

Arranging environments to enhance the quality of your life.

## Mouth of Chi

Compare the two entrances below. Which is more inviting? The most important area of your home is the entrance, which is called the Mouth of Chi. This is where life-affirming chi (energy) enters into your home--and into your life.



There are many ways to create a chi-filled entrance: decorate it with colorful flowers (avoid hanging dried--dead--plants on your door), hang a windchime with a melodious sound, place a welcoming doormat, paint your door your favorite color, or add "greeters" (a pair of small trees or sculptures, such as foo dogs) on either side of your door that welcome and "protect." If you live in an apartment building that restricts decorative items at your door, wrap a red ribbon around the doorknob with the intention that it is attracting powerful energy your way.

Avoid sharp objects or thorny plants, such cacti or rosebushes, near your door--they can push opportunities away. Make sure that your door opens easily and as far back as possible. Furniture and clutter placed behind a door obstruct and stagnate the flow of chi, which could leave you feeling stuck.

Make a commitment to welcome yourself home each day. All it takes is a little creativity and some good intentions.

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