

LIFE AREAS TEST

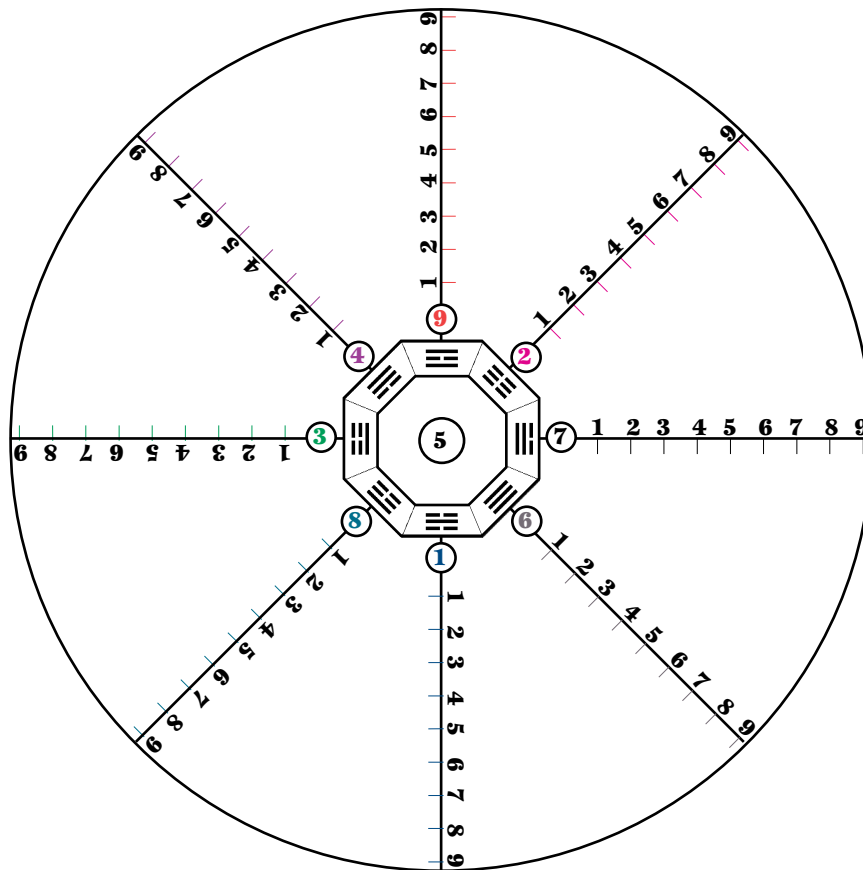
Write the letter of the answer that most closely resembles your reply on the line on the right (there are no questions #5)
This will be self-scored. Please answer honestly.

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1. **Have your job advancements matched your expectations?** 1. _____
A. More than expected B. Just as expected C. Not nearly as expected
2. **Do you have a romantic partner?** 2. _____
A. Yes, a very good relationship B. Yes, with ups and downs C. No I'm single
8. **Your health is...** 3. _____
A. Very Good, rarely get sick B. Some problems, but nothing serious C. Poor, chronic or serious illness
4. **Are you living according to your own personal values?** 4. _____
A. Yes, there is congruency between my beliefs and my actions B. I try to C. No, or never thought about it
6. **Have you traveled to the places you dream of going to?** 6. _____
A. Yes, at least half of them B. One or two places C. Seldom travel, and not for pleasure
7. **Do you get along with children?** 7. _____
A. Yes, I love children B. Not with all children C. I'd rather not be around children
8. **Do you find it easy to study?** 8. _____
A. Yes, I love to study B. Only certain subjects C. I'm not good at studying
9. **Do you have many acquaintances?** 9. _____
A. Yes, I know many people B. I feel more comfortable with a few close relationships C. I prefer to be alone
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1. **Does your present occupation reflect what you have dreamed of doing?** 1. _____
A. It's exactly what I dreamed of B. It is somehow related to my dreams C. It has nothing to do with my dreams
2. **Do you get along with co-workers, business associates and customers?** 2. _____
A. Yes, very well B. Fairly well C. It's a struggle
3. **Your relationships with family members are...** 3. _____
A. Harmonious B. Strained C. Rocky
4. **Are you satisfied with your share of material possessions?** 4. _____
A. I have more than I'd expected. B. I'm comfortable C. I don't have enough.
6. **Do you feel a strong connection to Spirit?** 6. _____
A. Yes, very strong B. Sometimes I do, sometimes I don't C. Have not experienced such a connection
7. **Are you involved in any creative project?** 7. _____
A. Yes, I practice an art B. I am creative at home and work C. I am not the creative type
8. **Do you ever meditate or take some "quiet time"?** 8. _____
A. Yes, daily B. Sometimes C. No, I'm always on the run
9. **Do people speak well of you?** 9. _____
A. Most of the time B. Some of the time C. Rarely
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1. **Are you well compensated at your present job or occupation?** 1. _____
A. Very well paid B. Fairly paid C. Underpaid
2. **When you have teamed up with other people for a certain project things went...** 2. _____
A. Smoothly B. There were some problems but were solved C. The project didn't succeed.
3. **Are you involved in the Community you live in? (neighborhood, church, clubs, etc.)** 3. _____
A. I help organize activities B. I sometimes participate C. I mind my own business
4. **How pleased are you with yourself and your personal achievements?** 4. _____
A. I feel proud of myself B. I think I should be doing more C. I often doubt my own worth.
6. **When you have needed help (big and/or small needs), have people other than your family given you a hand?** 5. _____
A. Yes, promptly and altruistically B. Only after I asked C. I had no one to turn to
7. **Do you ever do things just for fun?** 7. _____
A. Yes, at least once a week B. Every so often C. Don't have time for fun
8. **Do your own decisions make you happy?** 8. _____
A. Yes, most of the time B. Sometimes they do C. I don't seem to know what I want or need
9. **Are you well known in your area of work?** 9. _____
A. Yes, "everyone" knows me B. Not as well known as I'd like to be C. Few people know I exist

Give yourself: **a 9 for every A** **a 6 for every B** **a 3 for every C**
 Add up the results for all questions of the same number, then divide the sum by three:

1. _____ + _____ + _____ = _____ /3 = _____
2. _____ + _____ + _____ = _____ /3 = _____
3. _____ + _____ + _____ = _____ /3 = _____
4. _____ + _____ + _____ = _____ /3 = _____
6. _____ + _____ + _____ = _____ /3 = _____
7. _____ + _____ + _____ = _____ /3 = _____
8. _____ + _____ + _____ = _____ /3 = _____
9. _____ + _____ + _____ = _____ /3 = _____

Mark the final results on the corresponding lines of the wheel below with a dot, then joint the dots with lines to see what shape you get:



This Wheel of Life Areas will show where your strengths and weaknesses are and will suggest which Areas of your home you might want to work on first. Please refer to the next page for the location of the Life Areas in a home.

THE NINE LIFE AREAS

WEALTH, PROSPERITY AND SELF-WORTH

ELEMENT: WOOD

NUMBER: 4

LATE SPRING

COLORS: PURPLE, GREEN,
GOLD

FAME, REPUTATION & SOCIAL LIFE

ELEMENT: FIRE

NUMBER: 9

EARLY SUMMER

COLORS: RED, BRIGHT
ORANGE

MARRIAGE, RELATIONSHIPS AND PARTNERSHIPS

ELEMENT: EARTH

NUMBER: 2

LATE SUMMER

COLORS: PINK, SKIN
TONES, EARTH TONES

HEALTH, FAMILY AND COMMUNITY

ELEMENT: WOOD

NUMBER: 3

EARLY SPRING

COLORS: PURPLE, GREEN,
GOLD

GOOD FORTUNE CENTER

ELEMENT: EARTH

NUMBER: 5

COLORS: YELLOW,
EARTH TONES

CHILDREN, CREATIVITY & ENTERTAINMENT

ELEMENT: METAL

NUMBER: 7

EARLY FALL

COLORS: WHITE, BRIGHT
AND PASTEL COLORS

WISDOM, SELF-KNOWLEDGE AND REST

ELEMENT: EARTH

NUMBER: 8

LATE WINTER,

COLORS: BLUE-GREEN

CAREER, LIFE MISSION & INDIVIDUALITY

ELEMENT: WATER

NUMBER: 1

EARLY WINTER

COLORS: DARK BLUE,
BLACK

HELPFUL PEOPLE, SPIRITUAL LIFE & TRAVEL

ELEMENT: METAL

NUMBER: 6

LATE FALL,

COLORS: GRAY, MAUVE

WALL THAT CONTAINS THE MAIN ENTRANCE

Each of these areas has been assigned an element, a number, a season and a set of colors. We can use this information to enhance the space in our home or office that relates to the Life Area that we wish to improve. In order to find out where the Life Areas are located in your building, draw a tic-tac-toe grid over the floorplan of your home or office. You can do this by measuring the overall width and length and then dividing those measurements by three and marking the spots. Then draw lines to join the dots. If your building is square you will end up with nine smaller squares of equal size. If it is rectangular, you will have nine small rectangles of equal size. If your building is "L" or "C" shaped, some of the areas may be outside of the floorplan.

What is Feng Shui?

In the Chinese language, the words Feng Shui mean literally “wind” and “water” – the forces that shape the world.

Feng Shui, the Art of Placement, proposes arranging the space in order to reproduce the signs of nature that we recognize as life-nurturing and safe. This provides us with positive feedback about our lives. Feng Shui makes sense, because a lot of its advice stems from common sense. Additionally, it is based on the same principles as Traditional Chinese Medicine, Asian Martial Arts and Oriental Philosophy.

The old Chinese masters identified 9 Life Areas that need to be tended to for people to be Happy, Healthy, Prosperous and Free:

1. Career, Life Mission and Individuality
2. Marriage, Relationships and Partnerships
3. Health, Family and Community
4. Wealth, Prosperity and Self Worth
5. Center of Good Fortune and Gratitude
6. Spirituality, Helpful People and Travel
7. Children, Creativity and Entertainment
8. Wisdom, Self Knowledge and Calm
9. Fame, Reputation and Social Life

Why is Feng Shui so Important?

A person’s closest environments – their home and their personal office – provide a great deal of information about their beliefs, values and habits. Just as when we walk into a person’s place we form an impression of them, every time we return to our home or workplace we make an impression about ourselves. The space gives us constant feedback on how we are doing in the different areas of life.

Since our space provides us and those around us with information about our lives, we want that information to be accurate. Is our place reflecting who we are and who we want to be? If not, our environment may be hindering instead of supporting our purposes.

What can Feng Shui Do for Us?

Arranging our space so that it reflects the signs of Life Thriving (Good Feng Shui) gives us good feedback. Bad Feng Shui (going against nature) is like being under the care of a suppressive parent, who constantly tells you, “You are not good enough” or “You can do nothing right.” On the other hand, good Feng Shui is like a supportive parent who tells you “Well done!” and “Great work!” and “I love you.” Which would be more conducive to creating Health, Wealth, Happiness and Love in your life? The answer is obvious.

Creating a Supportive Environment

There are three main factors in creating a supportive environment: safety, control and simplicity.

Safety: Any piece of furniture or feature in our homes that has sharp edges, is unstable or in any way poses the potential for accidents is considered by the unconscious mind as an imminent source of danger. Something similar happens with exposed drains and uncovered toilet seats, which remind us of potential losses. If we do not handle these issues, part of our mental energy will be engaged in “being wary” of them.

Control: People are more productive and feel more at ease when they enjoy a full view of the place in which they work, cook, rest, etc. If we work with our back to the door we will often be turning our heads to see what’s going on or trying to guess what happens “behind our backs” by the noises and smells we perceive. Turning the furniture around so that we can see the door (without being right in front of it) will give us a much greater sense of control. If this is not possible, we can place a mirror in a position that will allow us to see the entrance while we work.

Simplicity: An excess of stuff clutters not only our space but also our minds and our hearts. Being able to let go of the past and of that which we no longer need is a very positive attitude. Clutter is at its worst when it is found in circulation areas, as it blocks the passage not only of people and pets, but also of the Life energy, which the Chinese call *ch’i*. Keep only those objects that you love and use.

Next time you come home, see it through the eyes of a stranger. What does it say? Are you happy with what it’s telling you? If you aren’t, you can do something about it. Feng Shui can help.

The Practitioner

Monica P. Castaneda holds a degree in Architecture from the Central University of Ecuador, her native country. She has also received extensive training as a visual artist. Her interest in Feng Shui led her to study the principles behind the art in order to adapt it to the needs and belief systems of the Western Culture, with the aid of Dr. Susana Kronfeld, a practitioner of Traditional Chinese Medicine. She has studied meditation, metaphysics, and several approaches to healing and space, and incorporates these into her practice. She is also an instructor of Macrobiotics Cuisine.

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