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Feng Shui

By Michele Duffy



Summer is now in full swing and so is the ruling element of FIRE, so exploring lighting (fire) from a practical perspective serves a refreshingly worthy purpose.

If you find yourself squinting or drab colors reign in your environment, then consider tackling lighting solutions to change up the energy of each of your rooms in a positively thoughtful way.

For a nature-inspired, energy-rich and certainly "hygge" (Danish Feng Shui) environment, natural lighting is best.

A popular trend these days is full-spectrum lights that simulate natural daylight and add a layer of illumination for many benefits, including good reading light, low light for warm romance and juicing up a dark area of your home.

The term "full-spectrum lighting" refers to a balance of color temperature within a light source that tries to simulate daylight. All light sources have varying degrees of color from the full color spectrum. The simplest way to see the color spectrum is to use a crystal from a chandelier. Hold it up to sunlight, and as the light passes through the crystal it bends, opening up to show the spectrum, resulting in a rainbow effect on a surface.

When you purchase a light bulb which states "Full-spectrum or Daylight," this simply relates to the light bulb manufacturer's opinion or their interpretation of the balance of color in the light bulb that they feel matches daylight.

This is a misleading concept as daylight changes throughout the course of the day with various color temperatures being produced naturally, showing a multitude of temperatures reflecting varying degrees of colors that make up the full spectrum of light. Color consultations and our color choices must take into account the different levels of lighting at various times of day and evening, as lighting influences almost everything.

So many of my clients cannot believe how they deeply connect to and love their bedrooms, kitchens, family rooms and outdoor patios when specific, targeted, and much improved overall lighting solutions are introduced.

Adjusting lighting (FIRE) doesn't need to be an overwhelming task and like any other major overhaul, it's wise to prioritize and be methodical going room by room. Having a large-scale strategy is key to pulling the various pieces together so the lighting ties into other aspects of your overall design, including colors, texture and, of course, function. All functional components must be included with the design for each room and lighting illuminates it all.

Many of us put up with 60-watt bulbs in our master bedroom bedside lamps. Those may work somewhat in a guest room, but the dinginess of low lights, especially if there are no other light sources or no natural light, ought not be tolerated, especially in a master bedroom retreat. Creating a sanctuary includes applying the lighting layer carefully.

The size of the master bedroom, amount of furniture needed and location in home (see BAGUA map) all matter if we are transforming the lighting in our environment.

Here are some tips for good Feng Shui lighting:

The front entrance and front walkway lighting must be first, safe and might also be low-voltage landscape lighting;

Master bedrooms require 100-watt bedside reading lights;

Kitchens should be functional with plenty of overhead lighting, under cabinets and low lighting for evening access;

Crystal chandeliers enhance certain bathroom placements;

Install modern floor lamps interwoven for design jazz;

Patio solar lighting is glamorous fun;

Soy essential oil candles always set the mood after dark.

When lighting encourages a cozy "hygge" reading nook, a safe food prep spot on your kitchen counter or an ease of entry with a sublime entryway, then you know that your lighting is supporting all aspects of your vibrantly designed life.

For more ideas and feedback please visit my website mandalafengshui.com and sign up for my eZine!

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION LI Fire South Red Summer	RELATIONSHIPS Kun Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

The Bagua Map: Front Door

Mandala Feng Shui



SPACE AS MEDICINE



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