

# HOW TO FENG SHUI YOUR HOME

Feng shui is the ancient Chinese practice that charts the balance of energy, or chi, via scientific calculations. The goal of feng shui is to invite positive chi into your home so that your life feels both energized and balanced, and it's a relatively simple way to improve the vibes of your space. Here are some tips to inspire some good energy for making your at-home time as pleasant as possible.

## CHECK YOUR COMMANDING POSITIONS

In feng shui, one of the most important principles is the commanding position. Essentially, this is the position of some important pieces of furniture: the bed (it represents you), the desk (it represents your career), and the stove (it represents your wealth). The main thing here is to be able to see the door when using these items. You shouldn't be directly in line with the door, but shouldn't have your back to it either. All this comes into play so you can receive optimal positive energy.

## GO VERTICAL

Integrating some vertical shapes and lines in your home represents growth and expansion. You can make this happen in a variety of ways. Add some lighting where the light travels upward. Add a tree to a corner to make the space feel taller. If you have the room, put in some tall bookshelves. Work with the parameters you have to create the feeling of height.

## KEEP THINGS CLEAN

Having too much clutter around is probably not going to do your mental clarity any favors, let alone your interior design scheme. In feng shui, clutter is believed to take up valuable space that new incoming energy needs. Make it a habit to clean up your workspace each day. Not only will it make you feel less stressed out, but it'll also create a sense of order in such chaotic times. Plus, you'll get a clean start each day, which should benefit your productivity.

## DECLUTTER THE ENTRYWAY

In feng shui, your entryway represents the way energy enters your home and your life. Get rid of piles and balled-up socks. Do some dusting and decluttering. If you've got the space, add some plants and artwork. Do whatever you can to make the area feel inviting.

## REMOVE OBSTACLES

Are the most frequent routes in your home—say, from the bedroom to the bathroom—free from tripping hazards? Is there an end table you bump into every day? Think about how you move through your space and try to make the paths as clear as possible. If this inspires a major rearrange, you probably needed it. Efficiency is everything in feng shui, so it's important to clear obstacles from your path and make your flow as easy as possible.

## ADD PLANTS

Your new life motto should be: When in doubt, add more plants. There is more detail on which ones will help you find your ideal chi and where they can be best positioned, but the short answer? Plants embody life energy, so they'll add freshness and vitality to your home.

## INCORPORATE METAL

The metal element is great to incorporate into your home office as it helps with clarity, sharpness of thought, calming and balancing energies. Metal can help with productivity as well. This couldn't be more timely to incorporate into your home as we all navigate new working schedules and spaces in a more work from home world. Bring in some decorative bowls, statues, or small sculptures.