



Feng Shui Your Living Room

The living room is a space for relaxation and where guests are received into our home – it is often the ‘heart of family life’. A Feng Shui living room is harmonious with who you are and is an ideal space to nurture relationships – with family and with friends. Chi or energy meanders easily through the space – promoting a positive environment.

In Feng Shui, the living room is an expression of who we are and we want to create a space where we are comfortable and truly enjoy spending time in.

Although the best location for the living room is in the centre of your home – in the Health zone – we simply want to be able to see the living room when we enter through the front door. When this isn’t possible, a mirror might help bring the living room into view.

How do you know if your living room is supporting you and those important to you? Start by taking a few minutes to sit down in your living room and look all around you. What do you see – on the sofa and chairs; on the tables; in the bookcases; on the floor; on the walls? Look inside drawers, cabinets and any other storage units. Does what you see reflect who you are today? Do you feel comfortable and feel good with what you are seeing?

Furniture placement should encourage communication and interaction. The best guideline is to place the sofa and chairs so that each person is within touching distance of one another. This is usually a circular or semi-circular arrangement. Try to position the furniture so that everyone has a view of the entrance to the room. If appropriate, you can hang a mirror to provide a view of the entrance. Conversation thrives when everyone feels relaxed and confident.

When selecting furnishings for the living room, choose simple, functional pieces that are safe, comfortable and beautiful – that will invite you into the room. Pillows can be lovely accessories to your furniture – choose durable fabrics and be careful not to over-accessorize to the point that it looks like all the seating is taken by pillows.

The ‘collector’ loves to look at their prized collection and therefore the living room is often viewed as a ‘gallery’ to display collections. Too much of a good thing can be just that – too much! Less is better. Balance the energy of your collection by distributing your collectibles more evenly throughout your home.

You could put some away and rotate pieces every couple of months to refresh and revitalize the energy.

A fireplace is a welcome addition in the living room. The fire stimulates and enhances the flow of energy, making this an excellent focal point. In some instances you may find that the fire energy is just too hot, resulting in confrontational energy and excessive arguments. This is particularly true if your living room is in the Health zone. Add the water element to calm the fire energy – hang a mirror or artwork that represents water (ocean, lake, waterfall, river, stream or pond) over the fireplace; introduce black, crystal and glass items; or add a water fountain or fresh flowers. One thing to remember is to remove pictures of family and friends from the mantel as the fire energy is just too hot.

The living room is an excellent place for plants. Place a plant in the centre of the coffee table to soften sharp edges. Position a plant at the mouth of the fireplace when not in use to harmonize the fire energy. Given that plants counteract EMF energy, they are beneficial situated beside the television. Tall plants with rounded leaves are especially helpful in dark corners to lift the energy.

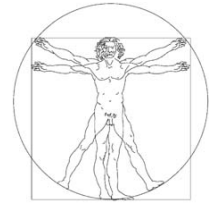
Many homes have a combined dining and living room. Add a lovely area rug in the centre of your living room space to distinguish it clearly from the dining space as the ‘gathering spot’.

Neutral, earth tones, green or blue are the best colours for the living room walls. Accessorize with more stimulating colours to suit your individual style. Choose colours that you love as they will affect the feelings that you experience while in the living room.

Each of the five elements should be present in your living room. You can accomplish this with the use of colour, elements or symbolically. Just a few simple adjustments in your living room can create a joyful room that is both welcoming and reflective of the individual that you are. Be guided by what you love!

Matters of Health

Cleaning out our Living Rooms - The body-space connection



“Clearing clutter is a positive conduit for change – you will be amazed at the energy shift that this simple adjustment can trigger...”(from the Feng Shui Market)

So with that thought in mind, did you think garage? Attic? Under your stairs? How about the clutter *within*...

It is so important to keep ourselves clutter-free where we ‘live’ as well - these amazing organic bodies that strive to keep us well and functioning pain and symptom free. Too often I hear about people just picking up specific ‘cleanses in a box’ hoping to achieve a quick fix to what could actually be from something entirely different.

It is neither prudent nor safe. So I am going to ask you to ‘get out of the box’ for a moment and consider this.

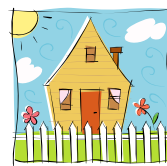
Before participating in a cleanse protocol, everything needs to be considered. For instance, what are your symptoms? Where are they displaying? What is your diet like? Are there familial or congenital considerations? Special restrictions to your diet? *Do you eliminate appropriately?* Do you have unbalanced hormones? What time of year is it? Would this be a good time to cleanse?

As a good example, let’s chat about liver cleanses. You pick up a ‘liver cleanse in a box’ thinking it THE ANSWER to your body’s general aches and pains. You have been suffering from PMS, or perhaps shown signs of peri-menopause. You are tense, not sleeping well and generally tired all the time. On top of that – you are gaining weight more easily and are ‘hormonal’. Clearing the clutter from your liver ‘seems’ like a good idea. However, (you knew the however was coming didn’t you?), it isn’t. What if you’re constipated or simply not eliminating properly in any of your elimination organs? Now you have cleansed your liver, your liver gets this beautiful kick start, washed out, de-cluttered and ready to go but! Down along the winding and twisting corridor of your intestines, what the liver is trying to clear out gets stuck by more clutter piled up and in the way. All this ‘waste’ that your body is heroically trying to eliminate has to find alternative routes ‘out of the house’...

Failing that, it simply goes back inside and finds another storage space until it can try again. This is the recirculation factor and can make us very ill.

The liver is the largest and most complex organ, responsible for over five hundred critical functions. However, to think of it as separate from any one of our other organs or body systems is a mistake. Mentally and emotionally, the liver is the portal of repressed anger. Sometimes liver disease or dysfunction can indicate neglect in the coordination of what is going on in your life. And, quite possibly, and more than likely, this royal organ does require a cleanse. Everything in our bodies, as in our homes, is intricately connected. The liver relies heavily on the other systems healthy participation to help it restore, repair, rejuvenate, filter, and detoxify the rest of your ‘house’. Cleaning it up is important...but not before you can give it a clear path out of your home.

The *bottom* line...and this really is the *bottom* line – is to take care of the basement first. Scraping and sweeping and mopping out all that old stuff is really key to good ‘housekeeping’. Sometimes this is dirty work...but in the ‘end’ absolutely worth it. Now we have these wonderful open spaces, clear of clutter and debris. Old metabolic waste that the liver has patiently and consistently stored for you can move right out unobstructed. Only when the basement is done...should we move on to the liver. By that time, other systems that may have been sluggish, or compromised, are following along beautifully and efficiently in alignment with the rest of us.



Once you have chosen to cleanse, what to cleanse and how...research! Follow through. Hire a natural practitioner. And after your whole house has been cleaned out...maintain. Go with the ebb and flow of your natural rhythms. Honour and respect each and every corner of your ‘house’. You have all the tools you need to keep your place tidy.

Margo Laing, RHN, NCP is a Certified Holistic Breast Health Specialist, Registered Holistic Nutritionist and Natural Health Practitioner. Margo has been a natural health writer for about 15 years, with a strong interest in children’s health and cancer prevention. Her goal? To assist those with imbalances by using her gentle ‘warrior makeovers’ involving body, mind and spirit. Margo can be reached at margolaing@shaw.ca

“The body will always strive for homeostasis. You have inside you what you need for balance...for a powerful and perfected life. It is in the strength of intention, love for self, love for others...an awareness of something more when you draw each breath.”
~ Margo

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