

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Feng Shui for Your Health and Vitality

By Rodika Tchi, MSc

Feng Shui for Your Health and Vitality

by: **Rodika Tchi, MSc**

How many of us wake up in the morning feeling refreshed, happy and full of energy? How many of us, after a few hours in the office, still feel full of energy? Why certain environments uplift our spirits and make us breathe deeper, while others drain our energy? We seem to have forgotten how deeply connected we are with the space we live in and how important is for our well being to live in a balanced environment.

As our lives are certainly not getting easier, the need to create a healthy and vibrant home environment cannot be overestimated. We have to have a safe, peaceful and energetically balanced space where our bodies can let down the daylong protective shield and focus on regenerating and self-healing.

Feng Shui is an ancient art and science that has been used for over 5,000 years to heal, balance and enrich peoples lives. It is a very complex body of knowledge that reveals how humans are connected to their environment and shows numerous ways to change specific aspects of ones life by changing the living or working space.

Being aware of this deep connection and its influence on all aspects of your life, it would be wise to employ feng shui knowledge in your home (and business!) to improve your health, vitality, and general well-being.

One of the main theories of Feng Shui is the theory of Five Elements, which are Fire, Earth, Metal, Water and Wood. The elements are the five manifestations of Chi, or universal energy, and are represented in your environment by colors, shapes, textures, smells, taste, etc. They interact with each other in certain ways, the basic cycles being Constructive (where each element supports the other) or Destructive (where one element destroys the other). Understanding this theory and its applications in your life can be a very powerful tool indeed. In order to experience high vitality levels and an increased level of well-being, feng shui masters recommend living in a place that supports and nourishes your birth element.

Feng Shui for Your Health and Vitality

Each of us has a predominant element, which is calculated by the year of birth. (You can find out your own element from specific tables in many feng shui books or by visiting our website) Once you know your own element, look around your place and see which element is predominant in it. Yes, any specific environment also has its own predominant element. For example, if your living room has purple curtains, art with predominant red–orange colors, lots of candles, a fireplace, objects in triangular, pointed shapes etc; the energy in the room is predominantly Fire.

If your birth element is Wood, and you live in a Fire environment you will tend to experience headaches, inability to relax, have constant arguments with you family, often feel burnt out. As Fire burns the Wood, you need to focus on reducing the element of Fire in your environment, thus improve your well being. To remedy this situation, you may want to bring some of your own element (Wood) and/or the element of Water (which puts down the Fire.)

Wood element can be brought into your environment by colors brown and green, plants (green bamboo is especially powerful!) objects in rectangular shapes, actual wooden objects and other. Water can be represented by actual water (a fountain) or images of water oceans, lakes, rivers; as well as mirrors, wavy and curved shapes, colors black or deep blue, etc. The scenario described above will also be true for a person whose birth element is Metal, as Fire melts the Metal. However, an Earth or Water person will feel very good in that environment, and you can easily guess why. Both of these elements are not overpowered by the Fire energy.

An old Chinese proverb states that feng shui consultants double as doctors. And for a good reason. The art and science of Feng Shui has a wealth of recommendations, cures, solutions for every person and virtually every space, be it home, business, garden, etc. Just like your body has a specific anatomy, the space you inhabit also has its own anatomy, with its own dos and donts. Specific areas of your life, as well as specific body organs relate to specific areas of your home. For example, East is the area responsible for Family and Health. The element of East is Wood; therefore it is wise to avoid the placement of objects representing either Fire or Metal in this area of your home/business. If you suffer from certain body ailments, you can choose to place in the East area a picture, or any other representation of a medicine plant particularly healing for you (for example dandelion for liver problems)

Here are some feng shui remedies to improve your Health and increase Vitality:

Keep the center of your House clean, clutter free and open. This is considered the Heart of the House and is a sacred area in many old cultures. No heavy objects should be placed here. The center of your space is a very good place for a fountain, some crystals, bells/chimes with a harmonious sound, happy pictures of your loved ones, or any other items that speak to your heart.

Reduce or eliminate metal objects from your Bedroom, as metal conducts electricity. Work on reducing the electromagnetic fields in your bedroom. Provide an ideal space for your body to regenerate, replenish and heal itself during sleep. Do not sleep under beams or sloped ceiling. Do not sleep with your feet in line with the door. Have a good, supportive headboard. Choose a natural mattress.

Become aware of the quality of air in your space. Aerate your home often and use essential oils like

lavender, chamomile, sage, frankincense, bergamot, etc to purify the space, uplift the spirits and improve your sense of well being. Consider using an air ionizer should this be necessary. Have specific plants that purify the air, such as peace lily, boston fern, spider plant, etc. Color green is very healing.

Have a pleasing welcoming entrance. It should be well lit, spacious and have uplifting energy. If you face a wall or stairs, apply specific feng shui cures or your life could be stuck in unnecessary struggles.

Surround yourself with objects you love and people that uplift your spirits. Try to spend some time in nature at least once a day. Make your home a healing refuge from the stress you encounter during the day by applying various feng shui cures and reducing the internal pollutants present in most homes.

By following these simple, basic feng shui recommendations you can greatly improve your sense of well being. You can bring healing beauty and harmony into your life and create an environment that is fully supportive of you and your loved ones.

Rodika Tchi, MSc, is a professional feng shui consultant. Her Vancouver-based company offers feng shui information, services and products. She can be reached at www.TchiConsulting.com

RODIKA Tchi, MSc, has been a researcher and practitioner of the field of feng shui for over 8 years. She has several feng shui certifications from the International Institute for Feng Shui and Geobiology based in Germany and happy clients in many countries. Raised in Europe and educated in the US, Rodika lives in Vancouver, British Columbia and consults internationally. She can be reached at

What To Expect From A Feng Shui Consultation

By Jakob Jelling

If you are wishing to harmonize or balance your house or any other environment according to feng shui, the ideal way to do so is through a feng shui consultation. A feng shui consultation would provide you the right and proper guidance for you to successfully achieve your goal.

Before you go to a feng shui consultation, it is important that you pay attention to choosing a good consultant. You should try to find out one who has experience and demonstrated knowledge. As with everything else, there are real feng shui consultants, who care for what they do, as well as there are others who do not. But you can easily check on this by asking him some references on where he learned and about past work.

A feng shui consultation may vary according to each different person and the way they like to work, but most of them would follow some general aspects in common. And, ideally, they should allow you to understand what they are talking about and what they are based on to give you a specific orientation.

Most of the times, a proper feng shui consultation would take the consultant to go to the place which must be harmonized. Sometimes a video of the place can be very helpful as well, but a proper feng

shui consultation takes the consultant to be able to see the place before he can give certain advice.

A feng shui consultation could go through different stages. First, you may approach the consultant at his work office and let him know your general ideas. Then, he might ask you to give him a video of the space for which you are consulting him. Once he has the video, he can provide you with specific guidelines on what to do. And then, or instead of the last step, there would be a feng shui consultation stage done in the space itself.

The best advice you can receive from a feng shui consultation is based on accurate information. And, by allowing the consultant to actually see the place you would be able to receive the most accurate information and guidance possible.

Jakob Jelling is the founder of

. Please visit his website and learn all the

feng shui tips you'll ever need!

Related Content:

What To Expect From A Feng Shui Consultation
Using a Feng Shui Compass
Feng Shui Decorating Guidelines
Feng Shui In The Home – Is It The Right Style For You?
Learn How to Solve Problems With a Feng Shui Mirror

Read more Content at

Related Products:

101 tips to stay fit and live longer.
Smoothies for Athletes
How To Improve Blood Circulation
Obesity and Weight Loss
How to Gain and Retain More Customers

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!