

Art and Design Solutions

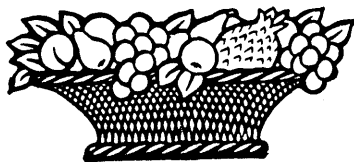
Pamela Laurence

Traditional Feng Shui cures such as crystals, mirrors, wind chimes, bamboo flutes, and beaded curtains have been used for centuries to activate energy flow. Though these are valuable Feng Shui tools, they may not be appropriate for your lifestyle or needs. Contemporary art, crafts, and design can also be used as Feng Shui solutions. Incorporating art and designs that have true meaning for you is always the most effective Feng Shui cure.

**Objects that you truly love and that symbolize
what you want to create in your life
will bring positive energy to the space and to you.**

The significance and symbolism of an object or piece of art is simply what you choose it to be. There are no rules or textbooks to tell you right from wrong about what an object means. You create your own symbolism and meaning by choosing art and objects with your intuition and feeling. Use color, pattern, texture, images, and themes as a means of creating your own Feng Shui cure.

For example, if you would like to incorporate the symbolism of the Earth into a Feng Shui adjustment, how would you start? Ask yourself what reflects the *feeling* of the Earth. Think of what the Earth means to you. What images and ideas come to mind? Protection? Mother? Roundness? Earth colors? What can you create or find to symbolize these qualities?



A large, round basket of fruit would give you the feeling of Earth by its roundness, natural texture, and the fruit of the Earth.

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A painting of a mother and child may give you the symbolism of Mother Earth protecting her child. Look for objects that convey the *feeling* of the moods or the ideals you want to reflect.

What if you would like to create expansion and upward mobility in your career? What would reflect this *feeling* of moving upward and outward?

How about a painting of the sky or a large expansive plant?



Remember, how an object makes you *feel* determines if you should use it as a Feng Shui design solution.

Play and have fun exploring the possibilities. Collect information and knowledge about art and Feng Shui, but let your own intuition be your guide. Many people are afraid of making mistakes. They feel that they do not know enough to begin to make changes, but there is a big difference between knowledge and knowing. Let your knowing or intuition give you the answers; it is never wrong. Learn to trust yourself; what was right for Buddha may not be right for you.

**If you like something and you resonate with it,
use it as part of your interior design and Feng Shui solution.**

As a guide to help you create your own Feng Shui design cures, you can use the eight energies of the Bagua.¹ Bring art and symbolism into the life areas represented by the Bagua, and you will generate the flow of energy toward your goal.

¹ Please refer to "The Bagua," p. 35.

Fame



Fame is who you are, your essence, what makes you unique. How strongly do you have a sense of yourself? What images come to mind when you think about who you really are? Can you be playful, serious, expressive, loving, wise, and compassionate? How can you reflect this in your space? Here are some suggestions for activating the fame area and its energy:



Hang a large painting or poster of a person you admire; place it in a gold frame to reflect your inner richness.

A ceramic vase in deep red in the fame area will show your passion; fill it with flowers that reflect your inner beauty.

Put a statue of a beautiful animal to symbolize your inner strength.

Hanging a round mirror will reflect your beauty and balance.

Make sure your selection has a special meaning for you. If your mother wants you to be a doctor but you would like to be a painter, hanging a portrait of a medical scene will not enhance *your* fame. This is your space; get rid of the back seat drivers in your life.

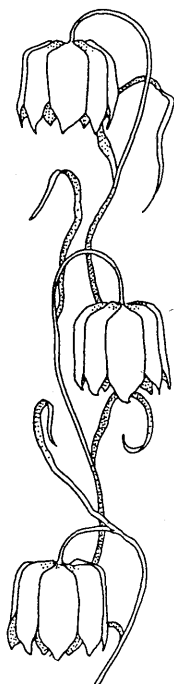
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When you let yourself go with the flow, you open yourself up to the creative force. This is the area where you can be as playful as you want to be. Use whatever inspires you.

Helpful People



Helpful people are earth angels; they help you on your path. You, too, can be a helpful person. What does *help* mean to you? How can you help people who come into your life? Here are some suggestions for activating the helpful people area:



Angels are fun here. They keep you safe and protected.

Use a photograph of someone who has special meaning in your life.

Put up a painting of a heavenly scene in a white or grey frame.

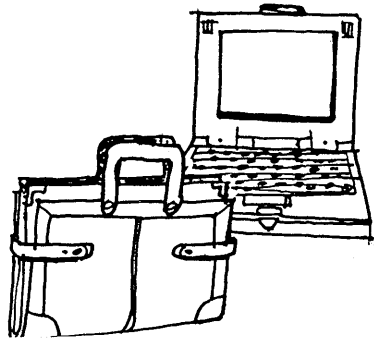
A crystal lamp in this area will shine the light of protection.

This is a good place for a statue of Buddha or another figure that will make you feel safe.

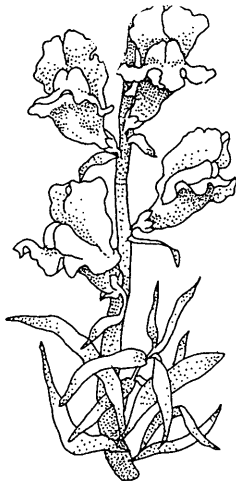
Place some earth stones here to ground and nurture the energy from the heavens above.

I use a collection of clay characterizations of people in the helpful people area. They are fun and have great significance for me; I feel connected to the people they represent in a playful, loving way. Whatever you place here should make you feel safe, protected, and supported.

Career



Your career takes you along your life's path. You do not want to be doing something you dislike as a career. What do you really want to do? What is important to you? Make your design cues reflect the career changes you want to make or support. Here are some suggestions to help you on your career path:



Hang a mirror to reflect your personal path.

A drum of any type in this area will remind you to step to the beat of your own drum.

A framed, artistic saying will keep you mindful of your true path.

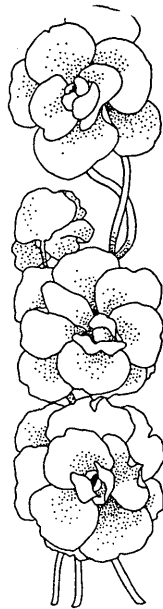
A painting of a lovely river or a ship sailing on safe seas will symbolize that you are going in the right direction.

I use copper fountains here. The water element is a wonderful reminder that your path in life should always flow smoothly, and the metal element supports an abundance of career opportunity. What you place here should make you feel that you are on course and in alignment with yourself.

Knowledge/Spirituality



Spirituality and knowledge is what you carry and cultivate inside yourself. Here are some suggestions to enhance your spirituality and self knowledge:



Place an empty crystal bowl to reflect your receptiveness to truth.

A rock, shell, or feather sculpture will connect you to nature.

Hang a scene of mountains and the sky to reflect your vastness and strength.

A musical instrument placed here will connect your chakras² with the musical tones.

A bookcase filled with books will reflect your knowledge.

Make your symbol and Feng Shui adjustment for this area reflect your true inner self and your connection to the earth and the heavens.

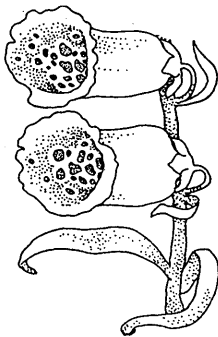


² Please refer to "Color and the Chakra System," p.311.

Family



Family includes friends as well as biological relatives. This area also relates to your ancestors and teachers. Here are some suggestions for the family area:



Hang your family photos in nurturing, wood frames.

This is a good place to put inherited art or furniture.

Antiques used in this area can reflect a sense of heritage.

I use baskets and vine sculptures in the family area. They bring the upward force and strength of trees along with the oneness of all things. Be sure that if you use inherited objects in this area that you truly love them. Do not keep them because you will feel guilty about giving them away. It is not good Feng Shui to keep anything that gives you unpleasant or negative feelings. Let go of the guilt; it is only someone else directing your life.

Wealth



Wealth comes in many forms, not just money. In what ways is your life rich? What is wealth to you? Health? Luck? Strong friendships? Make your Feng Shui changes reflect the wealth you would like in your life. Here are some suggestions for activating the wealth area:



Put out your silver tea service to reflect old world wealth and the loving wealth of sharing over a cup of tea.

Place a collection of your choice in this area to symbolize bounty.

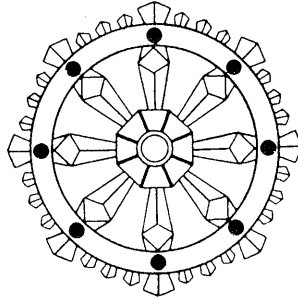
A purple vase of fresh flowers will show your wealth blooming.

Use silk or satin pillows so you can feel richness.

A fountain here will keep your wealth and abundance flowing.

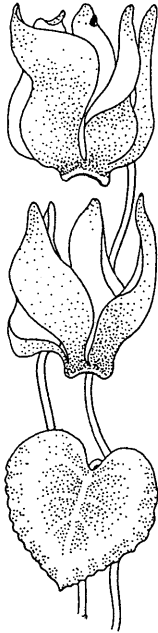
I use a rock sculpture here with a feather accent: the rocks symbolize a grounding force, and the feather symbolizes the lightness of the wind. Together they represent the power of wealth and the grace of sharing it. Your symbol in the wealth area should reflect bounty and sharing.

Tai Chi or Center



This is the center of your space. It contains all eight energies of the Bagua and none of them at the same time.³ It reflects your health, for if everything is in balance, so is Tai Chi. Because it is in the center of the room, working with the ceiling and the floor are the best solutions. Here are some suggestions for the Tai Chi:

A ceiling fan will keep Chi flowing.



Paint the ceiling with light fluffy clouds or with accents of angels, birds, or faeries.

Put up a wonderful light fixture to illuminate your space with beauty.

Use a beautiful area rug to ground and balance energy.

³

For an in depth look at the all/nothingness concept of the Tai Chi, please refer to "The Bagua," p. 35.

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Keep the five element theory⁴ of Feng Shui in mind as you choose your design solutions. A balance of the five elements in your environment will bring harmony to your space.

Wood:	Baskets Made of Rattan or Oak, Paper Boxes, and Frames Made of Wood
Metal:	Wind Chimes, Metal Sculptures, and Chairs
Water:	A Water Fountain and Glass Bowls or Boxes
Earth:	Clay or Terra-cotta Pots, Planters, Bowls, and Sculptures
Fire:	Candle Sticks and Incense Holders

Go to local craft shows and art galleries to find new and unique Feng Shui solutions. Have fun and be creative in exploring arts, crafts, and designs. When you find that red clay dish with the silly feet, perhaps you can place it in the children/creativity area of your living space so you can discover other Feng Shui solutions by using lightness and humor.



Graphics: Ardis Heiman

⁴ Please refer to "The Five Phases of Energy," p. 81.

Excerpted from
The Feng Shui Anthology

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