

Residential Feng Shui

Let's align your Home with the guidelines of Classical Feng Shui, to create a space that supports your health, wealth, and overall well-being.

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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 for Homes

Feng Shui, an ancient Chinese practice, is the art of arranging your living spaces to promote harmony, balance, and positive energy flow.

By aligning your environment with the natural world, you can create a space that supports your health, wealth, and overall well-being.



CHAPTER 2:

Incorporating the Five Elements – Wood, Fire, Earth, Metal, and Water – enhances the energy of your home.

- **Wood:** Represents growth and expansion. Use plants and wooden furniture to promote creativity and new ideas.
- **Fire:** Symbolizes energy and passion. Incorporate lighting, candles, and the colour red to boost motivation and enthusiasm.
- **Earth:** Provides stability and support. Use earth tones, ceramics, and crystals to create a grounded and nurturing atmosphere.
- **Metal:** Enhances clarity and efficiency. Use metal objects and white or metallic colours to improve focus and organization.
- **Water:** Encourages flow and communication. Incorporate fountains, mirrors, and the colours black or blue to facilitate communication and networking.

Note: In Classical Feng Shui, it is important to be mindful of the placement of the remedies according to the Flying Stars calculations. As an example, you don't want to place Water where Fire is required, or place (cutting) Metal where Wood is required.

CHAPTER 3:

The Bagua Map

The Bagua Map is a tool used to analyze the energy flow in your home. It is a grid with nine areas, each representing different life aspects: **Wealth, Fame, Love & Relationships, Family, Health, Meditation, Quality of Life's Journey, Career** and **Helpful People**.

Each area of the map corresponds to specific elements and colours, guiding your design choices to enhance various aspects of your life. It is important to be accurate in placement of the remedies in a home to enhance the above sectors, as no two layouts, occupants, furnishings, square footage, and direction are the same.



CHAPTER 4:

Feng Shui Basics for Every Room

Living Room

- **Placement:** Arrange furniture to promote conversation and avoid blocking pathways.
- **Lighting:** Ensure a balance of natural and artificial light and avoid overhanging lamps directly above the seating.
- **Décor:** Incorporate all five elements for a balanced atmosphere.

Kitchen

- **Stove Placement:** The stove should not be directly opposite the sink in order to avoid conflict between fire and water elements.
- **Cleanliness:** Keep the kitchen clean and clutter-free to allow energy to flow smoothly.
- **Colours:** Use warm colours to promote appetite and comfort.

Bedroom

- **Bed Placement:** The bed should be placed diagonally opposite the door but not in direct line with it. Use two side tables for balance.
- **Colours:** Use soothing colours like earth tones and greens for peaceful sleep.
- **Clutter:** Keep the bedroom free of clutter. Only items related to sleep quality should be placed close to the bed.



Bathroom

- **Location:** Ideally, bathrooms should not be located near the front door of the home, to avoid energy drainage. Keep the door closed as much as possible.
- **Elements:** Incorporate earth elements to balance the water energy.
- **Ventilation:** Ensure proper ventilation to maintain fresh energy.

Home Office

- **Desk Placement:** Position your desk to face the door without being directly in line with it.
- **Plants:** Place a healthy plant for growth and prosperity. Bamboo, Jade, or Snake Plants are ideal.
- **Décor:** Incorporate symbols of success and motivation. Place your Certifications in your view while sitting at your desk.

CHAPTER 5:

Advanced Feng Shui Tips

- **Use Mirrors Wisely:** Mirrors can double the energy they reflect. Place them to enhance positive views and avoid reflecting negative spaces. It's also important to make sure they are not placed in the entrance or foyer facing the door, to avoid reflecting the Positive Energy back outwards.
- **Clear Pathways:** Ensure pathways are clear to allow energy to flow freely throughout your home, and not obstructed by furniture and other household items.
- **Balance Yin and Yang:** Create a balance between active (yang) and passive (yin) spaces.



CHAPTER 6:

Common Feng Shui Mistakes to Avoid

- **Overloading with One Element:** Balance all five elements rather than overloading one, e.g.: too much blue colour or water images in the Bathroom, or Red in the Kitchen.
- **Ignoring Clutter:** Energy flow is blocked by clutter. Keep spaces tidy to continuously make space for all the good things coming your way.



- **Wrong Bed Placement:** Ensure the bed is in a commanding position, with a solid wall behind. You should be able to see the door without being directly in line with it.

CHAPTER 7:

Seasonal Feng Shui



- **Spring:** Refresh your home by doing a detailed spring cleaning, being mindful to get rid of what is no longer serving you currently.
- **Summer:** Add plants, flowers, and bright colours to your décor.

CHAPTER 7:

Seasonal Feng Shui

- **Fall:** Add warm colours and earth elements to transition to grounding energy.
- **Winter:** Use warm lighting and cozy textiles to enhance warmth and comfort.



CHAPTER 8:

Conclusion

Feng Shui is a powerful tool that aids in creating a harmonious and balanced home. By understanding and applying its principles, you can transform your living spaces into a sanctuary that support your well-being and success.

Remember, the key to effective Feng Shui is balance, intention, and consistency.



*Thank you for reading "Feng Shui for Home"
by **Momentum Feng Shui**.
May your home be filled with
positive energy and harmony.*