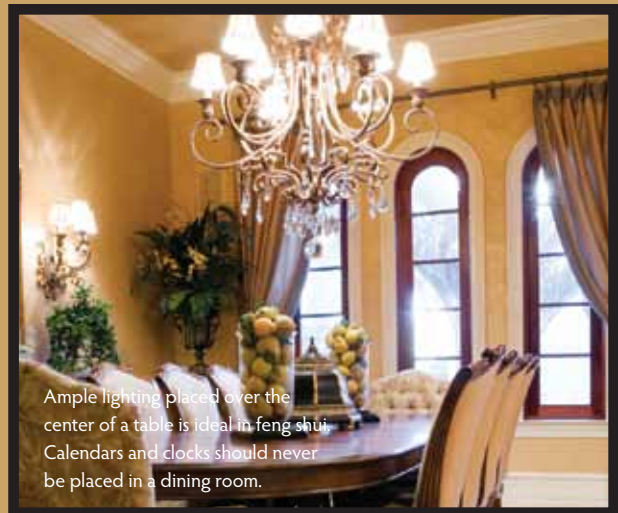
How these simple, ancient techniques are believed to add positive energy and family harmony to your Katy home

Feng shui entryways are well-lit, uncluttered, and usually painted in lighter colors. Gold is the color that promotes wealth.

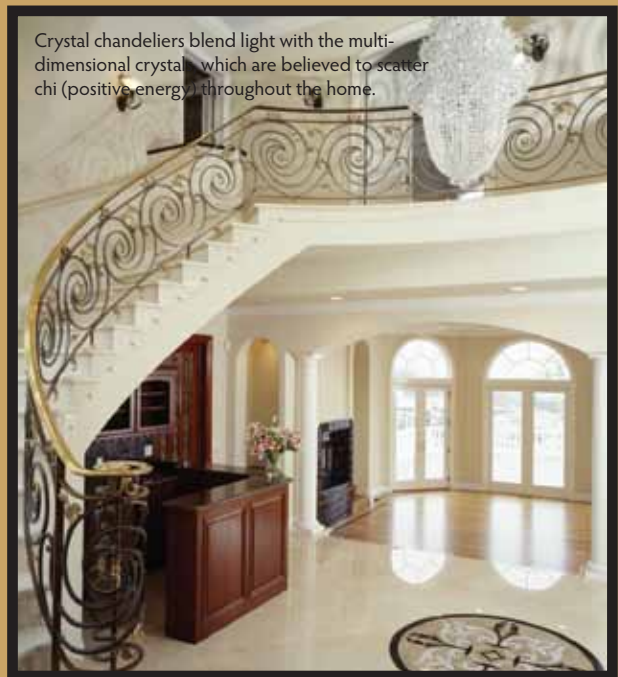
FENG SHUI (pronounced fung shway) is the ancient Chinese art of placement that means “wind and water.” The objective is to balance the elements and encourage the flow of *chi*, which means “life force” or “positive energy.” Experts believe improving one’s harmonious environment will naturally promote good health, wealth, family unity, and happiness. Here are a few simple ways you can add a touch of feng shui to your Katy home.



Always have an even number of chairs in the dining room.



Ample lighting placed over the center of a table is ideal in feng shui. Calendars and clocks should never be placed in a dining room.



Crystal chandeliers blend light with the multi-dimensional crystal which are believed to scatter chi (positive energy) throughout the home.

The Dining Room

The number one rule is the dining room table should always be the focal point of the space; round, oval, and octagon shaped tables are preferred over square. Avoid harsh angles or heavy dark furniture. Always have an even number of chairs (with comfortable backs) around the table.

DINING ROOM DO'S AND DON'TS

Table centerpieces should not block eye contact among the diners. Clocks or calendars should never be placed in a dining room. Landscape paintings, framed art, and mirrors are ideal for the dining room.

USE LINENS AND GOOD SILVER

Making use of your linens, china, and silver is considered good feng shui. A tablecloth is better than placemats, because it is said to bring about family unity. If you’re dieting, use blue linens, dishes, and placemats, as they are believed to decrease the appetite and improve one’s health.

The Entryway

For maximum positivity, choose light fixtures that give off as much light as possible. Hanging a crystal chandelier from the center of the ceiling adds a burst of positive energy to the space. Sconces are also encouraged in the foyer. Mirrors, placed at a height that reflects the light, are the perfect accent for an entryway.

A WELCOMING FOYER

As the transition area from outside to inside, all entryway items that obstruct positive energy from coming in should be removed. Don’t let the entry become a dumping ground for shoes, mail, backpacks, and toys. Consoles and foyer cabinets are a frequent fixture in feng shui homes.

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According to feng shui practitioners, the best colors for bathrooms are white, light blue, light green, or black and white.

The Bathroom

In feng shui, the bathroom is said to be the place where chi is most quickly drained, so be careful. Feng shui experts recommend keeping bathroom doors, drains, and toilet lids closed when not in use. Leaky faucets should be repaired quickly, and proper ventilation in a bathroom is a must.

RIGHT REFLECTIONS

A mirror on the inside bathroom door helps deflect the chi so it won't be drained away, but never have two mirrors directly facing each other. Two mirrors next to each other, however, is good luck. Even better is a mirror reflecting lush bamboo. A mirror should never reflect anything undesirable or messy.

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A four-poster bed in a high-ceilinged room is said to help the chi flow well in the room.



The Bedroom

For best results, place the bed against a solid wall with a strong headboard that faces the door from the far side of the room (but not directly in front of the door). This “command position” is said to help circulate chi to eliminate stress, irritability, and health problems.

BOUDOIR BASICS

Too many mirrors in the bedroom is said to cause insomnia, especially ones that face the bed. Never keep a work desk, TV, or computer in the bedroom. Adding a splash of red, maroon, or pink will add a spark of romance.

ELEGANT SURROUNDINGS

Luxurious linens of pure Egyptian cotton, smooth silk, soft velvet, and cozy cashmere are best. Choose artwork with positive, upbeat images of where you visualize your life going. KM

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Feng Shui

A FEW BASICS FROM THE EXPERTS



A cluttered environment keeps energy from flowing well. Clean the house and remove unnecessary items before incorporating feng shui into your décor.

Opening a few windows every day will help positive energy circulate.

Marble is associated with ill-health and is not recommended for kitchens and dining rooms.

Placing an indoor water fountain inside your home will add life and energy to any room.

Eliminating drafts is essential; they are said to carry away money and cause health problems.

Hanging wind chimes outside your house will distract the negative energies from entering.

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