



Arranging environments to enhance the quality of your life.

Practice Inner Feng Shui (June 2007)

Successful feng shui is like two sides of a coin: external modifications of your environment to balance its energy (chi) and internally oriented practices to balance your "inner chi." When both sides of the coin are in balance, you and your home are in harmony. Take time each day to center yourself. There are many ways: meditate, read an inspiring book, take a yoga class. Simply writing your daily expectations each morning will help you clarify your desires and attract them to you ("like attracts like"). Your home will begin to reflect your inner clarity and peace.