

Shui with me

Everyone knows what Feng Shui is all about...to a degree. But does it have any real use? And is it all its cracked up to be? *Caitlyn Davey* met the experts to find out what the ancient art could for you.

Feng Shui expert, Shivani Adalja, from the Alignment Institute gave us her insight into Feng Shui, and how we can apply it to our lives.

Shivani explains, 'Feng Shui is the Chinese science of energy management, which is literally translated as "wind and water". In ancient China, wind was associated with a good harvest and pure water brought good health. In other words wind brought stability at home and water helped people to prosper. The exact origin of this science is unknown, but it surfaced in Chinese history around 6000 BC. Over the years Feng Shui has spread all over the world and is now being used by celebrities and big corporations to bring about balance in their environment.

'So much has been written and said about this science that the true essence is lost somewhere in translation. Unlike many would like to believe, Feng Shui is not about displaying dragons and frogs. It's all about finding stability and prosperity in your environment. Some of the guidelines are so simple that they will amaze you. The main focus of Feng Shui is to arrange the layout of your home and office in such way that there is harmony and balance in your life.'

Can we do it ourselves or do you recommend consulting someone?

There are many types of Feng Shui schools out there and some of them are not accurate. Many people have attached superstitious beliefs to Feng Shui these days. Therefore it is always advisable to hire a certified Feng Shui practitioner who has years of



Shivani Adalja



The first rule: clear your clutter

experience and is able to detect energy flow easily. However there are certain general rules that everyone can follow and benefit from the results.

Where should we begin?

The first step towards implementing Feng Shui is clearing the clutter. A general rule of the thumb is to go through all your clothes and belongings and if there is anything you have not used for over a year, it's time to let it go. One year has all the seasons and if the items have found no use in any of the seasons then you are probably not going to use them at all. Look around you; do old photographs surround you in every corner? Old memories invade your emotions at all times? Are you living in your past? Pack up all the things that are holding you back. Keep a few old photographs to remind you of good old times and pack away the remaining things. Make space in your surroundings for that special someone to come.

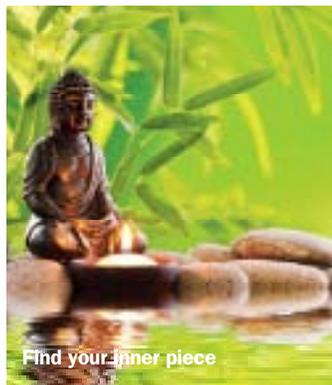
In the workplace, it can be difficult to 'rearrange'. Are there any easy ways of making a desk or office a healthier work environment?

Just like your home, it is also time to clear the clutter from your office.

When your office is cluttered, so is your mind. Clutter slows down energy movement, leads to stagnation. Go through the pile of paperwork on your desk. Keep what is needed and file away the rest. Organise your desk; surround yourself with positive things such as professional achievements and family photographs. Arrange your desk in such a way that you get wall support. The wall provides solid support, so you can relax and be more productive. If your back is towards a window, keep the window closed at all times to avoid being hit by excessive energy on your back. If you have restrooms opposite your office, avoid

looking into them. Remove any dead plants from your surroundings. They hamper the good energy flow. Sharp corners, caused by oddly shaped rooms, pointed directly at your chair or office creates harsh energy. Prolonged exposure to these corners might lead to migraines and stress which will affect your work.

Once the office energies have been balanced, ensure to clear you desk on weekly basis. Don't let clutter accumulate and keep your immediate space open and airy. *Contact Shivani at The Alignment Institute, www.shivaniadalja.com, align@shivaniadalja.com.*



Find your inner piece

Quick tips from Shivani to practice Feng Shui yourself

- Always pick furniture in proportion to the size of your home. Oversized and bulky furniture hampers the energy flow within your home
- Open windows for fresh air and light. The movement of energy helps in circulating good energy
- Avoid placing a television or any bulky electronic items in your bedroom as these items create harsh energy and hamper sleep
- Avoid placing your bed opposite a toilet or bedroom door for a

- good night's sleep
- Paint your living room, dining room and study room in vibrant colours to create active energy to enhance family interaction
- Bedrooms should always be painted in soothing light colours to keep the energy calm and relaxed for when you need to rest
- If you have a beautiful view from your living room, place a mirror to reflect that view in your home. By doing so you are inviting good energy into your living space