Feng Shui Your Own Home

With the 9 Steps to Feng Shui® System

Monica P. Castaneda
Feng Shui is the ancient Chinese Art of Placement and has been in use throughout the Orient for thousands of years. The complex wisdom of the Feng Shui aspects gathered in these pages constitutes the dynamic experience of the author. An investigation of these inspired words is meant to lead you to your own understanding of this complex wisdom. The author makes no claim for absolute effectiveness. The adoption and application of the advice or information offered is solely the readers’ responsibility. The author of this book does not dispense medical or psychological advice or prescribe the use of any technique as a form of treatment for medical or mental problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help readers in their quest for spiritual wellbeing. If the reader chooses to use any of the information in this book as is the reader’s constitutional right, the author assumes no responsibility for the reader’s actions.

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“Feng Shui” means Wind and Water

The term “Feng Shui means literally “Wind and Water” the forces that shape the landscape. It is pronounced “Fung Schway” and it refers to a set of rules in Chinese philosophy that govern spatial arrangement and orientation in relation to patterns related to the Universal Laws, as expressed in the Natural World.

It is said that the term Feng Shui is actually a short way to refer to an ancient poem, which described the ideal conditions of a place where human life could thrive, in harmony with Heaven and Earth.

The winds are mild,
The sun is bright,
The water is clear,
The trees are lush.

Feng Shui is at least 5,000 years old. The Feng Shui masters of Ancient China had the responsibility of finding sites where palaces, farms, and villages could be built with a certain guarantee that people could not only survive, but prosper there. They also were to find burial sites where the memory of ancestors could be honored for generations. At a time when there were no weather reports and history had just started to be recorded, Feng Shui practitioners had to rely on their powers of observation of the natural world.

In modern times Feng Shui also deals with the surroundings of a building [including streets and other buildings], its shape and landscaping, as well as with the colors and materials of the outside and inside of a space.

Feng Shui Your Own Home offers you the opportunity to utilize the knowledge of Feng Shui without having to devote a lot of time to study.

“A loving atmosphere in your home is the foundation for your LIFE. Do all you can to create a tranquil, harmonious home.”

(Taken from the Instructions for Life, Author Unknown)
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Feng Shui Your Own Home: Key #1

Please answer the questions and follow the instruction in the corresponding sections of the book in the order they are presented. As you complete chores, come back to this key and address the next question.

1. Is the floor plan of your home complete? A complete floor plan is square or rectangular, with no missing parts. U shaped, C shaped, L shaped and irregularly shaped floor plans are considered incomplete.
   - Yes  Skip to chapter 2
   - No   Go to chapter 1 and learn how to complete your floor plan

2. Does your home have a long and narrow hallway?
   - Yes  Go to item 2.1
   - No   Go to the next question

3. Are there any ceilings in your home that are too low or too high?
   - Yes  Go to item # 2.2
   - No   Go to the next question

4. Are there any rooms in your home that are too small or too big?
   - Yes  Go to item # 2.3
   - No   Go to the next question

5. Are any rooms in your home too dark or too light?
   - Yes  Go to item # 2.4
   - No   Go to the next question
6. Now go to item #2.5 and see if you are dealing with any of the problems listed there. When you are done, go to the next question.

7. Read page 22 and the top of page 23, then go to the next question.

8. Do you and others get a good impression when arriving at your place? Whether your answer is yes or no, check out ways to increase curb appeal in item #3.1.1

9. Do you have any trees blocking the entrance or trees blocking windows?
   - Yes     Go to item #3.1.2
   - No      Go to the next question

10. Do you see something beautiful as soon as you walk in your house?
    - Yes     Go to the next question
    - No      Go to item # 3.1.3

11. If you would like to learn how to enhance your foyer go to item #3.1.4

12. Do you know what items attract good chi, in other words items that are chi magnets?
    - Yes     Go to the next question
    - No      Go to item # 3.1.5

13. Go to item #3.1.6 and take a look at the conditions of an ideal Feng Shui entrance and compare this with the main entrance to your home. Then answer these questions:

What parts of the ideal entrance are already present in your entrance?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What parts of the ideal entrance are already present in your entrance?
What parts of the ideal entrance are missing in your entrance?
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

What actions could you take to bring your entrance closer to the Feng Shui ideal?
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

14. Does your front door face a door to the outside or a large window?
☐ Yes   Go to item #3.2.1
☐ No     Go to the next question

15. Are there any straight paths inside or outside your home?
☐ Yes   For straight paths inside your home go to item #3.2.2
        For straight paths outside your home look at the side bar on page 22
☐ No     Go to the next question

16. Does your home have ceiling fans?
☐ Yes   Go to item #3.2.4
☐ No     Go to the next question

17. Are there any staircases in your home?
☐ Yes   Go to item #3.2.5. If your staircase faces the main door go to item #3.2.5.1
☐ No     Go to the next question

18. Are there any walls creating sharp angles at the corner?
☐ Yes   Go to item #3.2.6
☐ No     Go to the next question
19. Are there any exposed beams inside your home?

☐ Yes  Go to item #3.2.7
☐ No  Go to the next question

20. Are there any corners of other buildings or roofs pointing directly at your front door?

☐ Yes  Go to item #3.2.8
☐ No  Go to the next question

21. Is your home located on a corner lot?

☐ Yes  Go to item #3.2.9
☐ No  Go to the next question

22. Go to item #3.3 to learn how to prevent chi (life force) stagnation and drains.

23. Are there a lot of windows in your home?

☐ Yes  Go to item #3.3.5
☐ No  Go to the next question

24. Do you have any room with strange angles inside (not 90°)?

☐ Yes  Go to item #3.4.1
☐ No  Go to the next question

25. Are there any walls in your home that are not completely vertical?

☐ Yes  Go to item #3.4.2
☐ No  Go to the next question

When you are done with question number 25 move on to Key #2, on page 36.
Feng Shui Your Own Home

Step 1

Complete the Floor Plan

In Feng Shui we consider a floor plan complete when it is a full square or rectangle.

A complete floor plan helps you connect with the idea that you have been given everything you need to live a life that is happy, healthy, prosperous and free.

Incomplete floor plans need to be completed. Turn the page to find out how.
STEP ONE: COMPLETING THE FLOOR PLAN

The first thing you check a house for is completeness. Does its perimeter, when seen from above, form a complete square, a rectangle (most common), oval, circle, or octagon? If it doesn’t, say, if your floor plan has an L, C or U shape, it has to be fixed. The cure to apply here is either physically or virtually to “complete” the building.

Whenever possible, apply cures both on the inside and on the outside.

1.1 FROM THE INSIDE

- To cure an incomplete shape from the inside, we use stained glass, semitransparent curtains, mirrors or pieces of artwork that have a long distance perspective.

  - We use stained glass or semitransparent curtains when there are windows present.
  
  - We use mirrors to create the visual impression that the space continues into the area that is missing.
  
  - We use paintings of landscapes seen from afar (long distance perspective) whenever it is not practical to use mirrors.
  
  - We place items that will soften the sharpness of the edges generated by the incompleteness (or “missing” portion of the perimeter) on the inside. For example, strings of beads, cords and tassels, mobiles (except wind chimes, which should only be used outside or by a window that stays open most of the time), plants, round tables with pots or flower arrangements on top.

A corner is missing in this home, at the far back of the living room. To complete the floor plan, a large mirror has been placed on one side of the missing area, and sheer curtains have been used for a window on the other side of the missing area.

A large plant has been added in front of the corner to cover it up.
Feng Shui Your Own Home

Step 5

Harmonize Colors

Color has deep physical and psychological effects in people.

In Feng Shui, five different families of colors interact with each other in a complex system of checks and balances, which has a relationship with feelings, moods, and even with systems and organs in our bodies.
Now I will show you some examples of the same living or family room layout but starting out with different base colors.

On the left we see a living or family room that has the white/silver tones family of colors in the floor and walls.

The color family to the right of this one is the deep dark tones family, so a black entertainment center, tables and accessories have been used, followed by the tree family of colors in the couch and chairs, curtains and a green plant. The fire family comes in with a crimson red carpet and basket, and finally the earth tones are represented by a simple ornament placed on the table.

Imagine that you have moved into a place with a very dark colored carpet, but where you are allowed to paint the walls. The family of colors that follows the deep dark tones is the Tree family, so a sage green has been used for the walls. The fire tones come in with red-wood furniture and door and curtains to match, as well as some apples on the table. The couch and chairs are in earth tones, and finally there is a white lamp and an off-white rug to bring in the last family of colors as an accent.
5.3 COLOR FAMILIES THAT GET ALONG: COLOR PROPORTIONS

Families of colors that are next to each other in the circle are better combined if the one on the left, when reading the chart clockwise, is in greater proportion than the one on the right. The family of colors on the left is considered the “mother” of the family of colors on the right, and you always want to make sure that the “mother” is bigger than the “child.”

You may want to get a piece of white paper and cover up one side of this page at a time and note your reactions to each.

<table>
<thead>
<tr>
<th>Mother</th>
<th>Child</th>
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<tr>
<td>WATER IS THE MOTHER OF WOOD</td>
<td>Deep dark tones are the mother of the tree tones</td>
</tr>
<tr>
<td>WOOD IS THE MOTHER OF FIRE</td>
<td>Tree tones are the mother of the fiery red tones</td>
</tr>
<tr>
<td>FIRE IS THE MOTHER OF EARTH</td>
<td>Fiery red tones are the mother of earth tones</td>
</tr>
<tr>
<td>EARTH IS THE MOTHER OF METAL</td>
<td>Earth tones are the mother of the white/gray/pastel tones</td>
</tr>
<tr>
<td>METAL IS THE MOTHER OF WATER</td>
<td>White/silver tones are the mother of the deep dark tones</td>
</tr>
</tbody>
</table>

These color combinations (“child” bigger than the mother”) slow down the energy.

These color combinations (“mother” larger than the “child”) energize a space.