

## **STEP INTO DECORATING... With Feng Shui....Column 4**

***Feng Shui (pronounced "Fung Shway" is often described as the Chinese art of placement. This ancient Chinese philosophy can be used to design spaces within the home.***

***The term translates to wind and water.***

***Feng Shui explains the dialogue enacted every day between you and your living space. While in Interior Design and Architecture are concerned with aesthetics, feng shui focuses on how an environment is experienced by the people who inhabit it. Improving the flow of energy in the environment, improves the flow of energy in the human being. Creating a nurturing environment with as much high quality energy (chi) is our goal as designers. Chi is the life force energy that suffuses all things. It's in everything, everything is composed of chi, and therefore, chi connects everything and everyone. The better the quality of chi coursing through a thing, the healthier, more vibrant, or more beautiful that thing is. When our bodies experience low chi or blocked chi, we experience fatigue or develop health problems.***

***Feng Shui philosophy references nine different aspects of life: wealth, health, fame, partnership, children, helpful people, career, knowledge and family. Each one of these has a corresponding physical space within any environment, including a house, a specific room within a house, an office, a lot, a table and so on. If there is a change made to the physical space, then there will be a change ---good or bad---in the corresponding life aspect.***

***Create harmony and direct chi.***

***Mirror – create the illusion of light and space.***

***Water – views, fountains, streams and aquariums bring good chi into a room.***

***Color – Red activates any area, Yellow represents longevity and green symbolizes growth.***

***Plants – Where a plant thrives, so will the occupants of the house.***

***Wind Chimes – Sound is an uplifting source and they moderate energy flow.***

***Furniture arrangement – Arrange furniture so that people can sit with a windowless wall behind them for support and protection. Allow spaces in rooms; do not stuff with furniture and things. Chi needs to circulate within the room.***

***Start today:***

- ***Clean and declutter every part of your environment.***
- ***Take care of maintenance issues***
- ***Take care of yard work***
- ***Make sure your foyer or front entry is inviting***
- ***Add enhancements***
- ***Remove dead plants***

***Yin and Yang are terms you probably have heard before in connection with Chinese culture. They are opposites. Yin is symbolized by feminine, cool, dark, soft, rounded, earth, moon, small, ornate, wide, horizontal and floral images. Yang is symbolized by the opposites: masculine, warm, light, hard, angular, sky, sun, large, plain, narrow, vertical and geometrical. A comfortable mix in the environment is what we strive for in design.***

***With the basic concepts of chi, the elements and yin and yang you can begin to study your environments.***

***Enjoy your creation of good chi,  
And remember***

***Your Home is Your Castle***

***Mary Lozano-Jenkins  
Registered Interior Designer  
The Jenkins Interior Design Group, Inc.  
Interior Arranger***

[www.thejenkinsinteriordesigngroup.com](http://www.thejenkinsinteriordesigngroup.com)

[www.sendoutcards.com/maryj](http://www.sendoutcards.com/maryj)

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Have fun, relax and learn about these great topics.**

**For More information contact:**

**Mary Jenkins**

**Registered Interior Designer**

**[MJKG1@aol.com](mailto:MJKG1@aol.com)**