



## **Big Results for Small Spaces**

**Linda M. Johnson**

Feng Shui holds the key to the magical kingdom of peace and prosperity. How can simple concepts like rearranging furnishings or adding a plant, a mirror, or a touch of color have such a profound influence on people? Sometimes the littlest things create the greatest magic.

You may think you have to Feng Shui the entire house to see results. If you inhabit a small personal space such as an apartment, college dormitory, or mobile home, you might feel that you have to wait to do a Feng Shui cure until you own your own home. Destroy that myth right now!

**By taking control of your space, regardless of its size,  
you can positively affect your environment.**

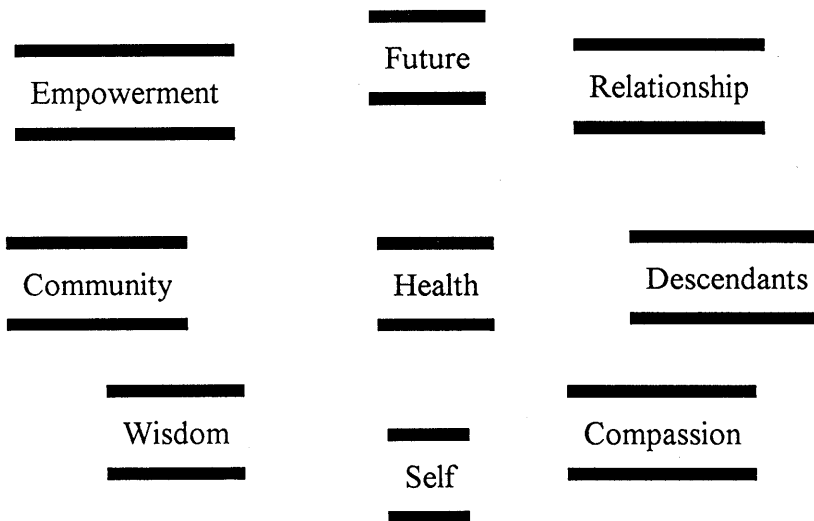
### **Tools to Use in Feng Shui**

Feng Shui may seem overwhelming at first, with its use of unusual terms and concepts such as empowerment area, Chi, and cures. But once you understand and know how to use basic Feng Shui tools, you will be able to easily apply them to your living space.



## **The Bagua**

A working tool called the Bagua can be overlaid on any room to determine the different energies that are inherent to each space.



These Bagua descriptions<sup>1</sup> have been expanded and modernized. The traditional labeling of the Bagua fulfilled the needs of the adult, Chinese male. The new labels are designed to be suitable for both sexes and all ages:

**Self:** (*Career*): By modifying this area's name to self, it becomes a more inclusive term. The term "career" can be misleading, especially with rapidly changing workplaces and family lifestyles. The term "self" connotes self-actualization and development of the inner person, something people of all ages can relate to.

**Compassion:** (*Helpful People*): Compassion is caring for your fellow humans. How can you help others? It may be as simple as offering a hand to someone.

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<sup>1</sup> This Feng Shui lineage describes the Bagua differently from the article "The Bagua," p. 35. It suggests a modern alternative to the traditional labels.

**Descendants:** (*Children*): Not everyone has children, but many have nieces, nephews, and children of close friends. Descendants refers to the children you influence or the child within yourself. Your legacy could be your writing, speaking, or actions.

**Relationship:** (*Marriage*): A relationship may consist of a mate, a congregation, an organization, or a business partnership. It is not always marriage in the traditional sense.

**Future:** (*Fame*): Fame does not drive every person. What do you want to create in your future? How do you want to be recognized and remembered?

**Empowerment:** (*Wealth*): The word *wealth* suggests money to most people. When you are empowered, money is just one element. Empowerment includes the ability to gain control of your life.

**Community:** (*Family*): In such a mobile society, you are sure to be involved in the community at large. In the past, families worked together on farms and in the family business; that is not done as much nowadays. Extended families are groups with whom you work and socialize. They are becoming increasingly important as children move away from their parents' cities and neighborhoods.

**Wisdom:** (*Knowledge*): You can read a book to gain knowledge; however, by experiencing life, understanding, and questioning, you gain wisdom.

**Health:** (*Center/Tai Chi*): When the exterior edges of the Bagua are set, you are centered in the Tao,<sup>2</sup> and health is created and sustained.

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<sup>2</sup> *Tao may be defined as the center of all things.*

## **242 Contemporary Earth Design: A Feng Shui Anthology**

Using the elements in analyzing a space can be revealing:

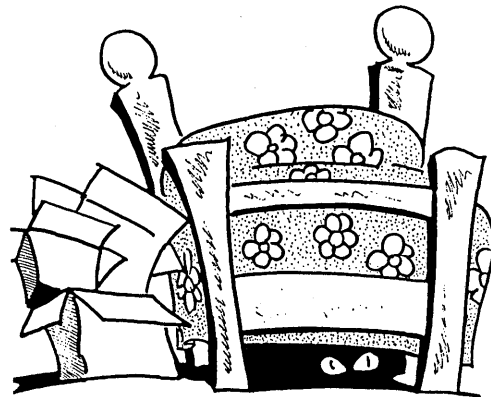
*One couple's apartment was dominated by the wood element. It had green carpeting, an abundance of photographs of forests and landscape paintings. Because wood symbolizes growth, they could never seem to settle down. New projects kept them so occupied they did not have time for each other.*

*We replaced the photographs with pictures of sunsets, placed a red pillow on the sofa (fire burns wood), and then added a metal candelabra (metal chops wood). A favorite picture of themselves was placed in the relationship/marriage corner. A small box with the yin/yang, the Chinese interlocking male/female symbol was also added. The box would remind them to cuddle and love each other.*

*To encourage the Tao, or centeredness, the central light in the overhead track lighting was pointed toward the middle of the room. This illuminated a medallion, or mandala, and centralized the focus of the room. They were able to make low cost adjustments; the room was balanced and the problem corrected. Voila! Inexpensive and simple cures enhanced their relationship.*

### **Evaluate and Change Your Space**

Beginning is simple; look around you. What is on the floor in your rooms? Are there things hidden under the bed? Are there boxes stacked in the corner? Do you have objects you have not touched in years sitting on your dresser?



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### **Eliminate:**

One of the easiest cures is getting rid of *everything* you have not seen or used in the last year. Eliminating anything unnecessary will do a number of things:

It will clear out needless items that impact your subconscious and upset your balance.

The items will benefit a new recipient: Goodwill, the Salvation Army or a garage sale attendee.

You will open up space for new opportunities to come into your life.

### **Clean:**

Clean everything! including the closets and drawers. (Okay, I sound like your mother...) The reason is simple. The subconscious is like a giant computer with unlimited memory. Everything is recorded and stored there, including annoying dirt and clutter. If it is not corrected, it gets imprinted again and again and blocks your subconscious. When you clear it away, your subconscious sighs with relief. As a result, your whole body relaxes, you sleep and function better, and your health and outlook improve. A pretty powerful reason to clean that room, isn't it?

### **Evaluate:**

Get to know yourself better! Look closely at your environment and how it impacts you. To help identify areas of your life that you would like to start working on, do the following exercise. Take a piece of paper and make two columns. In one column, write down all the areas in your life that you like and are satisfied with. In the other, put those areas that need improvement. **Do not rush this process.** It can be surprisingly enlightening and will help clarify your focus for beginning the necessary changes.

## **248 Contemporary Earth Design: A Feng Shui Anthology**

### **Cures for any Age**

The adjustment of personal space can greatly help children of any age. Often, children feel out of control in their lives and environments. Looking into children's rooms can give vital clues about what is going on in their life; it is their own small universe and personal sphere. Parents can help them make a change and see the results quickly.

### **Does your child:**

Hate getting up in the morning? Change the bed so that it faces east, or put a mirror across from an east facing window. The morning sun will encourage him to rise and shine!

Prefer napping in the afternoon instead of doing homework? Check to see if the desk is in front of a western facing window. The heat could be the culprit; put mini-blinds on the window or use a fan to circulate air.

Have problems respecting you? Place a low maintenance plant such as a philodendron in the community corner of the child's room. This allows growth to occur in the relationship between parent and child.

Have trouble with a friend? Put a ticket from the last rock concert they attended or a funny picture of the two of them in the relationship corner of their room and see what happens.

Whether they are for a child or an adult, small Feng Shui adjustments can start the flow of energy in your space and affect bigger changes than you ever imagined. When you begin, truly observe and evaluate your environment. Apply the principles of Tao, yin/yang, and Chi to the area. Compliment these by using the energies of the five elements and the Bagua. Then mark your calendar. You will be amazed at how fast things start to change. Experiment! Have fun! Simple changes in small places can allow new and wondrous events, people, and opportunities to enter your life.

*Graphics: Courtesy of Steve Reynolds, PO Box 636, Mariposa, CA 95338*

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