

The Power of Intention

When we decide to change the chi in our house or workspace, to create more personal power in our lives, we use 'cures'. There are two levels of feng shui 'cures': The Visible Level and The Invisible Level:

The visible level is the external (or physical) environment, and it creates **5% - 10%** of the effectiveness of the cure.

Physical action creates the visible level of the cure: eg. placing a mirror, hanging a wind-chime, or moving the bed.

The invisible level is the internal level of the cure: your hopes, dreams and desires. The invisible level is the real power behind the visible side of your reality. The invisible level of your cure creates **90%, or more**, of the cure's effectiveness. Intention, visualisation (and perhaps spiritual influences) help create the invisible level of the cure.

Your strong desire for what you want is the **'intention'**, and you mentally see it coming true for yourself, with **'visualisation'**. So when you perform the physical action of placing a cure, make a strong intention of what you want, eg. better physical health; and a visualisation of that intention, eg. seeing yourself become healthier. A small prayer (spiritual influence) won't go amiss either!

To create a powerful intention it is important to:

1. Know clearly what you want
2. Possess a strong and clear desire to have it
3. Believe that it is yours.

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