

Express Yourself

WITH FENG SHUI

by Dana Duellman

Is the amount of creative expression you have in your life in harmony with your desires? This is one of the thought provoking questions asked of Feng shui clients during the pre-consultation interview. The response is usually started with a pregnant pause and then, "Creative expression? What do you mean, creative expression?"

It is easy to let our creative expressions lapse due to our overbooked schedules, familial and work obligations and having to designate our "down time" into priorities. Often, the time that we could use to express our creativity gives way to relaxing in front of the TV or getting some much-needed sleep. So, how can we incorporate creative expression into daily aspects of our lives without fully designating time that we may or may not have? Feng shui is a perfect modality for creative expression and the results are extremely beneficial.

The goal of incorporating feng shui into your space and life is to attract chi energy, improve the quality of your life and live harmoniously with nature. Utilizing feng shui techniques and incorporating your energy into the intentions behind change can lead to very positive changes in your life.

Some easy ways to express yourself creatively starts with the art in your space. If you are artistically inclined—say a photographer, painter or sculptor—then incorporate the pieces you love the most into your space. If you are not an artist, surround yourself with the pieces of the artists that you admire or those that bring joyful inspiration to your heart. Put these pieces where you see them frequently and can enjoy their energy. Be in tune to your space and if you feel as though a piece of art is no longer resonating with you, perhaps

it is time for it to be relocated or switched out for something different. Every piece is fluid and can be moved.

Another simple way to bring some creativity into your space is to mindfully design spaces with intention. For example, if you have a mantle over your fireplace, this is a wonderful small space to design. As you face the mantle put a designated pair in the back right-hand corner (the relationship corner), such as a picture of you and a loved one as well as a memento from something you did together. The center of the mantle is illumination and is a wonderful place to put candles. The back left corner is the abundance corner and is the space to place a healthy plant or maybe a beautiful glass or crystal vase with fresh flowers.

Larger spaces, such as decorative tables in living rooms, could be turned into a mesa or alter (a three dimensional vision board). It is important to use intention when designing these areas. For example, "I am going to design a space that supports my desire to find my soul mate." Start by putting down a colorful fabric piece and then adding items that you have onto the "canvas" that support that intention. This may include a heart, pictures of places you want to travel with this person or a pair of rings—anything that helps you define this intention clearly. Again, this is not fixed.

Allow your creative expression to be in harmony with your desires as they change.

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