

7 Beginner Tips for Feng Shui in the Home

Infuse your space with a calming and positive **vibe** by taking **cues** from the ancient Chinese practice of feng shui, which aims to create a harmonious environment that promotes positive energy. Following specific feng shui rules helps guide energy throughout the home, making it more peaceful. There are several feng shui methods for creating tranquility, including furniture arrangement, color choices, organizational practices, and carefully considering what you bring in or take out of your home.

To help you get started, our editors compiled a list of the best feng shui **tips** to make your house a **stress-free** and happy place.

1. Set the tone by decorating with a feng shui color (or colors) that will bring a positive, calming energy to your house. Based on the feelings they evoke, colors can represent one of the five feng shui elements:

- **Fire** (passion and high energy): Red, orange, purple, pink, and yellow
- **Earth** (nourishment and stability): Light yellow, earthy hues, and neutral tones
- **Metal** (clarity and preciseness): Gray and white
- **Water** (ease and abundance): Blue and black
- **Wood** (growth and vitality): Brown and green

Choose a **hue** based on the type of energy you're looking for in a specific space. It's okay to mix the different colors from each element if you're trying to **amp up** or **pare down** a room's energy level. For example, a room featuring a lot of fire elements, like red and pink, can be cooled down with small blue accents, like decorative pillows and vases, from the water element.



2. The arrangement of furniture is a fundamental component of a feng shui space. Furniture should be situated in a room so that it does not restrict the flow of traffic or qi, the movement of energy. You'll want to make a clear passage for foot traffic by placing a sofa against a wall—the wall farthest away from the room's entrance.

3. Choose furniture featuring round, smooth edges because sharp lines and corners are thought to give off negative energy. However, if you do have furniture with sharp corners, they shouldn't point toward another piece of furniture, like a bed or chair, as it can prevent calmness and relaxation.

4. Remove the clutter for a calm and relaxing feel. Messes restrict the flow of positive energy from passing through, making an area feel confined and evoking a sense of anxiety. This is especially important in the front of the house where the positive energy initially enters your home. Therefore, it should be the most inviting and tidy space. The entryway should be obstacle-free and well-lit.

5. Repair it! Whether it's already broken, cracked, or falling apart, try to make repairs as soon as possible to prevent the flow of energy from being restricted. This applies to dead plants, too! As soon as one has died, replace it with a fresh bloom.

6. Use mirrors to reflect positive energy throughout the room. Floor-to-ceiling mirrors can make a space, like a living room and dining room, feel calmer, airier, and bigger (*above*). If you want to hang a smaller, less obtrusive mirror, make sure everyone can still see the reflection of their full head. Also keep in mind that a mirror shouldn't be placed opposite of an entry door as it will reflect the good energy back outside.



7. Include natural elements, like plants, flowers, fruit, and water, in your decor to emit positive energy into your home. Indoor trees help energize dark corners, while fruits (like oranges and lemons) and flowers can bring good fortune. However, avoid using flowers with thorns as they can stop the flow of qi. One of the feng shui elements, water, is essential to include. Try placing a water feature, like a fountain, in your entryway, bedroom, or bathroom, to release relaxing and harmonious vibes.

Source: <https://www.wayfair.ca/ideas-and-advice/7-beginner-tips-for-feng-shui-in-the-home-S11989.html>



Vocabulary

to infuse (verb)

to saturate, to fill

vibe (noun)

feelings, sensations

cues (noun)

signal

tips (noun)

advice

to set the tone (expression)

to determine the mood

stress-free (adj)

calm

to evoke (verb)

to produce, to create

hue (noun)

colour

to amp up (verb)

to raise

to pare down (verb)

to lower

clutter (noun)

disorder



Questions

Question 1

Name two of four feng shui methods for creating tranquility.

Question 2

Name the five feng shui elements.

Question 3

How can you cool down fire elements?

Question 4

How can you describe the flow of qi?

Question 5

Why should you choose furniture with round, smooth edges?

Question 6

Why should rooms not be messy or cluttered?

Question 7

Why should you try to make repairs as soon as possible?

Question 8

Why should you use mirrors?

Question 9

Why should you include natural elements, like plants, flowers, fruit, and water, in your decor?

Question 10

Which of the feng shui elements should be in a room?



Answers

Answer 1

1. furniture arrangement
2. colour choices
3. organizational practices
4. carefully considering what you bring into or take out of your home

Answer 2

1. Fire
2. Earth
3. Metal
4. Water
5. Wood

Answer 3

Cool down fire elements with small blue accents or decorative pillows and vases.

Answer 4

The movement of energy is the flow of *qi*.

Answer 5

Sharp lines and corners are thought to give off negative energy.

Answer 6

Clutter and mess restrict the flow of positive energy.

Answer 7

It is important to make repairs to prevent the flow of energy from being restricted.

Answer 8

Mirrors reflect positive energy throughout the room.

Answer 9

They emit positive energy into your home.



Answer 10

Water is essential in a room.

