

Feng Shui

Self Knowledge and Wisdom Area

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The "I Ching" imagery for Self Knowledge and Wisdom is that of the mountain (inner strength), which is the ultimate earth element symbol. The "mountain" area also derives contemplation and self-cultivation, and thus acknowledgement for the wisdom that comes from within.

As adults, we can also take a fresh look at our own home offices or corporate work-space offices and attend to the feng shui of this specific Bagua area to further enhance our wishes for new fall wisdom.

Each Bagua area impacts other areas. For example, Self Knowledge and Wisdom is relevant for the development of new life skills. Activating this area can help you gain the "skills" to actually know what to do with a new relationship once you find "the one," or

the insight to know how, when and where to invest the wealth you accumulate, or how to finally make healthy life choices that sustain you.

When we make changes in Self Knowledge and Self Cultivation, we immediately improve the opposite Relationship area of the Bagua, while positively affecting wealth and health, as well as one's career.

As a nod to the more serious studious tone of fall, versus the more carefree vibe of summer, take this time to renew work on your spiritual practice commitments or plan to take fall classes or retreats and focus on new, exciting goals. Feng shui is about intention; when placing things in a strong energetic and thoughtful location, you yield better results than with random placement.



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 2015 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.

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| WEALTH & PROSPERITY "Gratitude" REAR LEFT <u>Wood</u> Blues, purple & reds | FAME & REPUTATION "Integrity" REAR MIDDLE <u>Fire</u> Reds | LOVE & MARRIAGE "Receptivity" REAR RIGHT <u>Earth</u> Reds, pinks, & whites |
| HEALTH & FAMILY "Strength" MIDDLE LEFT <u>Wood</u> Blues & Greens | CENTER <u>"Earth"</u> Yellow & earth tones | CREATIVITY & CHILDREN "Joy" MIDDLE RIGHT <u>Metal</u> White & Pastels |
| KNOWLEDGE & SELF CULTIVATION "Stillness" FRONT LEFT <u>Earth</u> Black, blues & greens | CAREER "Depth" FRONT MIDDLE <u>Water</u> Black & dark tones | HELPFUL PEOPLE & TRAVEL "Synchronicity" FRONT RIGHT <u>Metal</u> White, grey & black |

"Front Door"

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