



feng Shui

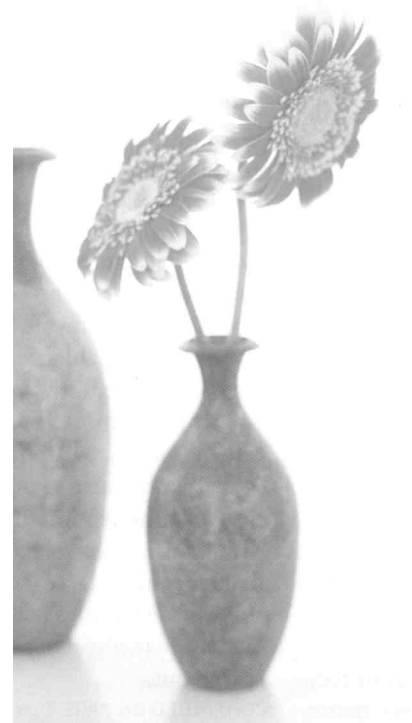
- Spirituality by design

by Sara Schroerlucke

Clearing your environment of clutter is often the first step you should take to get your life moving in a more positive and direction as well as improving mental, physical, emotional and spiritual well being.

Feng Shui, pronounced *fung schway*, is an ancient art and science that balances and harmonizes your environment, as well as promotes prosperity and good fortune.

The practice of Feng Shui is said to be around 6000 years old, and has its origins in China. The ancient Chinese people understood how their environment affected them, and as an agricultural society, they knew that the two most powerful forces were the wind and water. Feng Shui literally means wind and water. These ancient people studied the environment; they studied people and time and how these energies interacted with each other. This energy, which is called "Chi", is the vital life energy. Feng Shui is a practice that understands and utilizes those forces of energy (Chi) to our benefit.



One of the basic principles of Feng Shui is that chi, or the universal life energy, is in all things, always changing, and constantly moving. Clutter stagnates and blocks the chi or energy flow in your environment, so before implementing any remedies or enhancements in your home or office you should remove the clutter. Also, items that have no value or items that have a negative association should be removed. Organization is key. For optimum benefits, you should also surround yourself with things that you love and that bring you happiness.

Feng Shui is not a religion, philosophy or superstition. Essentially, Feng Shui is an art and science that keeps things in harmony by keeping your home simple, elegant, and balanced.

Feng Shui Tips

Always face the entrance of your office or be at a forty-five degree angle, so you can see anyone approaching the door.

Get rid of the clutter. Clutter interferes with the healthy flow of energy (chi) and which can lead to stress or even illness. This may be difficult, but it is an essential step.

For a master bedroom, always have pairs of items, i.e., cushions, pictures, candles for balance and equality in the relationship. It is not recommended that you keep a water fountain in your bedroom – because the constant yang movement of the water will disrupt your sleep. It is not a good idea to have exercise equipment or computers in a bedroom. They are constant reminder of something that you should have done during the day, and may affect how well you sleep.



Do not to have dried flowers in the house. Feng Shui is about harmony and the living, and dried flowers are dead chi energy.

About Sara Schroerlucke: Sara Schroerlucke offers a traditional, intuitive and holistic approach to Classical Feng Shui. She is certified with the Master's Diploma from Raymond- Lo's School of Feng Shui and Destiny. She continues to study with Feng Shui Master Peter Leung from the School of Chinese Metaphysics. Ms. Schroerlucke is certified by Master Dr. Paul Yan. She is the Chapter Director for the International Feng Shui Guild, Washington DC Metro Chapter.

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Elizabeth is a Pastoral Counselor and mediator and has been ordained as a Spiritual Healer by Ron Roth, PhD. She teaches energy medicine and centering prayer. Her postgraduate studies have included work with Caroline Myss, Ph.D. and Norman Shealy, M.D., Ph.D. She offers counseling and healing of memories work in her private practice in Columbia, Maryland.

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