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Easy Feng Shui

The ancient Chinese philosophy of creating harmonious environments is now becoming so popular that even Donald Trump is talking about using Feng Shui to add value to his New York properties. The essence of Feng Shui is finding and balancing energy flows, both in our immediate environment and on a macro level. Known as the Chinese "art of placements" at the micro level, Feng Shui practiced on the macro level is believed to provide answers to all of humanity's problems through the proper coordination of Tin Ren Di (Heaven, Earth and Human). As shown by Donald Trump and many large corporations, alternative preventive health and healing methods are becoming increasingly popular around the world, even outside of New Age circles.

One of the easiest ways to begin practicing Feng Shui is by examining your environment for blocked or stagnant energy typically indicated by the presence of clutter and unwanted items such as old clothes and spare tools. Donating or discarding these unneeded items clears space for vital new energy and forms to come into your life. Space clearing produces results. When we get rid of the old we make room for the new. By injecting this positive energy into our household we invite prosperity, harmony and happiness to come into our lives. Practicing certain Feng Shui principles will also influence and bring wholeness to our communities and the world as well.

To begin feeling the powerful influence of Feng Shui in your life, start by applying the principles found in the following section. First, you will need to find your favorable elements, followed by direction, colors and so forth. A simple example can help: If you were born during the hot summer period of May 5 through August 8, you need metal and water elements in your environment. Then, your favorable direction/location would be west and north, and your favorable colors would be black/white/beige/silver. Properly applying this new knowledge into your life can yield profound results. Wear it, sit on it and live it and you will see the difference.

By Kerby Kuek

info@misterfengshui.com