

DECORATING FOR

# Peace & Harmony

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We could all use a peaceful space right now. Your home is a place that should allow you to rest and relax and let the worries of the day fade away. If your home has also become your work space and a classroom, adding and taking away elements to your décor will help you to decompress and relax which are key to maintaining a fit mental health.

Most people have heard of the art of Feng Shui and probably even have made fun of this ancient way of home design as we have filled out homes with furniture and trinkets to make every inch useful. Or, perhaps you have practiced this in a small area of your home. Now, more than ever, we need to make our homes a sanctuary that can restore our mental health to a more peaceful state.

Feng Shui is an ancient Chinese art that means “wind water,” which are associated with good

luck and good health. It claims to use energy forces to harmonize individuals with their surrounding environment. “People don’t think about Feng shui as a tool for health and wellness. Most people think about it for decorating,” says Diana Gerber, Feng Shui Master. “It is about managing our environment, the structure of the land, the people in the space, where the energy is challenged. Our reaction to our environment creates our experience and starts off our expressions of the day.”

When associated with how your home is set up, this technique is designed to create a more peaceful and harmonious environment. We found some easy steps to take to help transform your living space into a peaceful retreat. Try adding one or all of these to renovate your home and improve your mental health.



## Declutter

If every inch of your home is filled with books, decorations, magazines, pictures, and knick knacks, this can give your space a sense of chaos. Feng Shui is allowing your space to flow with good energy or chi. Chi is said to bring good health, wealth, and luck.

Decluttering doesn’t mean hiding items in closets or storing in a cabinet or under the bed. Go through your items, keep what you use or is very important to you and get rid of the rest. This will also help with minimizing things that collect dust and wouldn’t we all be happier with less to clean?



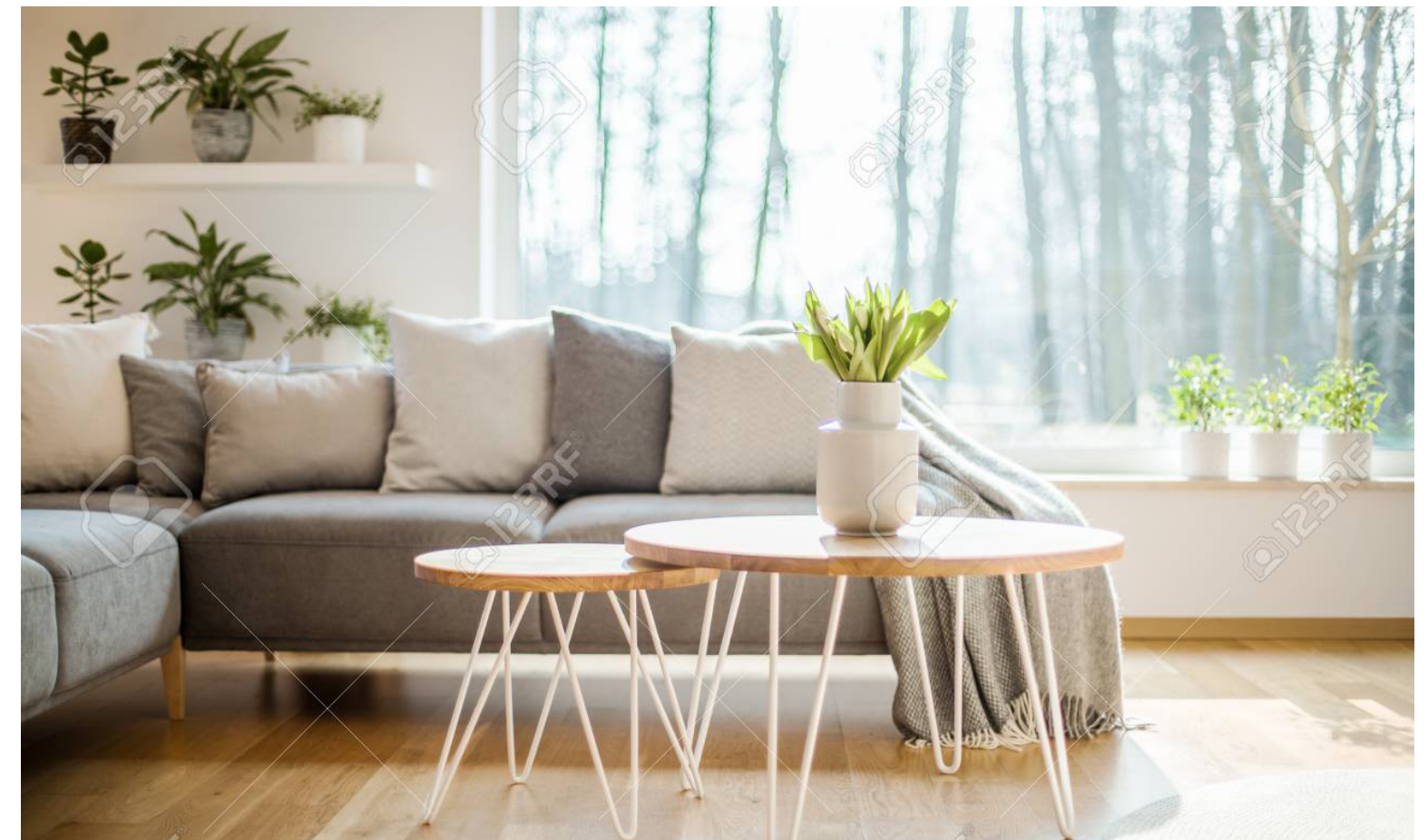
## Let air and light flow

In order for good energy to flow through your home you must ensure that there is a constant flow of light and air. It is time to clean the window glass to allow as much light in as possible and open those windows for maximum air flow. If you have an area of your home that is dark, add lamps and mirrors to help increase the flow of light.



## Add some plant life

Air flow is important in Feng Shui, but the air must be pure. By adding plants to your living space, they will help to filter the air, creating a healthier, cleaner environment. Plants attract vibrant chi energy. As long as plants are healthy, you are attracting good energy. Not all plants provide a healthy chi. Do some research to find out which plants are the best and luckiest!







## Liven things up with color

Color plays an important part in the art of Feng Shui. Color can be added to a room using paint or décor. There are probably some colors that you are drawn toward or you could choose to have a color analysis done to find out what best suits you. Here is a basic reference to colors and their meanings:

- Red – excitement, energy, passion, courage, attention
- Orange – optimistic, independent, adventurous, creativity, fun
- Yellow – enthusiasm, opportunity, spontaneity, happiness, positivity
- Pink – compassion, love, immature, playful, admiration
- Blue – trust, responsibility, honesty, loyalty, inner security
- Green – safety, harmony, stability, reliability, balance
- Violet – imagination, spirituality, compassion, sensitivity, mystery
- Brown – reliability, stability, honesty, comfort, natural
- Gray – neutral, practical, conservative, formal, quiet
- Black – power, control, authority, discipline, elegance



Feng Shui followers also believe everything is composed of two opposing, but connected forces – Ying and Yang. These balancing forces cannot happen without the other – day and night, light and dark. This same practice should be applied to your living space to help create greater balance.

Diana explains how to create your space to balance out your Ying (female) and Yang (male), “The Northwest area (Yang) of your home and every room represents the brain and is very important for mental health. To support a fit mental health this is a space where people can clear clutter. Make it the throne we all deserve. Elements to include in this area are the colors white, gray, metallic

gold, and silver. Shapes should be round and oval (such as with picture frames, mirrors, and sculptures). The number 8 (two circles coming together and representing the eternity circle) should be featured using such things as 8 photos, 8 crystals in a bowl, 8 plants. The number 6 is also a strong number to use in the Northwest area of a home, office or room.”

Diana continues with the Ying area that is represented in your space. “The Southwest area of our home and each room represents your Ying. It is key for the head female and embodies love, relationships and loyalty. Rectangular and flat objects are important to showcase in these areas. Stones should be

present such as granite, crystals, terracotta, and bowls made of stone. The number 2 is significant in such things as artwork and photos. Pictures of couples or two people signify a relational bond. This area should include softer shades of burgundy, pink, and lavender.”

Our homes have become even more important this year. How we live in them should be a reflection of our desired state of mind. Spend a little time evaluating your living space to see what small changes can be made to help you achieve peace and harmony and contribute to your best state of mental health.