

SELF-HELP FENG SHUI – CREATING PERSONAL POWER

According to feng shui principals, each area of a room, house or workspace is imbued with specific characteristics. Where a person is positioned in any space can affect his or her experience, and the placement of objects influences the people within a space. As human beings, we feel safest when we are furthest from an entrance because distance gives us time to react (ie. cave dwellers). So being situated at the greatest distance from an entrance makes us feel more secure and powerful. On the Feng Shui Bagua, the 3 areas furthest from an entrance are called the '**Power Areas**'.

Self-Empowerment (*Fortunate Blessings - 4*) - In ancient times people believed in luck and the idea of good things being bestowed on them. In more modern times, this idea has been transformed into 'self-improvement' and 'personal growth' – ie: taking control of our lives.

Future (*Fame - 9*) – Whether we have a wish to do something fantastic or visualise a goal, the future is experienced as directly ahead and slightly out of reach. This bagua-area is directly opposite the 'self-fulfilment' area of Life Path (1), and this indicates that *you* are the centre of all your experiences, so only *you* can take charge of your life and where you want it to go.

Partners (*Relationships- 2*) – Most people are right-handed and cultures usually use right-handed gestures for greeting. The entire right side of the bagua is associated with communication, so good use of this bagua-area facilitates the flow of conversation, ideas and feelings; commitment to another person; and the ability to empower oneself through language and action.

To learn more about Self-Help Feng Shui and how you can apply it to improve your home, workspace and life, just drop me a line at: jean@bestmoveforward.com