

Feng Shui

Activating the colors of spring

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Following these steps will help you end up with a color you absolutely love, with no do-overs required!

Second, consider the room you are painting. Restorative feng shui recommends softer, lighter, more “Yin” versions of most colors for master bedrooms and if you want a stronger, more “Yang” hue of color in your bedroom then it is wise to paint that stronger color only on the wall behind your bed, so in effect, you won’t see the color as you sleep.

My current favorite color is a soft ethereal blue Benjamin Moore color called Constellation, which also conjures up starry dreamy nights in the one spot you spend the most amount of time in the evenings. If you want a stronger pop of color, consider painting a pass through room like a boot, laundry or guest bath

in a bolder hue. Benjamin Moore’s 2018 Color of the Year is a festive bold red called Caliente and it can work in some of those rooms, but if you are interested in good feng shui, please never paint any bedroom red. Over time you may find yourself either awake all night or a tad angry when you wake up.

The last part to consider is that color can be a major feng shui adjustment in your space, in other words, the colors you choose can strengthen or weaken the feng shui of your home or office. Looking at the feng shui map or Bagua you can discern Five Elements of Water (Career), Wood (Family & Wealth), Fire (Reputation), Earth (Health, Relationships and Wisdom), and Metal (Children, Helpful People).

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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



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