



FENG SHUI GUIDE

By: Henry Kestler

What Is Feng Shui?

Feng Shui is a system, or way of purposefully arranging an environment so that it positively affects those who live there.

I personally took an interest in Feng Shui as I noticed a lot of aspects in my life needed work and help on. I also believe what was in my room projected negative emotions and vibes and felt it was time for a change. You can make positive changes too!

One thing I suggest is to try and get rid of as much clutter as you can as well as items you no longer need or items or objects you are no longer connected with. It's not an easy task and we are only human, so just take it one day at a time.

I have tried my best to explain Feng Shui in simple terms. My methods come from various sources, as well as from my own personal opinion. I also used a large font size so its easy to read.

I truly believe Feng Shui is all about what feels right for you, no matter what a website or book says on the subject.

Here are some useful websites I wish to share with you.

<http://www.fengshuipalace.com/fs101/bagua.shtml>

<http://fengshuiandcrystalinspirations.webs.com/gemstonemeanings.htm>

<http://crystal-cure.com/gemstone-meanings.html>

<http://www.giftsfromtheearth.ca/site2/gemstones.html>

Good Gemstone Store in Toronto

Geological - 346 Queen Street West (near Queen & Spadina)
416-204-9484

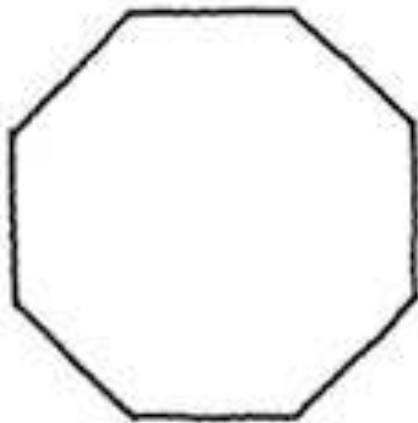
<http://www.geologicgallery.com/>

Bagua Chart

The chart below is a simplified illustration of a bagua (*pronounced Ba-gwa*). It is used in feng shui to find out which part of your home or office correlates with a particular situation in your life. Once you understand how to use this "map of feng shui," you will be able to quickly evaluate and adjust your environment to maximize greater health and productivity while improving your quality of life.

In the bagua diagram below, there are eight areas, or "guas," encircling the center. As shown, these nine different zones correspond to nine major areas of life - **prosperity, fame and reputation, relationships, family, health, creativity and children, skills and knowledge, career and life path, and helpful people**.

To overlay the bagua on your home or work floor plan, stand at the threshold of the door facing in and hold the diagram so that the blue, black, and gray guas are closest to you. Pretend you can draw a line straight across the front of the home where the door is: that would be the line at the bottom of this color chart.



Bagua by definition.



This side of the bagua always has the main door of the home or room located on it. Simplified bagua showing the associated life situations.

Sometimes it's a bit more challenging to overlay the bagua on to a space that is oddly shaped. This includes some room setups that contradict common feng shui practices. Sometimes, just like in life, you have to work with what you have.

Common FAQ's

I share an apartment with other individuals. Can I just feng shui my bedroom and make things happen?

Yes. Each room can have the bagua overlaid upon it. If that is the part of the living domain that you can control, then do it up and "make things happen!"

Do garages count?

If the garage, or any portion of it, is behind the plane of the wall where the front door is located, then that part of the garage is inside the bagua and you count it as part of the energy field of the home. If the whole garage is sticking out in front of the wall that the front door is on, then I usually don't feel it is a part of the home's bagua...but don't throw all your junk out there just yet! It is a part of the bagua of your lot - so keep it clean too!

My garage makes up one whole side of my house. Does that mean three whole guas are in the garage?

Depending on how big your home is in proportion to the garage, you very well may have three guas in the garage. In this case, I'd make sure that garage is a pleasant, happy and uncluttered! I'd also probably make sure those three guas are sufficiently pumped up in each of the other rooms of the house.

Do I have to put things in the exact corner to have them work?

No, as long as it is somewhere within that gua. When I say, for example, "the prosperity corner," I am referring to the whole gua (this one just happens to have a corner associated with it.). When you overlay the bagua on to your home, think of it as if you were drawing a big tic-tac-toe board over your home so that there are nine squares. If you know which square is which gua, then you can place an enhancement anywhere within that square for upgraded feng shui.

I don't like pink. Is there some other color I could use?

In guas where there is one of the five elements associated with it, you could use the color that "creates" that element. If not, you could stay in the family of the color you need. For instance, you could use both red and white where pink should be. Also, don't forget, you can hide the color if it doesn't fit your decorating style. Place some pink in the back of a closet or under the furniture!

What area of the home corresponds to depression?

My husband has been going through a bout of it and I feel as if I'm headed in that direction. Is there a specific area to concentrate on or would a general type of feng shui cure be helpful. I often feel that I feel drained in the house and sure enough a couple of my drains are slow-moving and slightly clogged. I also sometimes feel a heaviness in the house like the house is weighing down on me and have had trouble pinpointing what to work on there.

I would work on Family, Health/Center and Creativity/Children. Intend that the family area heal anything in the past that may be causing this. Intend for the health area that you find the perfection of the now. Intend that the Creativity and Children bring your fun, lightness and happiness in all you see and do. I might also look into any parts of the physical home that mimic the words you choose to describe your situation. If you say the house is weighing down on you, look to see if there is any places in the home or around the home that is literally doing that...like with low ceilings or perhaps a very heavy textured ceiling. Look into getting more space between the top of your head and other items like the ceiling and beams and bunk beds on top of you or overhead lights that hang down too low.

Do some objects like ornamental knives, daggers, etc. actually create negative energy between a couple when presented with such things?

Yes, they can. I would definitely remove the dagger or any other weapon from the bedroom or anywhere in the house at least for a while to see if things can turn around if you are having relationship trouble. That is too powerful of a symbol of violence and mistrust and defensiveness not to be affecting you on some level.

Where is the best place for the trash can in the room?

My suggestions for things like trash cans, kitty litter boxes, and other not-so-pleasant but necessary items is to place them in the part of the room (the gua) that is exceptionally strong for you and avoid the guas that you feel are not working so well in your life.

Henry's Personal Feng Shui Advice

Hopefully those faq's answered any questions you may have as I felt it is best to know these things before going into the specific areas of a room.

From what I researched, if you have a mirror, try to have an oval shaped mirror, not a square one and ideally placed not behind your bed.

I strongly believe gemstones and crystals can help promote different aspects in your life, depending upon where it is placed, what the intention is and if you have properly 'charged' the gemstone and/or crystal.

There are many ways to charge a stone but the easiest method I find is to prepare in your bathroom sink some warm soapy water, preferably unscented. Let the gemstone sink to the bottom and let it sit there for as long as you wish.

Place both of your hands in the water and silently in your head or out loud mutter what you want the gemstone to do for you. I find researching what the stone is rumored to commonly do for others is best, and then ask the gemstone to do this for you in your life.

Then take the stone out of the water and rinse it in warm water and use a paper towel and wrap the stone in it and shake the stone with both hands to get all the water off the stone. Then unwrap the paper towel and place it in the area of the room it is best used.

Call me crazy but I noticed when you unwrap the stone from the paper towel, the gemstone almost has a new shine to it. Try to compare the gemstone before you 'charge it' to when you unwrap it and you will see what I mean.

I will try to suggest gemstones for specific areas of a room but again, choose what gemstone works for you and what you feel needs work on. I also read that you should change the gemstones every few years and/or once the gemstone has delivered what you were seeking, sometimes best to change during each season.

The Uses and Benefits of Gemstones

Here is a quick guide on gemstones.

Readiness for action:	amethyst, ametrine, fire opal, chrysoprase, rhodonite, turquoise
communication with angels:	angelite, celestite
new beginnings:	garnet, moss agate
cheerfulness:	amber, fire opal
creativity:	ametrine, amber, garnet, labradorite, tourmaline
unfinished business:	aquamarine, carnelian
fulfilment of desires:	amber, malachite, hematite, fire opal
devotion:	kunzite, tourmaline
solving difficulties:	carnelian, garnet, moss agate, smokey quartz, tiger eye
connection with earth:	petrified wood
enthusiasm:	aventurine, fire opal, garnet, labradorite, rhodochrosite
fertility:	chrysoprase, imperial topaz, moonstone, rhodonite, rose quartz
foresight:	aquamarine, turquoise
friendship:	emerald, lapis lazuli, malachite, peridot, rhodonite, watermelon tourmaline
goal setting:	labradorite, lepidolite, watermelon tourmaline
industriousness:	rhodochrosite
intuition:	amethyst, amazonite, ametrine, petrified wood, kunzite, labradorite, moonstone, turquoise
love:	chrysoprase, emerald, moonstone, rhodochrosite, rose quartz, ruby, watermelon tourmaline
luck:	agate, ametrine, aventurine, amber, chrysoprase, garnet, malachite, moonstone, sunstone, turquoise
increase motivation:	amber, chrysoprase
order:	aquamarine, fluorite, sodalite
positive attitude towards life:	malachite, chrysoprase, imperial topaz, rhodochrosite, sunstone
protection:	agate, lepidolite, smokey quartz, serpentine, tiger eye, turquoise, black tourmaline, watermelon tourmaline
self-confidence:	calcite, citrine, fluorite, garnet, imperial topaz, sunstone
stamina:	aquamarine, garnet, red jasper
logical thinking:	agate, chrysoprase, citrine, kunzite, lepidolite, black tourmaline

Helpful People and Travel Section

This part of the home (the front right gua) is associated with getting you into the synchronicity of life. When you are in-sync, you don't have to expend any energy getting help with anything. It is also usually easier to make money and have less stress when you are in-sync with life.

Some situations when you would enhance the Helpful People and Travel Gua:

- When moving or traveling.
- When you feel like "if you don't do it, it doesn't get done."
- When everything you get seems like it took a big struggle to get it.
- When you are in entanglements where you need to be treated fairly.
- If you are looking for the perfect person to help you with something.

When this gua is working for you, you find the right people in front of you at exactly the right time. Maybe its someone you know, or perhaps it's help from out of the blue. It might also be an "angel from the other side" that helps out. That's why so many people use symbols of angels in this gua as their "physical anchor" for that intention.

The helpful people and travel gua is also about being treated fairly and honestly, so, if you were passed up for the big office promotion and it was given to your inept but brown-nosing peer, enhance this area with the intention of simply being treated fairly.

You can also use this part of your home to ensure a safe journey or to balance your travel schedule. Add an item to this space with these intentions and see if travels become easier to you!

Best Color Choice: Silver and Gray

Other Good Color Choices: White and Black

Good Element Choice: Metal and Water

For Feng Shui you don't always have to use images to help in your areas of the room, you can use objects too. For example I found a small toy airplane and put that in my travel section.

The gemstones I suggest for this area are Blue Celestite. It can also be found in clear, white, gray, blue and other colors. It is an effective stone to use in order to establish and maintain communication with the angelic realm. It offers a gentle uplifting energy that will raise one's awareness.

Now for an image, again it is all about finding an image you connect with. The trick for this area is to find an image of something that represents to you someone being helpful. This can be an angel, a hero of yours that you believe helps people, someone you know, as long as the image is clear. I will try to explain this by showing you examples of what is clear and what is not.

As tempting as it is, try to not use images that you personally like as they may give off the wrong intentions.



BAD CHOICE

Although this has silver and grey in the image its is a bad choice because clouds are in the image which represents a 'cloudy headspace'. This image looks nice but you should ask yourself, what does the image say to you? Is it clearly saying helpfulness and safe travel?

A good principle to remember is if your house or room has sad and gloomy imaginary, chances are you will often experience sad and gloomy feelings in your life.

This does not mean all of your images have to be bright and sunny as depending upon the person that just might not be who they are; as long as it doesn't give off the feeling to you. If you, for example, like myself, find images of people, angles or whatever at nighttime to be relaxing then put them up. Just be careful not to have too much dark images or you might promote having a specific feeling only at night time so mix it up.

Try to avoid violent images as well or they will promote negative, aggressive behavior in your life, such as weapons, graveyards, etc...



BAD

Does this angel look happy?



BAD

Not clear. Could represent dark and light side. Does this say 'helpful' to you?



BAD

The angel has its back turned to you. You want to promote helpfulness, not turning people away.



BAD

If you look closely the angel is crying. Her hand is breaking. Promotes sadness.



BAD

Cannot clearly see the image. Do you want a shadow to help you in your life or someone clear?



BAD

Is this a demon or an angel? Black wings make it unclear. Sure, the woman/angel is sexy but what does this image say to you?

More on next page



GOOD or BAD

Here is a perfect example of 'what does this image mean to you?' I see an angel helping a person who is troubled. Bats are flying away, representing darkness flying away from your life and the light is shining through to represent goodness and protection coming into your life.

It can also be interpreted as sad and gloomy as the image is quite dark and the person is sad and the angel is passing judgment on them.

You have to decide for yourself what each image means to you. There is nothing wrong with using Photoshop to change the colors so it gives off a different feeling and meaning to you.



GOOD

For me, the angel is watching over you from above to protect you from danger. I personally used this image for my bedroom in the helpful people section.



GOOD

For me, the angel is holding a light to guide you through the darkness of your life and show you the positive light and protect you.



GOOD



GOOD

Although it would be better if clouds were not in the image and if the wings were white not purple but that's just my opinion.

Prosperity /Abundance Section

If it's money you want, then it's money you'll get if you power up the prosperity gua of your home or office. You'll find that this left-rear portion of your living space controls not only your ability to make and hold on to money, but it affects the way you actually perceive abundance. As you know, one person can feel rich, and another person can feel poor holding the same amount of money. Often it's our perceptions that we want to change as much as anything. A person who is grateful and appreciative is so much more fun to be around than an old grouch who "sees the cup as half empty." And the ch'i, or invisible energy of feng shui, knows this as well. Therefore, the person who is appreciative will have more ch'i hanging around them, which will actually attract more abundance to them.

Some situations when you would enhance the Prosperity Gua:

- When you need more money for something specific.
- When you feel like "having it all" is alluding you.
- When you make OK money but it seems to go out as fast as it comes in.
- When you want to find inner peace with what you do have

If you can understand this concept of "like attracts like," then you will easily understand how to attract more abundance into your life. If you place an item or symbol of what you perceive as "the epitome of abundance" in this part of your home, then you will be placing a physical reminder or your intention to have abundance in your life. Even if you can't decide what that symbol is, you can start the process by taking the time to clean up and organize everything in this space. This will invite fresh and invigorated ch'i to move in and start the process.

Best Color Choice: Purple

Other Good Color Choices: Red, Green and Gold

Good Element Choices: Wood and Water

Place 3 Red Garent gemstones in this section and it is said to help your business make more money. Useful for people who have a home office. I also find placing Canadian ten-dollar bills in this section helpful since the bills are purple in color.

It is said life is not just about money so you can place other items there too. I have a 8-stem lucky bamboo in this section to help me gain prosperity and it is also in a glass container filled with distilled water as water elements are known to help in this section.

Useful Gemstones: *Flourite* because it is purple in color and is said to absorb and neutralize negative vibrations.

Tiger's Eye may bring good luck and is also known to bring clear thinking and insight. *Citrine* is rumored to attract abundance.

Fame and Reputation

The fame and reputation gua is located in the central-rear portion of your home or office. By placing specific enhancements here you can improve how people perceive you. This area is about power as well that can make or break your perceived power.

Some situations when you would enhance the Fame and Reputation:

- When you want to have a good reputation or improve on the one you already have.
- When you need to summon the courage to do something.
- When you want to be more respected by people or one specific person.
- When you want to become well known for something.
- When you want to get the credit you deserve.

Take a look at your fame and reputation gua and remove any items that symbolize something you are not, or something you don't want to be known for. Then go ahead and add something that would make you proud to be associated with.

Make sure you have support behind you in the way of a solid wall or high backed chair.

And let's not forget about using the right elements and colors in this gua. A little red can go a long way. And with the best element being fire, a simple addition of a candle can be added and no one would be the wiser that it is there to help you out.

Add a picture of just yourself; as long as you like the image. I also added a pin from ISES, i.e. add things related to your profession.

Best Color Choice: Red

Other Good Color Choice: Green

Best Element Choice: Fire

Other Good Element Choice: Wood

Useful Gemstones: Sardonyx (*Red*) enhances willpower, integrity, stamina and vigor. It attracts friends and good fortune.

Relationships and Love

The right-rear portion of your home is where the Relationship and Love gua is located . It is in charge of making sure your relationships with people are in tip-top shape. So, if you are looking for a one-on-one relationship, or looking to make an existing relationship better, then head for this part of your home and get to work!

Some situations when you would enhance the Relationships and Love Gua:

- When you are looking for love.
- When you want to make life less of a struggle between you and another person.
- When you want to be friends with someone that you know, but they don't you even know you exist.
- When you are thinking of getting married.
- When you want to put the sizzle back into a stale relationship

Some of my favorite symbols for this gua are pairs of things, and items with hearts and the word "love" on them, but feel free to decorate in the most meaningful way to you. Some of the consistent things I see in single people's homes are pictures that have only one subject within the frame, like a single female, a single boat, or a single flower. And I'm here to say "Don't do it! Don't surround yourself with single stuff if you don't want to keep reinforcing your singlehood!"

Although this area of the home is usually associated with intimate, love relationships, it can also be used for non-intimate relationships like say, relationships with your clients, boss, vendors, peers and teachers at school, and even relationships with religious figures or entities.

Best Color Choice: Pink

Other Good Color Choices: Red, White, and Earth Tones

Good Element Choices: Earth and Fire

Useful Gemstones: Rose Quartz x2, Sunstone, Bronzite (for Males), Lodestone, Morganite.

Children and Creative Thinking

This position of the home, the right-center gua is all about limitless thinking. You know, like when you were a kid when you thought anything was possible. Well guess what? You were right! So, to help you get back to that frame of mind, you can make sure the proper enhancements are in this part of your home. Come on, get creative!

Some situations when you would enhance the Creativity & Children:

- When there is any trouble with your children.
- If you want to have children.
- When you feel the need for more creativity in the way you are currently doing things.
- If you are on a career path that requires constant creativity.
- When you want to feel younger.

For Event Planners/Architect's, every client has a different idea of what they want in their projects. And it's up to you to figure it all out. Try using photos of your child in metal frames in this area of my home. Paintings and/or sculptures by an artist you like works well. For some this place is the dining room. Try to have this area of your home to have a festive and fun feeling.

This gua can also help with any "children" troubles - like sibling rivalry, poor communication with parents, or even infertility, or trying to adopt children. Choose an appropriate symbol to place in your creativity and children gua to activate good energy for this part of your life.

I also keep an *ideas journal* in this section.

Best Color Choice: White

Other Good Color Choices: Yellow, and Earth Tones

Useful Gemstones: Orange Calcite, Rough Azurite, Labradorite, Smokey Quartz (creativity in business), Adamite (expensive, get small piece on Ebay for \$20.00)

Skills and Knowledge

The Skills and Knowledge gua is located in the front left part of your home or office. This area of the home holds the ch'i for inner wisdom, higher thought, self cultivation, meditation, and all the other wonderful things associated with knowing and learning. What's great about this gua is that it can so easily affect the others. For example, if you are looking for love, the skills and knowledge gua can help you know how to go about attracting the appropriate person. If you want more money, this gua can give you the wisdom to see new opportunities for income, saving, and the inner feeling of having abundance.

Some situations when you would enhance the Skills and Knowledge:

- When you want to gain wisdom.
- When you want to get better grades in school.
- When you make better and more clear decisions for yourself.
- When you want to be a better business person.
- When you want to have better relationships

Some people say having images of mountains are good to represent that you are on top of a mountain and can clearly see everything.

Best Color Choice: Blue

Other Good Color Choices: Black and Green

Best Element Choice: Earth



GOOD



GOOD or BAD

The fact that the reflection of the mountain in the water is blurry might be considered bad as mountain should be easily seen; up to your own opinion.



BAD

The sky is cloudy. When on top of a mountain you want to see everything not have a cloudy vision.



BAD

The shadow is cast over the mountain, not be able to let you see everything.



BAD

This is up for interpretation but the fact the mountain is covered with snow and not easily seen I think is bad. However, if you like winter then just Photoshop the image for a clear sky and it might work for you.



GOOD

Although I personally find the trees in the image distracting but at least it's earth themed.



GOOD



GOOD

Although there is no mountain in this image, if you connect with a specific animal and it has a feeling of earth and knowledge (for you) then use it. I chose this image as I know someone who likes tigers/cats.



GOOD

See note above.

Family

The Family gua is all about your ancestry, your lineage, your relationships with family members, and really, the very foundation from which you grew. This gua is located in the left-hand, mid way back portion of your home. Sometimes it is easier to keep past memories and events tucked away under some old rug, but hidden or not, they are still a part of who you are today.

When this gua is properly feng shuied, you are free to fully express who you really are. You also find it uncommonly easy to get along with family members as well as in life, because you have the self-confidence and courage to venture out beyond where others would stop. You have a secure foundation to build upon. And with a strong foundation, your life is much more stable.

Some situations when you would enhance the Family Gua:

- When you want to improve family relationships.
- When you want to be treated like part of the family even if you are not blood-related.
- When you want to feel more secure in life.
- When you are worried about just paying the basic bills to survive.
- When you want to improve your sex life.
- When you want to heal a past situation.

Setting up enhancements for the Family gua is usually an easy one. Since wood is the element, you can simply place photos of friends and family in wooden frames in a display that pleases you. Not everyone needs to be a blood relative either. This gua helps you be treated as one of the family in many situations - blood related or not. Imagine for a second, if every political leader had pictures of themselves shaking hands with every other political leader - placed in their family gua. I'd think it would be a lot harder to start a war with a leader you think of as family.

The Family area of my living room is one of my favorite places in my house. I placed pictures of friends and family in an assortment of wooden frames and put them on top of a foyer table.

And above the table I hung a huge framed mirror. That means I have the element of wood AND the element of water (mirrors equal water in feng shui) - both great elements for the family gua!

Best Color Choice: Green

Other Good Color Choices: Black and Blue

Best Element Choice: Wood

Other Good Element Choice: Water

Useful Gemstones: Petrified Wood (stone or wood slab) is powerful in removing obstacles. Use it to assist in reaching goals that you are having trouble with or to smooth a path for any endeavor that you anticipate will be ridden with difficult barriers.

Career

Look center-front to find the career and life path area of your home, site, or office. Proper feng shui in this gua can get you on the path of least resistance. By this I mean that you will be in the flow of life. You'll feel like opportunities come your way at the appropriate time; giving you the freedom to enjoy everything you set out to do as well as the inner peace of knowing that you are doing what you came here to do. It's no coincidence that water is the element that works well in this space. It represents the flow of life, and keeps us moving. Now, in order to control the direction and speed of movement, simply apply feng shui wisdom to this part of your home.

Some situations when you would enhance the Career and Life Path:

- When you want a job.
- When you want a new, different, or more fun job.
- When you want to figure out what you are supposed to be doing in life.
- When you want business to pick up.
- When you want to make more money in business.

More on next page

Let's say you want a new job or want to find a new direction in life. You could simply place an item in this part of your home that either has water in it (like an aquarium or vase with flowers), or use a symbol of water (like a painting of a stream or river, or a collection of sea shells from a beach vacation). Or, you could use some feng shui symbols of water which include the color black, glass and mirrors.

Just remember try to have oval mirrors. Not only do they look nicer but rumor has it they promote better feng shui from my research.

When you add an item, do it very consciously with the intention that you are placing it there to help you with your new direction or job. If you add the intention, you'll be amazed how much faster it works! Now, all you have to do is open your eyes and see the opportunities heading your way. The front door is also usually associated with career and life path, even if it is not exactly in the gua. Go check out your door and see what shape it is in. If it sticks, you may be stuck in your job. If it is never used, you may feel overlooked at work. If it is dusty and dirty, you may never have the chance to shine in your career. Get your front door happy and healthy and you may find yourself happier in what you do in life. Sounds too simple? Well, would it hurt to try?

My (not Henry's) front door happens to be in my career area so I knew to pay special attention to it. I have a mirror in the foyer (a water symbol) as well as the water wall fountain which makes a wonderfully pleasant sound in the space.

I also make sure nothing is blocking either door. Often I find people place a potted plant in front of the locked side which reduces the ch'i that can enter the home. This is definitely something to reconsider!

Best Color Choice: Black

Other Good Color Choices: Blue and White

Best Element Choice: Water

Other Good Element Choice: Metal



GOOD



BAD

I personally think its bad because the water is not flowing freely, it has obstacles that are blocking the flow, such as the rocks. Water should flow easily.



BAD

The sky is dark and the water splashing in the middle of image blocks the flow of the image. A beautiful image but not good feng shui wise in my opinion.



BAD

The tree branch is covering up or blocking the water and the viewer to see the water.



GOOD



GOOD

I like this one because not only is the water flowing easily but an unobstructed bridge is also present. Promotes people and/or companies to easily access you, find you, etc...



BAD

I don't like how the waterfall is so far away, it should be easily seen in foreground, but that is just my opinion.



GOOD

Health

This part of the home is not officially a gua, but more the center of the bagua. You can use this space in your home to enhance your health, as well as any other situation in life that you feel does not fit into one of the other eight guas.

I personally find it is usually in the centre of your room. The key is to try as best you can to keep it clear of clutter such as papers, boxes, kids toys, clothes, etc... We are only human so just try your best.

Some situations when you would enhance the Health, or central, area of the home:

- When you are sick, or want overall better health.
- When you want to feel more balanced, centered, or serene in life.
- When you have a situation that needs improvement, and you don't think fits in any of the other guas.

The center is a very special place. It is the heart of the home or room. It is the only piece of the bagua that touches all of the other guas. So, if this part is out of balance, it can easily affect all the other areas of life. Just think about it. If you have to spend a lot of time working on your health, you have less time to spend on the other eight areas of life. And sometimes, because of this, your work suffers, your relationships struggle, and a lot of other facets of your life are less than optimal. So, by enhancing this space, and making sure it is in shape, you can ward off future downward turns of ill health as well as turn around existing poor conditions.

The element for this area is earth. So, you can place either the actual element here, like say, a living, healthy plant in potting soil and in a ceramic pot, or a symbol of it, like a painting of a mountain range. You can also add the element that makes earth according to the element's creative cycle - in this case - fire. Go ahead and add a few red or yellow candles on a centrally located table with the intention that these candles keep you in perfect health.

I (not Henry) have a stone table top with candles on it in my health part of the living room. And as seasons come and go, I place a potted flower on the table as well (winter - red poinsettia, spring - yellow narcissus, summer - a green house plant, and fall - yellow mums). This keeps the ch'i fresh, healthy, and happy all year around.

Best Color Choice: Yellow

Other Good Color Choices: Brown and Orange

Best Element Choice: Earth

Other Good Element Choice: Fire

Where To Get Images?

If you are like me who can't be bothered to search on countless websites for just the right image as a print, poster, painting or wherever then my suggestion is to look for your images online for free as wallpapers.

<http://hdw.eweb4.com/search/waterfall/#11>

I personally find printing images as 8x10 or smaller to be just the right size. If you require help making an image into a proper 8x10 for printing using Photoshop just send them to Henry and I will try my best to help.

You can get some decent frames for \$2.00 each at Dollerama. I know a place in Distillery District in Toronto called Pikto that prints 8x10's for \$5.00 each and the quality is amazing. Forget Blacks or similar places, it pays to get quality and \$5.00 each is a fair price.

Final Thoughts

If you have any further questions or concerns please feel free to ask. Just remember this is just a guideline, feng shui is all about what works for you and as best as you can, try to keep your rooms clean will help promote good feng shui to flow easily and naturally.