

Feng Shui and Sacred Space

by Tami Graham

Feng Shui literally translated means Wind and Water, and it is also called The Chinese Art of Placement. It can be the placement of your home, your furniture, your beloved items, and your placement in the world, but it is so much more! Energy follows where you place your ATTENTION, and your INTENTION! Everything is energy, and it affects you consciously and subconsciously. When you can see through the eyes of love and gratitude, your environment becomes much richer and more nourishing. There is an energetic exchange between us and all things, living or non-living, conscious or subconscious, including those inanimate objects you surround yourself with at home. They can empower you or drain you... it's your choice once you become aware.

It's important to Reconnect, and Balance so that you may Thrive.

We all deserve a sacred space. A place that you can call your own that *feeds* you. Even if it's just a table where you honor your favorite things, or a corner of a room, everyone needs their own special space. When you take a deep breath it resets you by connecting you to the sacred space inside yourself. Does your environment nourish and support you and your emotional health? If not, let's look at what you can do to BALANCE that. Step outside your living space and re-enter with "new eyes". Do your best to stay in present time consciousness in order to really LOOK at your rooms, and experience how they make you feel. As you enter, are you nurtured with a feeling of peace and joy, or does chaos and the stress of things left to do hit you?

Any season is a good time to RECONNECT with your furniture and personal belongings and do a "spring cleaning". During Autumn, for example, you are getting ready to spend more time indoors, and it's also a time of letting go - just as mother nature does, knowing that if we make space in our lives, beautifully timed things will come in abundance, just like the Springtime. As we move through life on our path, changing and flowing with every new experience, our environment should reflect who we are now. If your space is exactly how it was when you moved in, it's time to reconnect. Are you still the same person you were when you set up that home? We get so busy in our lives that we unconsciously stay in the same stagnant environment without even realizing how much it affects us. Our living space can be a reflection of our inner emotional and physical health, and vice versa. When your inner life and living environment are not congruent, it creates an imbalance that can show up in the body/mind/spirit.

We can BALANCE our environment once we have a new perspective and really make conscious choices. If something doesn't elicit a positive emotion, rethink it. The rule of

thumb is you should love it, or use it, and hold it in a space of gratitude. If those factors are not present it's time to let it go. You can donate, recycle, or re-gift the items that no longer serve this path you are on. It's not about de-cluttering your space as much as it is about appreciating and living with items that have meaning. When you let go, it has a de-cluttering effect on your body/mind/spirit. Creating space inside and out, and balancing function with beauty can invite restful sleep, calm rooms, and overall well-being.

Once you have balanced your environment by minimizing the emotional stimuli and have reconnected to those things you really love, then you are on your way to THRIVE! It's a choice, and it is part of self care to live with what you love. Appreciate what you have, and more of what you love will come to you. Make room for the abundance that awaits you. When you clear the path, energy flows and you will feel how your space can support you. Begin today, with one room at a time, one day at a time, one THANK YOU at a time.

Infinite Love and Gratitude!