

GET THE *Energy Right*



THIS MONTH CITY DWELLER MAGAZINE'S COLUMNIST CHRISTINE YORATH TALKS ABOUT GETTING THE RIGHT ENERGY FOR YOUR INTERIOR

There will always be voices saying "oh that's nonsense" or "I don't believe in that rubbish" whether you're talking about clairvoyants, colour analysis, hygge, meditation or a host of other subjects where opinions vary.

Another topic that can illicit this sort of response is Feng Shui. There are many descriptions of this practice, I call it the science and art of placement.

The practice has its origins in the East and dates back many years.

It is well known that big businesses and institutions have a Feng Shui survey of a new building before starting business in many areas in the East.

The more I have read over the years, the more I realise it is just common sense.

A house with the front

door lined up with the back door is considered bad for energy as it is considered that good energy will enter the front door and leave immediately via the back door and cacti placed in the relationship corner of a home will lead to poor relationships. Hard to understand? Maybe but easier to follow are principles such as a tidy desk belongs to a more productive operator (less distraction), a desk where the operator has a wall behind him or her results in better output than a desk in the middle of an office where lots of personnel are walking behind the person at the desk.

In the bedroom the bed should always have a good strong headboard and it should be placed against the wall and when you are in bed your feet should not be facing the door that

leaves the room unless it is into another room such as a dressing room nor should the bed share a wall on either side with the bathroom or a lot of technology. Also bad for maintaining good energy is placing a mirror on the wall facing the bed as it disturbs the energy and leads to insecurity.

Very helpful is the feng shui energy map where you will learn, for instance, that two of the elements (wood and water) placed in the south-east corner of the home will attract prosperity. The other three elements required to create harmony are earth, fire and metal. Fire might be represented by red and in Chinese philosophy a red front door can be considered very welcoming but is discouraged if the door faces West

There is lots of information online about Feng Shui

and if you are interested in learning more you will have no difficulty in finding it as these short tasters to this fascinating subject are just the tip of the iceberg to make you stop and think about placement in your home.

*Till next time
Christine*

For more advice go to www.christineyorath.com or get in touch by emailing christine@yorathgroup.com or ringing 07836 737300.

