

Feng Shui & Lifestyle

ISSUE No. 1, 2016

WHAT IS FENG SHUI?

Happy to know!

Signs of an unfavourable bedroom

8 deadly sins against and 8 advice to get a good night's sleep

FENG SHUI IN THE CHILDREN'S ROOM

Fragrances and Feng Shui



That's how Feng Shui can foster your luck in love



Advices for FREE *** COLOUR for atmosphere *** Love LIFE





EDITORIAL

Dear reader,

especially in times of digitization and rapid developments man needs borders and a room in which he can feel safe and relax. The ancient science of Feng Shui provides us with an intense knowledge of the influence of the surrounding on our body, our mind and soul and can help us find support and relieve. A good night's sleep helps you a lot to stay healthy.

What is Feng Shui?

Almost everybody experienced it already. When entering a room you feel comfortable at once – or the opposite – you feel uncomfortable and depressed. These feelings are triggered by the quality of the Qi or the energy of life. The Chinese science of Feng Shui aims at creating an harmonious atmosphere between a person and his/her surrounding. Actually it is very similar to acupuncture only that instead of needles the furniture are being used to bring positive influences.

How can Feng Shui help you?

If somebody arranged his/her furniture according to his/her favourable cardinal directions most probably he/she will experience the positive effects by having a relaxing sleep. I would like to give you the possibility to experiment, to try out and to feel.

Please let me inspire you with my brochure.

Yours sincerely,
Petra Coll Exposito
www.feng-shui-web.net



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Colours may incite moods

Would you like to know more about yourself? Please come and join our experiment on colours.

Observe the life you are living and answer the following questions:

1. What colours are prevailing in your rooms?
2. Who chose these colours? Was it you or anybody else?
3. Did your bedroom always have the actual or a similar colour?
4. What colour do you prefer right now?
5. Please check your wardrobe, what colour is predominating?
6. What colours do you like to wear the most right now?

Please check your answers and analyse what colour dominates the most. Note your answer, you can always repeat this experiment and see what mood you are in currently and of course improve your situation by using the correct colour.

BLUE – communicative, reassuring, improves the verbal skills, gives confidence, creativity, brings your inner thoughts onto a new path, peace, freshness, feeling of freedom, appears to be bigger.

Pastel blue: makes things appear bigger, thus is suitable for small rooms, improves insomnia. Avoid when depressed and when it is hard for you to get up early.

Dark blue: activates the imagination and especially the psyche. Makes you more responsible and inspires trust. By using blue you can cool rooms that are normally very hot. LED lights with a blue spectre keep the driver of vehicles awake during driving.

TURQUOISE – hope, youthfulness, consistent with life, purity. Helps in the case of agony, depression.



PURPLE – this colour acts like a hypnosis, graceful, fancy, mystical, spiritual, meditative, seems like a journey into the subconscious, impresses and promotes high concentration, suppresses appetite, promotes inspiration, reduces fears, helps to reach the innermost feelings, a pale purple makes you feel relaxed.

YELLOW – wisdom, happiness and good humour, zest for life, yellow stands for light, joy and relieves anxiety and depression, energetic colour which does not excite, promotes intelligence and awakens understanding, acts on the mental equilibrium, has a soothing influence on the digestion, and stimulates appetite. People that tend to brood should not use this colour in the bedroom. Good for places where there are a lot of things being organized, stimulates the psyche, arouses the curiosity and promotes concentration.

ORANGE –promotes communication, activity, friendliness, warmth and tolerance, stimulates the sex drive and lifts the mood, is refreshing and cheers you up, stimulates the energy in the body, gives power and endurance, helps in case of listlessness and boredom.

RED – use with caution, otherwise the colour might look too impulsive, demonstrates power and dynamic, gives vitality and energy, helps in case of exhaustion and isolation, boosts physical activity, makes people active and restless, promotes future-oriented action, gives a warm feeling, activates, stimulates, the colour is associated with love and passion, is an aphrodisiac colour that stimulates desire, may initiate infatuation, is appetising and makes you want sex. If you have a good night sleep but hard to get out of bed choose this colour for your bedroom. Red has a refreshing effect, makes winners, suggests cosiness. In case you feel cold easily, so this colour is perfect. Be careful when acting precipitately, in case of impulsiveness, and in case of much controversy please absolutely avoid the colour red.

ROSE – helps against stress but is also very girlish, so better don't use in a professional environment, promotes optimism and stabilizes, suggests softness and motherly love. Calming in case of physical and emotional shocks, arouses compassion.

GREEN – is appetising like the colours orange and red, calming and soothing, lowers blood pressure, relaxes, strengthens the heart, creates wellbeing,

represents harmony, stability, clarity, calms the nerves, strengthens the immune system, brings healing and stability - especially for mental illnesses, has a positive effect on a restless sleep, creates a cosy atmosphere, revives the body, inspires a confidential atmosphere, so highly recommended in a stressful work environment or in the medical field.

BROWN – creates a nostalgic and traditional impression, increases authenticity, looks into the past, creates an old fashioned impression. People who like to stick to the past prefer brown. Exudes a feeling of security and is rustic.

BLACK – is noble, elegant, commands respect and imparts seriousness, silence, those who often wear black are usually shy, because the colour is hard to notice. Seems unfathomable, mysterious, it suggests a feeling of dignity and reputation and always has a solemn character.

GREY – Neutral and restrained, no vivid colour, rebellious, shy and introverted, single persons should avoid this colour, appears to be cool and sober.

WHITE – Stands for cleanliness, purity, hygiene, sterility, innocence. Reflects light in a dark room, so it should be on a wall with a window, always select it in combination with other colours, in white rooms people work slower and poorer than in in coloured rooms.



Hints for getting a good night's sleep



Symptoms you may experience when sleeping in an unfavourable bedroom:

- Bad and restless sleep
- You wake up several times during the night and can't go back to sleep
- You very reluctantly go to bed and prefer sleeping on the sofa
- During the day you feel tired and weak
- You complain about health problems e.g. headache
- You suffer from extreme mood swings

8 deadly sins against & 8 tips for a healthy and relaxing sleep

We spend a third of our life time in our bedroom, here we recharge and – ideally – collect new energy for our daily life. In Feng Shui the bedroom is of special importance and therefore it is one of the most important places in a house.

1. The head of the bed should be placed against a wall

The bed should be positioned in a protected area. Ideally, the head of the bed should be placed against a wall. Here the need for protection is promoted considerably and the body and mind can relax. It is unfavourable to sleep underneath the window. You will feel the draught and in addition to this, sleeping next to a window may trigger a feeling of being lost and can lead to insomnia. If due to the floor plan it should not be possible to ideally place the bed, an elevated head of the bed may also foster stability.

2. The bed should not be placed between window and door

For our soul the draught between a window and a door is like a highway and gives us restless nights. The better your bed is protected, the better you can relax and the easier you fall into a peaceful sleep.

3. Heating pipes, water pipes and the wall next to the bed

The bed is not to be placed next to noisy heating pipes and sewers. Furthermore, it should be paid attention that there is no toilette on the other side of the wall next to the bed. The same holds for stoves or refrigerators, they should be as far away as possible from the wall next to the bed.

4. Mirrors

Mirrors create an unsteady atmosphere in the bedroom and - if possible - should be placed so that they do not reflect the bed.

5. Items above the bed

Avoid hanging heavy pendant lamps or shelves above the bed. They may become overwhelming and affect directly your sleep. A beautiful image you like would be more appropriate here.

6. Less is better

The bedroom should not be used as a storage room, vacuum cleaner, clotheslines and boxes, that cannot be stored elsewhere, may never be stored in the bedroom. Make sure you have cabinets with doors, they create a peaceful atmosphere in the room. The less decorative items are in the bedroom, the more pleasant and reassuring it is to the eye.

7. Beams on the ceiling are burdening

Heavy beams above the bed become overwhelming for the subconscious mind, because beams literally carry a load. If the edges of the bars are sharp they give us the feeling as if was aiming a knife at us. The subconscious mind plays an important role, because we don't perceive directly many things any more, they have become a habit. Analyse your rooms carefully and should you be unsure about your perception, ask your best friend, he could be helpful as a neutral observer and help you with important information.

8. Avoid rough edges

If edges and corners point to the bed, I strongly advise to cover them with a piece of cloth or a plant. A canopy bed is a perfect solution in this case, it creates a perfect protection.

Progress report

» I was able myself to gain experience in Feng Shui with my daughter. Starting from the birth she didn't sleep well and only relaxed when she was allowed to sleep in her parent's bedroom. Then one day, I used my knowledge of Feng Shui and moved her bed to another position in her room and finally – we all were very surprised – she found a good night's sleep. Now, after many years of experience I always see that there are definite changes after applying the principles of Feng Shui to a room.«



Feng Shui in the children's room

By choosing the furniture of the children's room according to the principles of Feng Shui parents can actively prevent sleeplessness, lacking concentration or health problems of their child.

You don't always need a natural health practitioner, a psychologists or a doctor to make sure that your beloved ones feel comfortable. The furniture should be bright and light and should be easy to move around in the room.

However, to choose the right colour for the walls is a science in itself. Try to choose bright colours and patterns that are not too big for the furniture, carpets and bed linen.

Please also remember that children have a different perception of chaos and mess than we adults. Children don't find a lack of order in their room disturbing. But nevertheless every now and then you should remove toys that are damaged or not used any more. Moreover, you should keep in mind that „most of the time less is better“, because children can concentrate only on one toy at a time. The same is valid for clothes that became too small and cannot be worn any more, they should be removed from the wardrobe. Thus, the remaining cloths canbe arranged neatly. Don't place your child's bed in a way that its head points into the room. It would be good if the door could be seen from the bed but the most important is the direction of the head of the sleeping person and can only be de

terminated individually. The room should have good lighting conditions and should reflect the personality of the child.

Electromagnetic pollution is an important aspect in the bedroom

Avoid electromagnetic pollution in the bedroom. The clock radio should be placed as far away as possible from the head. Even lamps and lights often have, like the clock radio, a high electric or electromagnetic field – in order to avoid this it can be very effective to use special main switches. Mobile phones and cordless phones should be completely dispelled from the home. If you really do not want to do without them, try to get one of those cordless phone models that don't cause any radiation when plugged into the charger. The radiation fields can be measured and displayed and provide information about the quality of the sleeping place.

Spring mattresses

»The safest way to ruin his health is to sleep in a sick bed.«

The famous physician Paracelsus (1493-1541) already pointed that out.

The choice of the mattress also determines the quality of the sleep.

Make sure you sleep on a good mattress without any metal parts. Spring mattresses should be avoided by all means.

Many orthopaedist consider spring mattresses as a major cause for back pain. The metal conducts an electrical current and in fact that could mean that you are literally "electrified" all night. With waterbeds similar phenomena may occur and should be avoided for the same reason.

When choosing a mattress you should choose a metal-free product that is possibly made out of natural raw materials.

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Henry Krey, Berlin



Fragrance & Feng Shui

No doubt you've already had that experience: you come into a room and immediately you feel at home - or uncomfortable. This also has a lot to do with the scent. Happiness smells differently than anxiety or stress, joy smells differently than sadness and love differently than anger. All this is reflected in the room ambience and settles in the wall, wallpaper, furniture, carpets..

A meeting room smells differently after a tough negotiation or a dispute than after a successful session of creative minds. A hospital room feels differently than a cheerful children's room – yes, every family has its own “family fragrance”. Thus it is easily comprehensible that “cleaning” and “charging” the rooms with scents is also part of a good Feng Shui.



The quality is important!

Synthetic scents are chemically assembled. More and more people are allergic to it. These substances are to be avoided.

Nature-identical fragrances are readjusted from natural and synthetic materials and often smell like natural substances, such as Pine needles, lemon... The consequences to our health are uncertain, because often our body system only

reacts much later to these substances when you can no longer detect the connection.

Natural Pure Essential Oils and Essential Oil Blends: These include the essential oils from your local dealer. They should be 100% natural and organically grown. This is the means of your choice!

Fragrances well used!

100% pure natural essential oils have many properties and are effective against bacteria, viruses, fungi and of course against bad odours. You can clean your rooms and create a harmonious atmosphere. You can inspire, wrap, concentrate or refresh using a aroma lamp, an aroma stone or even the water you use for cleaning.

Follow your nose!

Which fragrance would you like? Just rely on your nose, because you and your family should feel comfortable. In general, it can be said: citrus scents create a cheerful atmosphere, flowers harmonize; herbs, woods and needles vitalize and bring you back to earth and are especially suited for the energetic cleaning. Lavender can be used for general relaxation. Meanwhile, there are wonderful blends with names that indicate their use: e.g. **Space Clearing** for cleaning, **Sleep Well** for a good night's sleep or **Velvet and Roses** for some sensuality in the bedroom.

Learn more at: Vielharmonie GmbH,
Naturparadies 1, D-87466 Oy-Mittelberg
Phone: 0049 8366/8988-388
www.vielharmonie.com/shop

Text: Monika Reißler, Vielharmonie GmbH
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That's how Feng Shui influences your *luck in love*



Look into the correct direction
when meeting for the first time

Always carry a small compass with you. Your Gua number tells you whether love is around when you meet someone for the first time. Sit so that you always look into your love direction (s. table). Note that the Chinese New Year that is used for calculating the Gua number begins around 4 February. Everybody born before February 4 still belongs to the year before.

When we stay at home more often, conflicts may happen more often especially when there are negative factors in the environment.

Feng Shui is not just changing the position of furniture – Feng Shui affects your mind and can be decisive to your emotions and thus have an impact on your love luck. With Feng Shui you can as well increase your resonance and finally send out the vibration to find the partner you long to find for a long time already.

It is possible to increase your personal luck in love by simply following the principles of Feng Shui. It may be that your furniture are arranged negatively in the room or that the home furnishing hinders your relationship. For long time couples who again and again get into disputes, Feng Shui can help to create more harmony. Some hints help to activate your love life in your own home.

A very effective method is the system of “8 houses”, but also basic Feng Shui rules can contribute to the luck in love.

YEAR	man	woman	YEAR	man	woman	YEAR	man	woman
1937	9	6	1961	3	3	1985	6	9
1938	8	7	1962	2	4	1986	2	1
1939	7	8	1963	1	8	1987	4	2
1940	6	9	1964	9	6	1988	3	3
1941	2	1	1965	8	7	1989	2	4
1942	4	2	1966	7	8	1990	1	8
1943	3	3	1967	6	9	1991	9	6
1944	2	4	1968	2	1	1992	8	7
1945	1	8	1969	4	2	1993	7	8
1946	9	6	1970	3	3	1994	6	9
1947	8	7	1971	2	4	1995	2	1
1948	7	8	1972	1	8	1996	4	2
1949	6	9	1973	9	6	1997	3	3
1950	2	1	1974	8	7	1998	2	4
1951	4	2	1975	7	8	1999	1	8
1952	3	3	1976	6	9	2000	9	6
1953	2	4	1977	2	1	2001	8	7
1954	1	8	1978	4	2	2002	7	8
1955	9	6	1979	3	3	2003	6	9
1956	8	7	1980	2	4	2004	2	1
1957	7	8	1981	1	8	2005	4	2
1958	6	9	1982	9	6	2006	3	3
1959	2	1	1983	8	7			
1960	4	2	1984	7	8			



Activate your love area

Based on the Gua number and the system of „8 houses“ everybody has his particular love sector. Sleep with your head into your love direction or in the appropriate sector in the house (see table). It can positively change your luck, your feelings and love.

GUA	1	2	3	4	6	7	8	9
Sector and Direction	S	NE	SE	E	SE	NE	W	N



Feng Shui for a faithful partner

In case you have a pool, pond or fountain, it should never be placed on the right side of the entrance (seen from the house towards the outside). The most favourable position would be on the left of the entrance. But make sure you checked all the other Feng Shui rules before.

Find the love of your life

If you want to find the love of your life, it also requires the inner Feng Shui – the Feng Shui of the spirit. For this you need to visualize the image of your ideal partner or your ideal dream woman. Write down exactly how your partner should be and always keep in mind that your wishes can come true. Create a collage of your dream partner.

Mirrors in the bedroom threaten your relationship

If you have a mirror in the bedroom directly opposite your bed your relationship will fall apart because of a third person.

Avoid mirrors or shiny, reflective surfaces, which further ensure a good night's sleep.

Avoid conflicts by so-called “poison arrows”

These could be:

- >> Protruding corners and edges pointing at you in bed, at work or on the sofa.
- >> Exposed ceiling beams above the bed or above your head and wherever you stamore often. “Poison arrows” create a conflict area, which can be avoided.
- >> Aggressive objects create conflict, arguments and disharmony.



Are you open at all to a new relationship?

The entrance represents your future. Look out of your front door is there a wide and open area or rather a large hedge and a high fence? Trim the hedge and thus enhance the entrance area, which gives you freedom and invites new partners.

Trash cans and trash outside the front door indicate that there is something wrong.



Feng Shui Compasses: www.luo-pan.com



Hook a partner, but check your Feng Shui from time to time

Check your actions from time to time and you'll see that all too easily negative features and habits creep in again. Every now and then reconsider the measurements that you had taken. Now it's time to show yourself in public, try to go to a bar and single meeting more often or to try a contact exchange. The way to your ideal partner now is free.



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If you could change anything in your life what would you wish to change?

Happiness, health, a partnership that promotes and supports you? Financial success or professional growth?

Can you imagine that it is possible to activate your unused potential with the help of interior design, thus influencing lives positively? For more than 3000 years, the science of Feng Shui is well known in China. Countless successful applications and intensive experience have proven – **Feng Shui works!** Are you curious now? Come and experience our evening lectures, learn the basics in our daily workshops or better benefit from a classical Feng Shui consultation or training. With Feng Shui towards a better quality in life. We are looking forward to seeing you!

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