



Photo provided

Color was an affordable way to adjust this center/health located bathroom (red/fire creates earth) to overcome draining bath Qi. Try this Benjamin Moore color "Poppy."

Feng Shui Health at home

By placing a large crystal (earth element) ceiling light fixture in the center (health/earth) of the home in the "great room," we addressed many Feng Shui concerns with one adjustment. The crystal (earth) chandelier adjusted and refracted the view of the water from the front entrance door and it activated the health/earth element for the family's home. Now the room was warmly illuminated and spacious, and the home grounded in possibility.

My client could not get over the difference this small change made in her home, how it literally lifted the family's spirits and positively transformed the overall energy in the space which had a positive effect on everyone's health. Feng Shui neutralizes challenging issues so that we feel better in our homes and those positive vibes create the groundwork for improved health, and can be especially effective when also part of the overall design of the home.

Some quick tips to activate health in your own home environment:

- Declutter your home and restore peaceful calm;
- Discard broken, chipped or mismatched items;
- Complete projects methodically, one at a time;
- Clean the house with green products and enjoy peace of mind;
- Balance your space with colors you love;
- Place your bed against a solid wall facing the door;
- Create in the bath a home spa with bath salt soaks, candles, and soft lighting;
- Eliminate depressing art or home items that do not bring you joy;
- Allow a path to your front door that is free from spiky sharp or overgrown foliage;
- Clear kitchen counter tops and create calm;
- Create a quiet spot near a sunny window for meditation, reading or napping;
- Create spacious and colorful uplifting views outside and clean up the yard;
- Fix plumbing so your personal plumbing works properly;
- Ground/fix the electrical system and notice an uptick in your own healthy circulation;
- All doorways should be cleared and well-lit so adult voices are heard;
- Clean windows for better insights and wisdom
- Introduce neroli or eucalyptus essential oils diffusers in bathrooms;
- Add flowering, colorful or fragrant plants to help refresh indoor air.

Personal Feng Shui tips for health:

- Get moving, hike, bike, dance, whatever you enjoy doing but move your Qi;
- Balance periods of intense activity with periods of rest and relaxation;
- Be kind, patient, and helpful to yourself and others for greater happiness;
- Cleanse your life of negative people;
- Contemplate impermanence and that this too shall pass;
- Spend more time in nature;
- Play uplifting music;
- Spend time with emotionally supportive pets;
- Eat more plants, vegetables and fruits;
- Dab yourself with essential oils like Lavendar for peacefulness;
- Place Himalayan salt lamps to eradicate EMF's;
- Switch social media, electronic devices, and TV's off;
- Sleep restfully and well.

Creating a home that is healthy and provides a sanctuary for you and your family is now accessible and possible using Feng Shui, so please let me know what you notice when you make even a few of the suggestions, and please remember to email me any questions at spaceharmony@gmail.com.

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2019 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.



25% OFF

FOR 3 MONTHS ON SELECT UNITS
LIMITED AVAILABILITY

WE'RE HERE FOR YOU!!! RENT FROM THE COMFORT
OF YOUR HOME : WWW.SASPACE.COM

Hours of operation during
the shelter in place
Mon-Sat 10am-6pm
Or call for an appointment.

455 Moraga Rd. Ste. F
(925) 643-2026
www.SAspace.com

WE SELL BOXES,
WARDROBE BOXES,
LOCKS, FURNITURE
COVERS & OTHER
PACKING SUPPLIES