



DO-IT-YOURSELF  
FENG SHUI

*How to Be Your Own  
Feng Shui Consultant*



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# DO-IT-YOURSELF FENG SHUI

## *How to Be Your Own Feng Shui Consultant*

Getting started with Feng Shui isn't really hard, and if you are ready to make real changes in your lifestyle, it can be fun and easy to put some basic techniques into a beginning Feng Shui practice. Print this eBook, and as you read through it, make notes in the margins beside the ideas that feel right for you. Decide what changes **you** would like to make, write them down, and use some of the Feng Shui ideas presented in this eBook to make the changes. Learn for yourself, first-hand, how Feng Shui can support you in re-wiring your outlook on life.

The goal here is to have fun with changing your surroundings and ultimately your lifestyle by providing you and your family with a very supportive personal environment. Don't get too bogged down in the details of implementing Feng Shui techniques. Just let your own inner feelings guide you to the successful completion of changes that will make your life easier, richer and much more comfortable. About **everything** in your home, ask the questions: Do I Love It? What does it mean to me? After all, it's your home and your life so the best test of what's working for you are **the results** that you achieve represented by the feeling of greater happiness, good health and prosperity in all areas of your experiences. Your home represents who you have become over time, and you reflect the support that your home has given you back out into the world.

When you make changes in your surroundings that are based on your personal desires to better yourself in some way, you raise your **awareness of new possibilities** for a more abundant life. As you broaden the view of your personal landscape, you might notice that you may have developed some habits that are less than positive. If that's the case, you may need to remove reminders from your environment that have supported a particular way of living.

An example of the importance of creating circumstances to reflect a new lifestyle shows up in the challenge of someone working to quit drinking alcohol. Returning to the same hangout where former drinking buddies gather supports the comfort of returning to the old habits. A new, fresh start is easier when the desired change is supported by helpful friends and a new setting that eliminates reminders of the past. We had a Feng Shui client who wanted to stop drinking, and then realized that she had to remove a Napa Valley



vineyard poster from her dining room. Every time she walked past the poster, she was reminded by the picture of a beautiful wine bottle of her past reliance on her old habit.

Or, let's say that you would like to have or improve the romance in your life. In the past, you might have had a relationship that was less than satisfying. You may even have reminders of that relationship still sitting around in a drawer that you frequently open (torn tickets from movie dates, the lovely couple photos, event souvenirs). Sometimes memorabilia from the relationship are left out in plain sight, and without ever realizing it, those objects can serve as nagging reminders of some hurt or pain that you might have associated with that relationship. When you are clear that you would like to move on and begin life again with a fresh start, making even some very simple changes in your living area can help you gain a new sense of **who you are now** while, and at the same time, set up solid reminders of what type of new relationship would feel right for you. I have had many single women Feng Shui clients who were desiring the creation of a new romance, and so many of them had decorated with poster and print art of women alone, and in many cases, very sad women. You can see why replacing these constant reminders of one (or ½ a couple) with uplifting pictures of beautiful scenery, happy couples or **pairs** of anything uplifting can be beneficial to supporting the desire to form a new relationship.

Or, maybe you would like to encourage yourself to focus on building wealth, improving your health or developing your creativity, so let's talk about some simple ideas for adjusting your surroundings in ways that support your new goals.

Again, you can really "*do-it-yourself*" by making important changes in your environment that will remind you of **who you are today** or **who you see yourself becoming** by simply removing reminders of **who you were in the past**. Just putting a few of these very basic Feng Shui ideas into practice, can have a powerful impact on the success you have in achieving positive changes in your life. You are the best judge of what you need to feel happiness and peace, and no one else can or will be responsible for your results.

## *Cleaning House*

I know that "cleaning house" sounds simple, tiring and not very glamorous so please stay with me on this for a few minutes. I think you'll see the value of **this important first step** to creating good Feng Shui.

First, let's look at starting with a clean slate or a new canvas on which to put into place the items that represent your heart's desires. If you want to make **real** changes in your surroundings using Feng Shui, please consider clearing out old objects that may be causing you to stay stuck in the past, perhaps without your even realizing it. This can be a **major step towards** an improved way of life.



Look at your desk, drawers, cabinets, basement, garage, bedroom and living areas in your home. If you have old papers, trash, magazines, junk, and items that you don't like or use anymore, then spend some time removing them. Here are some ideas to help you with this powerful cleansing process (trust me, it's cathartic):

## Clearing Your Clutter to Attract Blessings and Good Fortune

### AWARENESS

- ± your surroundings are a mirror of your Inner Self
- ± look at what you've created, especially in your home
- ± your home reflects who you are
- ± everything is alive and talks to us
- ± everything and everyone are connected
- ± all of life is interdependent, interactive and interrelated
- ± life is a system of relationships

### CLUTTER – PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL

- ± effective Feng Shui begins with clutter clearing!
- ± clutter is glue binding us to the past
- ± clutter keeps us stuck in old energy
- ± never underestimate the effect of clutter in your home
- ± energy stagnates when clutter accumulates
- ± clearing clutter is therapeutic
- ± until clutter is cleared, applying Feng Shui techniques has minimal effects



## GOOD WAYS TO CLEAR CLUTTER

- ± set goals and get a schedule: “clear clutter from the garage: complete by Wednesday”
- ± tackle one room at a time
- ± set up 5 boxes – one each for items to be (1) repaired, (2) trash, (3) charity/give-away, (4) move to another room, (5) keep for 30 days (before deciding to keep or throw out). Move from room to room with the boxes until you have disposed of all unnecessary clutter.
- ± “re-gift” unwanted presents
- ± completely clear your front entrance, hallways, basement, garage, underneath beds
- ± spring clean your home once every year
- ± ask yourself, “Do I need it? Do I use it? Do I love it?”

## BEST TIMES TO CLEAR CLUTTER

- ± when you need a change in your life
- ± after sickness or injury
- ± after difficult guests or negative experiences in your home
- ± if you’re feeling tired or drained all the time
- ± during the 2 weeks prior to the Spring Equinox
- ± in preparation for making positive changes with Feng Shui!

By the way, clutter clearing is an ongoing process, so even when you’re in reasonably good shape after a major cleaning, you have begun to establish good habits for continuing to stay clutter-free going forward.

Great reference books on this topic include Clear Your Clutter with Feng Shui & Creating Sacred Space with Feng Shui, Karen Kingston and Sacred Space, Denise Linn.



Remember, as we've discussed throughout this "Do-It-Yourself Feng Shui" eBook, you are the final authority on what works well in your life and what you want in your surroundings. Explore and consider the wisdom of others' experiences and advice, but know that **you have the answers within yourself**, so open your eyes to possibilities that may even seem outrageous at this moment. I know that it's difficult to believe, but intentions that challenge us to stretch our ideas of what's doable and normal will get greater results than small ideas. Again, you don't need anyone else to tell you what you love and what feels good to you, so "Do-It-Yourself" Feng Shui is a great start in uplifting yourself and others around you!

*Now let's move around your house to begin your new "Feng Shui" practice.*

To begin, enter each room with a notebook. Write down the obvious changes that you would like to make to that room as well as noting the items in the room that you love. Next, close your eyes and let yourself have a vision of what you would really like to have in your surroundings. Just for now, don't worry about the expense, and **let yourself dream** about the best way that this room could look and feel to bring you happiness, good energy and great peace. Later, you can use the same process to uplift your business or office environment, but the most important work begins with your personal living spaces. Let's start with your Front Door, where **the entrance** to your home invites inside CHI, the vital life force energy that swirls throughout the Universe.

## YOUR FRONT DOOR AND ENTRANCE TO YOUR HOME

Here's an important Feng Shui question: **Do you enter and leave your home through your front door?** For convenience, many busy people use their garage or back doors to come and go into their homes and neglect the importance of their front entrance. In Feng Shui, **the main entrance** into your home is the portal through which your good energy, Chi, flows into your home and life. As you leave for the day, your doorway frames your first view of the outside world so encourage yourself to enter and exit through a harmonious and inviting entry way that will support your positive self-image. Just as important, remember that your visitors receive their first impression about who you are and what you're about by observing the gateway into your home.



Ideally, the entrance will be both safe and beautiful with no clutter to block the flow of the nourishing Chi energy. The path leading to the front door should be well-lighted and clear of obstructions including overgrown bushes or unrepaired sidewalks. Beautiful **greeters** such as brightly colored flowerpots, carved statues, fountains or outdoor art, should welcome you and your guests. In classic Feng Shui, the front door can be painted a shade of red to attract good energy or black to attract wealth. Once inside, continue your welcome in the foyer or entryway by including indoor **greeters**, such lush plants, a fish tank or a large mirror on a side wall to enhance a small space. Personally selected or created artwork can be most uplifting and should be considered when creating an inviting setting. Your front entrance is a powerful gathering place for positive energy that supports the well-being of you, your family and visitors – so use it often!

As a reminder, here are a few points for setting up a **delightful entrance** to your home:

### THE FRONT DOOR

- ± revitalize your front door: the entrance is the all-important mouth of Chi
- ± place greeters on either side of the front door
- ± add color and warmth by adding flowers and green plants outside the door
- ± make the walk way to the front door a welcoming path for guests



### THE FOYER

- ± no mirrors directly across from the front door, rather place on a side wall
- ± direct the Chi flow through doors into the foyer
- ± use artwork or plants to warm the area and direct Chi flow
- ± place fresh-cut flowers in vases in the foyer to invite positive energy inside





The importance of Chi energy flowing in and out of the entrances to our homes is vital to our feeling of well-being in the world. Entrances represent the “Mouth of Chi” and should be enhanced to support blessings entering through our personal gateways.

## YOUR GARAGE

Take the challenge of looking *objectively* at your garage. Do you park your car inside or outside in the street because your garage is too full? Ideally, the garage should be considered a “car room” and not a place to keep junk.

While it can be necessary to store lawn tools or cleaning materials, each piece should be placed neatly on wall hangers or shelving. Now, everyone knows that the garage should be available for parking a valuable automobile, and that it makes no sense to keep clutter warm and dry – but sometimes things just seem to accumulate. I have been on Feng Shui consultations where my clients did not want me to tour their garage due to the high degree of chaos inside, but in Feng Shui, the garage is considered to be another room of the house and is as important as any other.

Let’s say that you’ve cleaned enough space to park your car inside your garage. Since it’s the first room you enter when you return home or the last room you’re in just before you leave, you have an opportunity to use your immediate surroundings to your benefit. I write my life’s purpose or personal affirmations on an erasable white board that’s placed in front of my parked car so that I see it when I leave or return home each day. It’s an uplifting message that goes with me as I go out into the world and come back to my family, reminding me to bless everyone I meet that day. When I was driving to work every day in Atlanta traffic, just this one change made in my garage was so powerful that I stopped growling at other motorists on my way into work each morning and began blessing everyone on the road. Most days, I would arrive at work feeling good instead of exhausted from battling the day’s driving conditions. Upon returning home in the evening, that simple sign with my life’s purpose on it, reminded me of where my focus should be as I entered my home for the evening’s rest and relaxation. It reminded me that I was not my job, and that it was time to spend with my wife.



Other helpful ideas to change the energy in the garage include: **paint** the walls with a color that pleases you, **display** posters or pictures that remind you of joyful or relaxing activities, and **place** an attractive screen in front of the trash bin. Adding a small table fountain or hanging 40 mm crystals in corners encourages Chi or energy flow in stagnant spaces. A room that is your first or last contact with your personal home environment should be considered important, so clean out the old clutter and make it your creative “car room” today!

### GARAGE OR STORAGE AREAS

- ± organize with new shelving and racks for tools
- ± move Chi by hanging crystals or mobiles
- ± write down **your heart’s desire wish list** on a piece of paper that you place underneath a small table fountain
- ± paint and decorate walls in this room just for fun (example, I painted one garage wall a dark sky blue color and then added glow-in-the dark stars to the wall so that we had shiny specs of light blinking at us when we entered our newly created “car room”)

Let your garage (or basement) be the room where **you can have creative fun making Feng Shui changes**. Use your imagination to spark an unexpected uplifting environment.



## *Feng Shui Basics*

At this point, I would like to digress for a few minutes to talk about some Feng Shui basic principles. We have introduced the idea of “Chi”, and here’s another important consideration:

Remember,

- ± all of life is interrelated, interactive, and interdependent
- ± everything is alive and talks to us
- ± everything is always changing
- ± emphasis on safety, beauty and comfort in your environment
- ± live with what you love - ask, do I love it or use it?

### **BALANCE AND CHI FLOW – YIN & YANG**

- ± Feng Shui has its roots in the I Ching, The Book of Changes
- ± Chi is the life force energy that flows throughout the Universe
- ± Chi is always striking a balance between Yin & Yang, the two primordial forces of masculine and feminine energy
- ± Yin & Yang are extremes, but complementary
- ± Yin is the female or passive energy – the receptive Earth
- ± Yang is the male or aggressive energy – the power of Heaven
- ± Chi strives to find a balance between Yin and Yang
- ± Humans are most comfortable with balance



That said, just be aware that as we continue our Feng Shui tour around your home, there may be some rooms that might need to be adjusted to balance the masculine Yang or feminine Yin energy. For example, if you are feminine, you might not appreciate your companion’s photos of sports or hunting trophies in your living area or bedroom. If you are masculine, you



might not enjoy an excess of your companion’s frilly curtains or open displays of dishes or doll collections in your TV or family room. Remember, good Feng Shui is all about **BALANCE**. Some of a good thing is good, too much tips the Balance Scale.

An excellent reference book on basic Feng Shui as applied in our culture is The Western Guide to Feng Shui: Creating Balance, Harmony, and Prosperity in Your Environment by Terah Kathryn Collins.

So far, we have looked at the very important entrances into your home, including your front door and garage. Now, let’s talk about other important rooms in your home so that you can get started with your new Feng Shui makeover right away.

Remember to go through the same exercise that we discussed earlier. Take your notebook into each room, one at a time, and make notes about what you like in the room and what you would like to change. Then visualize how you would like for that room to look in the future so that it will support you and your family in the best way possible.

### KITCHEN HELP

Feng Shui considers 5 elements of nature to be important to striking a balance in your environment. Just as the Yin (feminine) and Yang (masculine) aspects of a room should be balanced, the 5 Elements of Fire, Water, Wood, Metal and Earth are important to review as you make your way around your home. While I don’t want you to get overly concerned at this point with balancing elements, let’s look at two obvious elemental challenges.

By its purpose and intended function, the Fire Element rules the kitchen. The kitchen is where all the cooking or baking for the family takes place, and since it takes “fire” or heat to accomplish these tasks, the kitchen is a special room in Feng Shui. Here are just a few basic Feng Shui tips for working with your kitchen:

- ⊕ The *kitchen* is where the family meals are prepared, and thus represents the abundance of having food available for good nutrition and health.
- ⊕ The cooking stove represents *wealth* and should be kept clean and in good working order
- ⊕ Enlarge a small kitchen by using a *mirror*. If a kitchen is very small, money may be tight





- ± If the cook's back is positioned so that he or she can't directly see the door leading into the kitchen, then place a small mirror above the stove
- ± Additionally, placing a small mirror above the stove will serve to magnify wealth

## BATHROOMS AND LAUNDRY ROOM

Just as the Kitchen represents the Fire Element, Bathrooms and Laundry Rooms by their very function, are ruled by the Water Element.

### *THE BATHROOM*

Please keep these ideas in mind as you evaluate the condition of your bathrooms:

- ± Water is closely related to Wealth so repair all water leaks anywhere in your home or on your property
- ± The act of flushing water down drains can *flush away wealth*, and you can help by keeping drains closed when not in use: Toilet lids, bathtub drains and even the lid on your washing machine should be kept closed.
- ± Screen a direct view from the bathroom door of the toilet, if possible
- ± Focus on adding touches of luxury to the bathroom, a room where you relax in private. Support yourself with plush towels, candles, crystals and pleasant scents
- ± Consider balancing the predominance of the Water Element with objects made of the Earth Element, such as clay or adobe as well as brown or yellow colors
- ± Clean fixtures, mirrors and the floor – and focus on keeping them clean
- ± Keep bathroom doors closed



### *LAUNDRY ROOM*

- ± Close the washing machine lid
- ± Check washing machine hoses to ensure good working order
- ± Fix plumbing leaks
- ± Close the laundry room door

### **YOUR PERSONAL BEDROOM**

I saved the best for last. While many Feng Shui consultants contend that the Kitchen is the most important room in your home, I believe that your bedroom is your personal sanctuary. It's your retreat from the cares of the day. **Your bedroom is your sacred space.**

Consider that your bedroom should be used exclusively for the three S's: **serenity, sleep** and **sex**. That means that your home office, television and personal exercise equipment, all representing strong masculine Yang energy, should be relocated to other areas of your home. Your bedroom is your personal cave of soft Yin energy, a place of safety and comfort from the influences of the outside world. Remember that everything in our environment talks to us so you don't want reminders in your personal sanctuary that you need to finish overdue work or that you haven't used that treadmill for over 2 years! If you find you must keep your TV in the room, cover it or hide it behind a screen when not in use.

Mirrors reflect light and energetically work well in living rooms, dining rooms and home offices, but can interfere with sleep in a bedroom. Spotting your reflection in a mirror at night while you're in a sleepy state, searching for the bathroom, can give your nervous system a jolt. Remove mirrors or cover them before retiring at night.

The bed should be in the command position of the room, facing the door but not directly across from it. Red sheets spark energy, but be careful not to overdo it. Soft colors of beige, pink and lavender are both restful and romantic. An old Chinese tradition says to stay away from peach in a bedroom as it might lead to a lover's unfaithfulness. We know a realtor who says that she had a peach-colored bedroom, and that sure enough, her husband left her for another woman!



If a romantic relationship is important, focusing your romantic intentions through **the power of two** is really important here. Be sure that your bed has matching night tables and lamps on either side. Light two pink candles. Hang artwork that displays two of anything that's appealing to you. A pair of carved mandarin ducks symbolizes the happiness of lovers. Remove family photos, but keep pictures of the happy couple visible.

Make **your personal bedroom** a beautiful, comfortable oasis of support. Remember,

- ± remove or cover TV's and computers
- ± remove exercise equipment
- ± place the bed in the "command" position facing, but not directly across from the entrance door to the room
- ± display photos of your spouse or lover (no family photos in this room)
- ± surround yourself with comforting and luxurious items
- ± paint the walls a warm color but not peach, blue or green (colors that are cool)
- ± use mirrors sparingly and cover at night, if possible

## *In Conclusion*

I appreciate your taking the time to read through our **Do-It-Yourself Feng Shui** eBook and would like to hear from you. **If you have Feng Shui questions or comments, please join our free website membership** at [www.feng-shui-vibes.com](http://www.feng-shui-vibes.com).

We have **easy-to-apply Feng Shui products and books** available to help you further your Feng Shui education, and create your home, office or workplace as the most uplifting and supportive environment of your dreams.

Love & Peace,

James Allen

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Here's a **little bonus just for You:** Consider the following suggestions when adding more focus on bringing wealth, prosperity and abundance into your life:

### WEALTH & PROSPERITY AREA ENHANCEMENTS THAT CAN ENHANCE ANY ROOM

- ± make and place a beautiful and special "prosperity" bowl to keep \$20 bills in along with blank or filled out deposit slips for your checking accounts
- ± place vases with fresh and silk flowers in reds, purples and blues
- ± add mobiles and pictures of colorful fish
- ± post quotes, affirmations and sayings pertaining to Wealth & Prosperity
- ± place any items that personally symbolize Wealth & Prosperity for you and your family in plain view for all to see
- ± place bowls of coins in open, active spaces as reminders of your desires
- ± if Wealth & Prosperity is a key issue for you, enhance each room in the house with symbols of what means abundance to you and remember to do the same in outdoor areas such as decks and gardens

Again, Learn to be Your Own Feng Shui Consultant and watch how your life begins to take on new meaning and depth.

I wish you good Chi, excitement, love, peace, happiness and wealth in all forms of abundance.

James Allen

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