

FENG SHUI - THE WISDOM OF NATURE

By Joan Stigliano



Feng Shui (pronounced Fung Schway) is the Ancient Chinese Art of Placement that seeks to bring people and their environments into a positive relationship with one another.

Foundation: Feng Shui literally translates to “wind and water”, two natural elements that flow and circulate throughout the earth. With its roots based in nature it provides us with a philosophy to apply to our daily lives. Everything in the universe is composed of constantly changing energy, including our homes and its contents. This energy can profoundly influence your ability to be healthy, creative, and abundant. Movement in nature produces change. Like the seasons, the tides, the moon giving way to the sun, we can be sure of one thing; our lives will change.

Principles: Based on the Tao – our connection to nature, and the principle of how “Ch’I” – (energy) moves through the balance of Yin and Yang we can begin to emulate nature in our manmade environments. As we approach winter, a Yin season, we are clothed in gray days and long dark nights; even our energy decreases. We become less social, some even depressed. We don’t want to leave our homes to go out in the cold; even our interiors become stagnant. At this point the Yin vibration is so strong it’s quite hard not to notice the impact that the imbalance has had on our lives.

What can we do to bring a Yang balance back?

Plants: According to Feng Shui, Living plants are represented by the wood element. Their color green symbolizes vitality and new growth. Because their life force is so strong they can improve the “Ch’I” flow in a room and freshen the air by supplying oxygen. Plants used as a Feng Shui adjustment should be healthy, vibrant and well taken care of, preferably with round leaves. Good quality silk is okay. Always replace dead or dying plants with a new one to remove their negative energy.

Color: Some colors have an activating effect on our senses (yang) while others are soothing and calming (yin). Use vibrant colors of red, yellow and orange to add vitality. This can be done with bouquets of flowers placed in strategic areas of your home or new throw pillows on the sofa or bed.

Red -- represents vitality and life force
Yellow -- clarity of thought, hope and optimism
Orange -- warm and stimulating

Natural Light: Open the draperies and shades in the daytime letting sunshine filter and illuminate your space. Invite nature inside. Don't think of your windows as barriers to the outside; place an object from nature on a windowsill to help maintain a view to the outside.

Others: One of the best ways to raise the energy of a space is with people and pets. Have a party! You will feel the uplifting effect for days after everyone has gone home.

And, of course, don't forget to surround yourself with the people and things you love. This will help fight the winter blues and keep you active and buoyant until the sun returns.

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