

# Feng Shui & Energy Clearing

Remove Stagnant and Heavy Energy,  
and invite Positive, Balanced  
and Harmonious Vibes

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# Hello! I'm Meena

**Classical Feng Shui Master**



With over 38 years of experience working with interior spaces, I have developed a deep understanding of how our environments influence energy, mindset, and life direction.

My international travels and fluency in five languages allow me to connect with clients from diverse backgrounds.

A lifelong student of personal growth, my training includes energy clearing guidance from Rishikesh, India, Landmark Forum, a Vipassana Meditation Retreat, and certification as a Reiki Practitioner.

Today, I integrate Feng Shui and energetic alignment to help clients create spaces that support clarity, balance, and forward momentum.

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# CHAPTER 1:

## Introduction to Feng Shui Energy Clearing

Feng Shui, the ancient Chinese practice of harmonizing spaces, emphasizes the importance of clearing stagnant and heavy energy to promote positive, balanced, and harmonious vibes.

Whether in your home or business, removing negative energy enhances well-being, productivity, and overall success.



## CHAPTER 2:

### Understanding Stagnant and Heavy Energy

Stagnant and heavy energy accumulates over time due to various factors such as clutter, lack of ventilation, and negative emotions.

This energy can affect your mood, health, and the overall atmosphere of your space.

Recognizing and addressing these energy imbalances is crucial for maintaining a vibrant and positive environment.

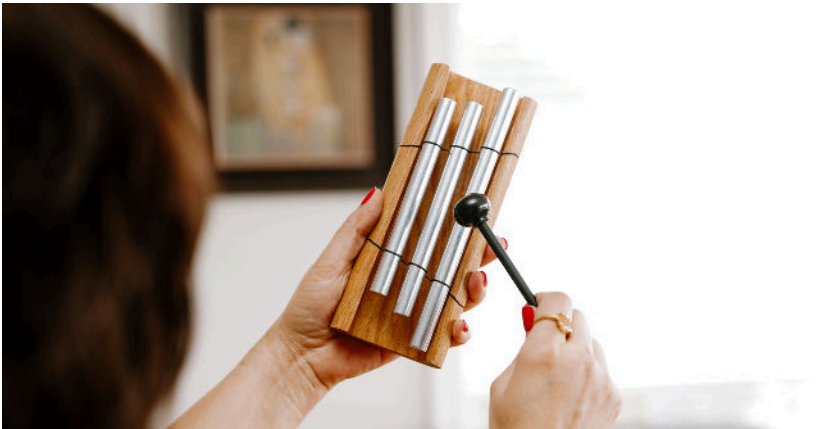


# CHAPTER 3:

## Tools and Techniques for Energy Clearing

### Sound Cleansing

- Sound cleansing uses sound vibrations to break up stagnant energy.
- **Tools:** Use bells, singing bowls, or clapping your hands to create sound.
- **How to Use:** Move through your space, creating sound in each room, especially in corners and areas where energy feels stuck.



### Essential Oils and Aromatherapy

- Essential oils can uplift the energy of your space.
- **How to Use:** Diffuse essential oils such as lavender, eucalyptus, or lemon to cleanse the air. You can also create a spray with water and a few drops of essential oils to spritz around your space.

## Smoke Clearing

- Smoke Clearing is an ancient practice that involves burning herbs, such as sage or palo santo, to clear negative energy.
- **How to Start:** Open doors and windows, at least one in each room. Light the sage stick and let it smolder. Move through each room clockwise, guiding the smoke in an upward motion and allowing it to reach every corner. Focus on areas that feel particularly heavy or stagnant.

## Salt Cleansing

- Salt is known for its purifying properties.
- **How to Use:** Sprinkle salt in the corners of rooms and leave it for 24 hours before vacuuming or sweeping it up. You can also use salt lamps to continuously cleanse the air.



# CHAPTER 4:

## Feng Shui Basics for Energy Clearing

### Decluttering

- Clutter blocks the energy flow and creates a stagnant environment.
- **Tips:** Go through each room and remove items that you no longer need or use. This allows the Universe to deliver more of where you're at in life at the present moment. Organize your belongings and create a sense of order.



### Cleaning

- A clean space promotes positive energy flow.
- **Tips:** Regularly clean your home or business, paying special attention to areas that tend to accumulate dust and dirt.

## Lighting

- Light is a powerful tool for energizing a space.
- **Tips:** Ensure that your space has ample natural light. Use mirrors to reflect light and enhance brightness. Replace burnt-out bulbs and use full-spectrum lighting.

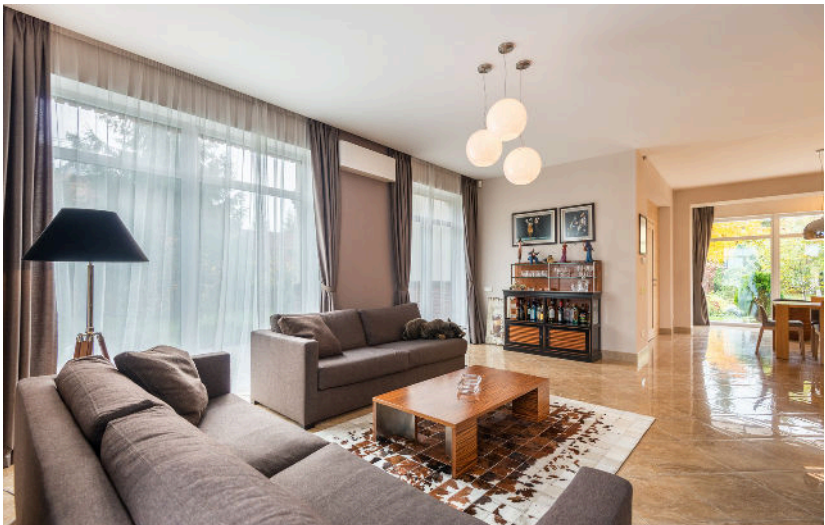


# CHAPTER 5:

## Energy Clearing in Different Spaces

### Home

- **Living Room:** Focus on creating an inviting and open atmosphere. Use plants and fresh flowers to bring in positive energy.
- **Kitchen:** Keep the kitchen clean and organized. Use bright lighting and incorporate herbs and spices for their energetic properties.
- **Bedroom:** Create a serene and restful environment. Remove electronic devices and use calming colours.
- **Bathroom:** Ensure proper ventilation and keep the space clean. Use essential oils to freshen the air.





## Business

- **Reception Area:** Make the entrance welcoming and clutter-free. Use fresh flowers and pleasant scents.
- **Workspaces:** Keep desks organized and free of clutter. Use plants and natural light to enhance the energy.
- **Meeting Rooms:** Create a balanced and harmonious environment with calming colours and comfortable seating.
- **Break Rooms:** Ensure the lunch/break room is clean and inviting. Use relaxing scents and provide comfortable furniture.

# CHAPTER 6:

## The Five Elements in Feng Shui

### Incorporate the Five Elements - Wood, Fire, Earth, Metal, and Water - into your space to enhance the energy flow

- **Wood:** Use plants and wooden furniture to create a sense of growth and vitality.
- **Fire:** Incorporate candles, lighting, and red accents to add energy and warmth.
- **Earth:** Use earth tones, ceramics, and crystals to provide stability and grounding.
- **Metal:** Add metal objects and white or metallic colours to enhance clarity and precision.
- **Water:** Include water features, mirrors, and blue or black accents to promote flow and communication.



# CHAPTER 7:

## Using the Bagua Map for Energy Clearing

### The Bagua Map helps you identify and enhance different areas of your space

- **Wealth:** Enhance the area with plants and symbols of abundance.
- **Fame:** Display awards and bright lighting.
- **Relationships:** Decorate with pairs of objects and romantic symbols.
- **Family:** Add family photos and wooden elements.
- **Health:** Keep the centre of the home clear & open.
- **Creativity:** Decorate with art and metal objects.
- **Knowledge:** Add books and calming elements.
- **Career:** Enhance with images representing forward movement and flow.
- **Helpful People:** Place images of mentors and those that inspire your journey.

## CHAPTER 8:

### Advanced Feng Shui Energy Clearing Tips

- **Regular Maintenance:** Regularly cleanse your space to maintain positive energy flow. Attempt to do the ritual once a month; a good time is during the Full Moon phase.
- **Personal Intentions:** Set clear intentions while performing energy-clearing practices to enhance their effectiveness.
- **Energy Healing:** Consider incorporating energy healing practices such as Reiki or acupuncture to support the overall energy balance.



# CHAPTER 9:

## Seasonal Energy Clearing

**Adjust your Feng Shui practices according to the seasons to maintain balance and harmony**

- **Spring:** Refresh your space with new plants and light colours.
- **Summer:** Use light fabrics and incorporate water elements to cool down.
- **Fall:** Add warm colours and earth elements to ground energy.
- **Winter:** Use warm lighting and cozy textiles to enhance warmth and comfort.



# CHAPTER 10:

## Conclusion

Feng Shui Energy Clearing is a powerful tool for creating a positive, balanced, and harmonious environment in your home or business. By understanding and applying its principles, you can remove stagnant and heavy energy, making room for more positive vibes and enhancing your overall well-being and success.



*Thank you for reading "Feng Shui & Energy Clearing" by **Momentum Feng Shui**.  
May your spaces be filled with positive energy,  
balance, and harmony.*