

INSPIRING CHANGE WITH Feng Shui

Merriam-Webster defines inspire, from the Latin root *inspirare*, meaning to breathe. As a transitive verb, the first definition is “to influence, move or guide by divine or supernatural inspiration.” It is interesting to take a word back to its root to discover not only the “core” meaning, but also where it originated through the ages.

Feng Shui is about breathing, influence and being guided. Feng translates into wind, and Shui translates into water. If you think only about those two words from an elemental standpoint, wind and water are behind all kinds of change in our natural world. Rivers create a path to flow and wind shapes our natural landscape. Just think of the ever-changing sand dunes in a desert.

We can create change through many opportunities—a new job, working out, shifting our eating habits, changing our lifestyle and even by changing our thoughts. How can changing our space create change in our life? How we live, enjoy and maintain our home or workspace is a direct reflection of our inward reality. Our outward reality and inward reality are one in the same. Chaos on the outside can create chaos on the inside. Or, maybe it is the chaos on the inside creating chaos on the outside. How can we inspire, or breathe change, into our outward space so as to positively inspire change into our inward space?

One of the main goals and purposes of Feng Shui is to bring balance and harmony to a space so that those



who occupy it are one with their space and in harmony with their surroundings. A primary way to accomplish this is by balancing the elements within the space and making sure that each individual is thereby balanced. A complete balance of earth, fire, wood, water and metal will help create a more peaceful space.

Additionally, it is vital to make sure that each individual's personal element is defined and supported within their space. If you are a wood element, make sure all elements are represented and that the wood element is strongly present, along with the water element. This is because the water element supports the wood element. Bringing the elemental points of a space into balance will provide a solid base for the individuals to grow and prosper.

Another key part of Feng Shui is to ensure that the space is designed to be open to and attract the energy that brings change into the home or workspace. This is done by strategically placing furniture in the optimal positions to allow and attract energy to flow through, and by placing the unique pieces of art, photos, books, sculptures, lighting, and personal items strategically in the space to further enhance Chi and bring about the desired changes. Going along with that, of course, is releasing items that no longer serve a purpose or items that are not wanted or loved.

Often we are inspired to create change both within ourselves and our space through life experiences, or because of another's experience. We learn and bring that experience into our reality, and sometimes we incorporate it. If you are inspired to create change in your reality, one of the tools you should consider incorporating is Feng Shui. Why not create a space that will support the changes you desire within? Why not breathe a new life into your home—the space that shelters you, protects you and holds everything dear to you? By doing so, you will breathe new life into your personal intentions and inward reality.

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