

Get good energy

Chinese New Year is the time for some feng shui, writes KILMENY ADIE.

Chinese New Year is less than a month away and feng shui expert Elizabeth Wiggins says now is the time to start preparing your home.

New Year is customarily the time when people re-evaluate their lives and aspirations and Wiggins says in recent years the popularity of the Chinese tradition of feng shui has increased.

People turn to this ancient art because it offers fascinating options, says Wiggins, the founding member and current president of the Association of Feng Shui Consultants.

"It's getting more and more popular and what's important to understand is there are a few different schools. There's the traditional or classical and also new age," Wiggins says.

For feng shui novices who just want to bring a greater balance into their lives, Wiggins says they should follow the simple principal of decluttering.



Feng shui expert Elizabeth Wiggins.

"Every home has its own individual energy and it can be completely different from the next-door neighbours," Wiggins says.

"There's yearly energy and monthly energy. It's a constant thing and it just depends on how deep you want to go into it.

"But one of the main things for the next year is cleaning out your clutter."

Clutter is anything around the home that does not have a particular place. It can

be in drawers, on benchtops or in wardrobes.

If your home is cluttered then this can block energy flowing through the space and affect opportunities that may come your way, Wiggins says.

On her website fengshuiliving.com.au she advises people to get rid of anything they do not like or that has negative feelings attached to it.

"In short, if you don't like it or haven't used it for a long time, get rid of it," she writes.

For people looking to delve deeper into feng shui, an expert can look at your home and work out areas of weakness or where negative energies may form.

The different areas of the home affect different aspects of your life. For instance, she says, the eastern sector of the home is about family, the western sector is about new ideas and the south-west sector is about relationships.

Feng shui is only one principal that affects your life. According to Chinese philosophy, feng shui, astrology and karma each act equally upon your life.

"Feng shui is only one-third of it, but that's a lot," Wiggins says.

Chinese New Year is on February 4.



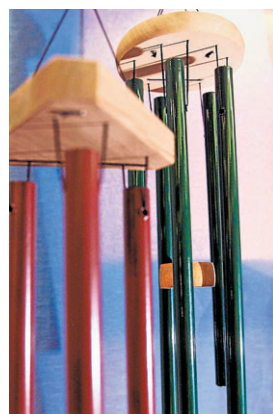
Flowers can provide a great source of energy in the office or study at home.

Use feng shui at home

Entrance

The energy coming through the door is the single most important factor that will determine how prosperous the occupants will be.

Make sure there is nothing in direct alignment with the door such as a tree or telegraph pole. To remedy this, place a



bagua (octagonal) mirror over the door.

The path to the front door should be wide, spacious and well lit.

A beautiful picture placed on the wall opposite the main door is used to encourage energy into the home and opportunities into your life.

Place two wide-leaved plants next to the main door to further entice the energy in.

Bedroom

The bedhead should be against a solid wall to provide you with a sense of support and security when sleeping.

Avoid placing the foot of the bed in direct alignment with the door.

Your bed should not be located under an exposed beam.

Avoid mirrors as they are harmful to relationships. Also, avoid

clutter as energy should flow easily through the room. It is particularly important that it is not under the bed.

Study

It is essential that you have a solid wall behind you as it will provide more backing for your ideas and lend authority to your presence.

You should be able to see who is coming through the door. This gives you a sense of being in control of your work. You should also see the whole room from your desk.

Plants, flowers and wind chimes are great in a study or office.

You should position your desk so you can see out the window.

General guidelines

Remove all rubbish, clutter and bad smells from every room in the house and garden as this

leads to blockages.

Throw out unwanted goods, as this suggests you are holding into the past.

Fix flaking paint as this suggests tiredness. Fix damaged spouting, roof tiles or window seals if they or any part of the house looks rundown as this represents a gradual decline in health.

Repair leaky taps as this suggests gradual loss of income.

Healthy plants, fresh flowers, nice smells and good music attract good energy. Keep the garden beautiful to entice opportunities to come into ones life. Maintain a good supply of fresh air by opening windows.

Source: Elizabeth Wiggins, . Visit www.fengshuiliving.com.au or www.everythingfengshui.com.au



Getting rid of clutter is one way of practising feng shui at home.



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