

# Feng Shui tips for your home

## De-clutter

Remove all clutter inside and outside of the house. This includes piles of unorganised paper, rubbish and refuse. You will be guaranteed to feel refreshed and clearer in your mind.

## Fresh air

Keep a constant flow of fresh air throughout your home. Open doors and windows when you can. This will enliven your living space and assist with a general sense of wellbeing.

## Spring clean

Throw out or give away unwanted goods, including clothes, shoes and various household items that are no longer to your liking. They may be others who may need these things more than you. This will also allow you to 'let go' of the past.

## Clearing out

Clean out your pantry and kitchen cupboards. Throw out any expired food, broken crockery and anything else you no longer require.

## Repairs

Repair any broken items of furniture, including any damage to the structural details of the house. This may include cracked roof tiles, broken or chipped windows, even flaking paint. Our house is a representation of us, and a house gradually becoming rundown represents a gradual decline in health.

## Sleep well

Avoid sleeping with your head within 1 metre of electrical equipment including clock radios, TVs, computers, electric blankets and mobile phones. This includes having the metre box on the other side of your bedhead wall. Electromagnetic fields, although not seen by us, can have tremendous effects on our bodies and our sleeping patterns.

## Plant life

Ensure all plants and flowers are kept fresh and alive. Always remove dead or sick plants from a home. Fresh and abundant plant life will bring in good energy as well as lifting your spirits.

## Sounds & smells

Playing beautiful music and having beautiful smells [aromatherapy] in your home are also a great way to attract good energy. Your home will not only 'sound' and 'smell' amazing, you will love being there!



## Garden

Keeping your front garden beautiful and tidy will entice opportunities to come to you. Ensure it is clutter free and all the plants are alive and healthy.

## Leakage

Always repair leaking taps. This suggests a gradual loss of income, 'money is going down the drain'.

## Maintenance

Regularly clean floor surfaces, keep cobwebs at bay in the corners of the wall and clean curtains, rugs and carpets often. This will allow fresh energy to enter and well in your home regularly.



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