

### **Stairways of Energy (March 2008)**

In feng shui, stairways symbolize “waterfalls of chi.” Chi is the energy that animates all things. In our homes, we want to capture and manage this life-affirming energy so that it supports our every need. I often enter homes, especially older Colonials, where the front door opens directly into an interior stairway. Every time the door opens, energy rushes down the stairs and out the door. This creates an energy deficit that can have adverse effects on those living there. For example, money and opportunities tend to “fly right out the door.”

To circulate and lift the chi flowing down a staircase, hang a large, faceted crystal, wind chime, or chandelier between the stairs and door. If there’s room, place a table and a rug as you enter the foyer. Be sure the rug does not have a striped pattern that runs from the stairs to the door, or it will draw energy out the door. A good way to slow down energy flow in a staircase is to hang pictures in a horizontal line rather than in a stepped pattern, which accentuates the waterfall effect. You can also place a large plant, chest or piece of sculpture at the base of the stairs to “ground” the chi.