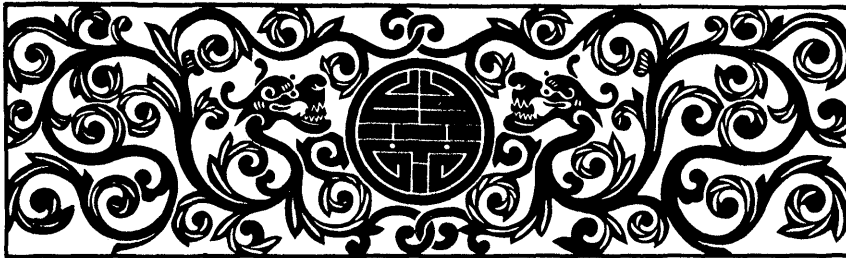


The Room of First Impression

Bob Longacre

When you enter one of Europe's great Gothic cathedrals, you learn all you need to know about first impressions. All over the world, great structures were built based on the mathematics of the human body.¹ The ancient architectural masters knew full well that this initial impression of scale would act to harmonize people with the cosmic symmetry of the Earth and heavens. By studying this great architecture and scaling its ideas to size, you can achieve the same effects in your home and life.

When you realize that the Earth and cosmos are a single living entity, it becomes apparent that humans are not just insignificant specks in a vast unknowable universe. In fact, your body is a miniature hologram of the cosmos. Each person is like a pebble dropped in a pond causing ripples with their thoughts and actions that eventually touch the whole pond or universe. The life force that makes this all possible is Chi.



**Chi is the singular thread that animates and weaves
everything into a living universal tapestry.**

¹ Please refer to *Earth Design: The Added Dimension* for Leonardo da Vinci's theories on this topic. There is also a discussion of ergonomics which is pertinent to the mathematics of the human body.

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Chi is the force of life-consciousness that permeates all humans. It is part of your aura, that personal living template or hologram that makes you unique. Your individual Chi field interacts with everyone around you as you share air, affect other's thoughts, and manipulate matter in constructive and destructive ways.

Chi motivates galactic births, the wind, tides, and volcanoes. Like a stream flowing through a field, it percolates through and nourishes everything. Your role is to be a catalyst for Chi, ensuring its continued healthy flow through your life and the universe. You can do this by using the principles of Feng Shui in your home, office, and life. This subtle art awakens your innate abilities to *read* and *see* how best to conduct Chi throughout your spaces. The result is health, happiness, and success on all levels which gradually illuminates and eliminates loneliness, fear, and illness. Your home becomes an extension of yourself, needing your love, guidance, and sometimes a helping hand. This is Feng Shui!



Moving Energy

Energy moves through your home like it moves through your body. Studying Chi's movement through the body can help you understand its movement on the macro scale of your house and environment.² And as everything is related, how Chi flows through your home can positively or negatively effect your health.

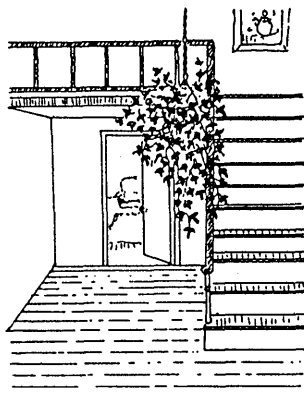
Chi is *breathed* into the interior through the front door. It circulates, ideally nourishing the entire home before flowing to the back door where it is *exhaled*. Like your eyes, ears, and skin, doors and windows are the house's apertures for inhaling Chi, air, light, and sound. The flow of Chi is a continuous process.

Your body's aura, that mostly invisible *energy glove* that surrounds the body, is the living circuitry that connects you to and also separates you from the cosmos. The equivalent circuitry surrounding your home is the web of the neighbors, trees, water and air quality, animals, and power lines. These define

² Please refer to "Energy Systems and Feng Shui," p. 275.

the quality of the life force of the home; they can be a loving buffer or a chronic toxin. Your neighbors, their structures and environmental manipulations, are literally part of your energy field. This definitely gives new meaning to community!

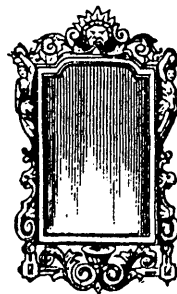
The Initial Impression



The initial impression of the property should be conducive to a healthy Chi flow with a large, well-maintained pathway.

It is vitally important that the area outside and inside the front door, or the *mouth of Chi*, be safe, well lit, and uncluttered. It should be proportionally sized to breathe in enough quality Chi to sustain a healthy home or apartment. Any entry room or mud room should also be large enough to handle the initial breath of Chi and conduct it harmoniously through to the inner organs of the home.

A mirror or artwork with depth, added to the back wall of an undersized entryway, will create space.

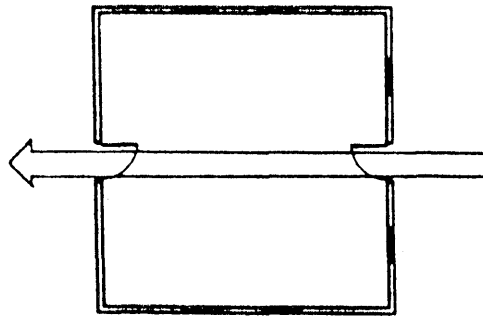


It is a law of physics that a mirror creates the depth equal to the observer's distance from it. Thus, a six-foot deep, cramped room can become twelve feet deep with a large mirror on the back wall. Any doorways or continuous combinations of doors should also be large enough and aligned on the same axis as the front door.

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Front and Back Door Alignment

A cramped entry can strangle Chi, but just as disabling is a direct view of the back door from the front door.



Chi will over accelerate and fly right out of the building through the back door, leaving the home gasping for air. This can create illness along the body's central meridians,³ and intestinal problems, along with strained interpersonal relationships.

To remedy this condition, hang a multi-faceted crystal, wind chimes, or Chinese flutes just inside of the front and back doors as well as at any major intersecting doors along this axis. These act to slow down and circulate Chi throughout the home.

Hallways and doorways represent arterial breathing passages and valves for Chi and collectively must foster a meandering path for healthy Chi flow. The halls need to be wide enough to handle a healthy quantity of Chi. The doors also need to be wide enough and function smoothly on their hinges, handles, and locks. Carefully chosen artwork and mirrors can create depth. Certain colors and textures can visually enlarge these Chi pathways in the home and prevent choking and clogging as well as bickering types of disease patterns from manifesting in the occupants' health.⁴

³ Please refer to "Energy Systems and Feng Shui," p. 275.
Graphic: *Earth Design: The Added Dimension*.

⁴ Please refer to the section of this book: "Feng Shui for the Health Body," p. 273.

Stairs

Many homes have front doors that open onto a set of stairs going to the second floor. Chi that is already inside the home as well as financial opportunities can roll back out the front door. Having stairs too close to the front door can also adversely affect the heart and divide the consciousness.

As a remedy, add a table with plants, a hanging plant, or artwork to pull the focal point away from the stairs. Placing a basket on one of the lower stairs acts to catch Chi and keep it from flowing back out the front door. A hanging crystal or wind chimes also helps circulate Chi.



Homes with an entry way that opens to stairs going down is even worse; it creates a feeling of insecurity, danger, or even of falling that can lead to fear and tentativeness in life. Fortunately, closing a door or adding a door can easily fix this. Otherwise, use objects chosen intuitively to change the focal point away from the stairs.

Lighting

Interior lighting creates an encompassing overtone. Underlit and gloomy lighting is obvious in its effect, but excessive light also poisons the atmosphere. Glare from the outside poisons Chi. Caution should be used in adding large windows, greenhouses, or whole walls of windows. Avoid placing major sitting/conversation areas of chairs and sofas in the glare of a window or in a natural path of the Chi and traffic flow.

Natural light from northern facing windows is unique. It produces no glare, no fading of carpets and furniture, and no rapid temperature fluctuations. In southern exposures, pounding sunlight creates a tone of passivity and avoidance as well as too much energy.

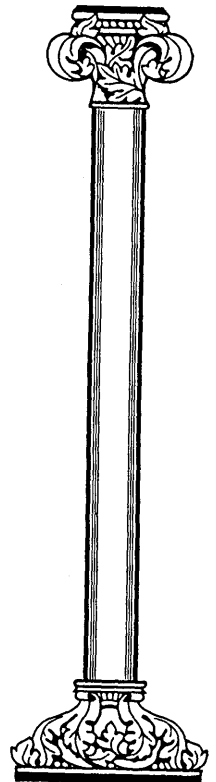
The Room that Sets the Home's Tone

The ideal first impression of a room is one of wide open space that is well lit and ventilated. This will set a tone of creativity, joy, openness, and a healthy expansion of emotion in both residents and guests. This room expresses the occupants' lifestyle. It is the initial *vessel*⁵ or *organ* accepting Chi into the home. The contents of this space should be chosen and arranged as carefully as a symphony.

**A crucial juncture of Chi is the impression created by
the first room⁶ seen beyond the front door.
This room sets the tone for the entire home.**

The Living Room

The living room, the family room, or the study are the best first impression rooms because they promote relaxation, thinking, and hospitality. Carefully choose and place an initial symbol in this room. It may be a piece of sculpture or art work that will draw the eye to it and set the tone of the room. Let the symbol speak to the visitor (and the occupants!) of who you are or what your ideals are: a sculpture of the Buddha, a painting that inspires you, or a photograph of a whale breaching. Notice the different first impressions you get upon seeing a Monet print on the wall versus a poster of Mötley Crüe in concert. A properly chosen symbol balances the right and left brain and bathes the viewer in its beauty.



⁵ *Accept Feng Shui and Earth Design into your vessels: your home and your spirit. Please refer to the explanation of this book's cover in the opening pages.*

⁶ *The entry vestibule is also an important consideration. It should be well lit and inviting, with a noticeable feeling of demarcation and transition from the outside world into your home. Even in a small apartment, the feeling of an entryway can be created with an area rug or a change in flooring.*

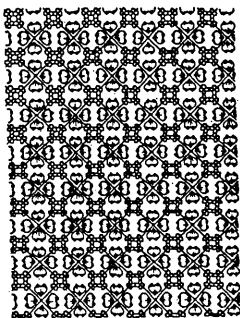
The Bathroom

Bathrooms should be avoided as the first impression. No one wants to set the tone of the house with elimination. Water represents wealth, and the home's Chi, opportunity, and success go straight down the drain with the water. The bathroom in the first room location will also create ill health, especially with such internal plumbing as the bladder.

Keep the door closed or use the trusted methods of art and texture to divert attention away from the bathroom. A plant outside the door will do the trick. In the Chinese harmonic flow of elements, the plant-vegetative forces of growth (wood) are nourished by water (bathroom) and in turn feeds consciousness (fire), preventing it from being doused by the bathroom (water).⁷

The Kitchen

A first room view of the kitchen is not good either. The first impression becomes food, which could promote overeating, thus diminishing self worth in the residents. Children are especially vulnerable to this, and the propensity in modern architecture to enter a home through a kitchen-dinette area has contributed its fair share to overweight westerners. It also leads to excessive family dynamics, and bickering over kitchen issues: who gets what to eat when, who cleans up, and who does the shopping. This configuration attracts guests whose main reason for visiting is to eat.



The solution is to shield the kitchen with a Chinese-type screen, a tall plant, or wind chimes to divert attention or to use any other means of creating separation.

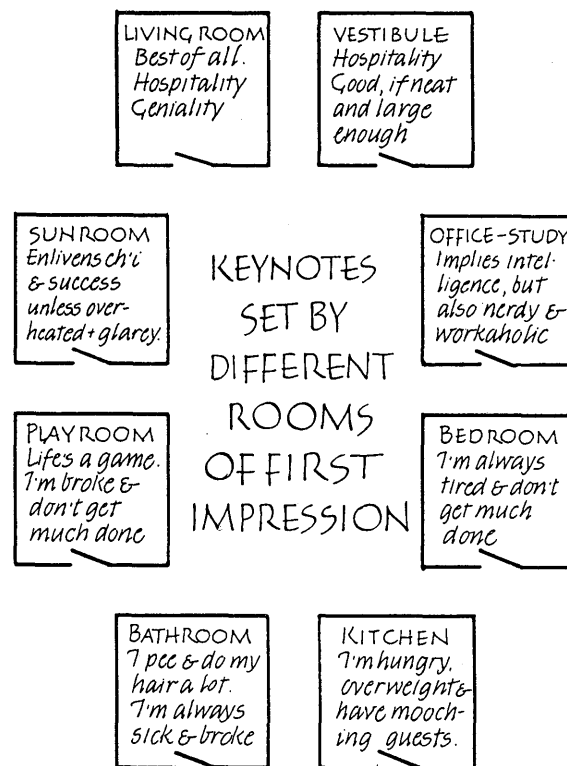
⁷

To learn more about the five element theory and the creative and destructive cycles of the elements, please refer to "The Five Phases of Energy," p. 81.

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The Bedroom

The bedroom as a first impression promotes laziness. Residents will always be tired, yawning as soon as they walk in the door. Keep the door closed, put a mirror outside the room, or use anything that diverts attention. The master bedroom should also be off the main pathway or meridian of the home and away from the main entrance. This insures the residents control over their own destiny and a more peaceful life. A mirror hung beyond the central meridian can *move* the bedroom off of this unfavorable position.⁸



⁸

Carefully placed mirrors can solve many location problems. Please use only one mirror solution at a time. This will allow you to monitor its effects exclusively and fine tune or abandon it when necessary.

Here are additional things to avoid and to seek when you are evaluating the room of first impression.



Remember to trust your intuition when evaluating your space and the changes you make.

Correct, change:

Correct dangerous conditions: loose floorboards or tiles, psychically intrusive or sharp wall or ceiling objects

Secure fragile or tipsy objects.

Clean clutter, garbage, and dirty laundry.

Avoid using synthetic materials whenever possible.

Fix unmaintained conditions: peeling paint, broken windows, and blown light bulbs.

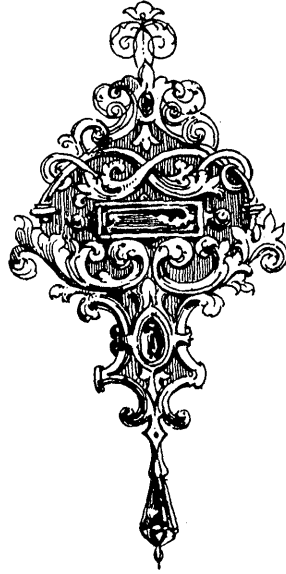
Do:

Seek spaciousness and the best maintained conditions possible.

Use pure uplifting colors, inspirational art work, natural materials, and whenever possible, soothing music.

Use live plants and real flowers; they attract success, maintain health, represent growth and potential, and their colors/aromas act as air fresheners and pure soul food.

Strive for synergy. Have hospitable, touchable objects, friendly colors and decor, and comfortable furniture. The decor and contents should inter-relate with who you are, your vision, and each other.



The first room in the home is the decompression chamber between the outside world and your nest. Great architecture and structures sweep you off your feet upon approach, and once entered, they evoke inspiration and awe. You can create the same feeling within your private space.

With intuition, imagery techniques, experimentation, and plain old asking, you can co-create with this *living being*: your home, apartment, or work space. Lovingly done and evolving over time, your spaces can grow to create an initial impression that uplifts, inspires, and above all, welcomes everyone involved in the loving arms of a spiritual oasis.

Excerpted from
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