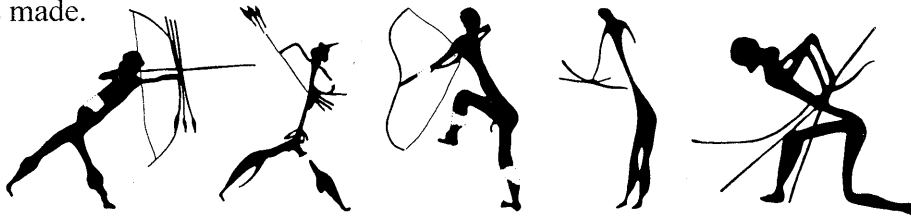


The Bones of Your Home

Carol Bridges

Feng Shui teaches that to be in harmony with yourself, you must be in harmony with your ancestral history. Your home gives you a unique opportunity to create this harmony by honoring its *bones*. Your body is built upon your bones, an inheritance from your biological ancestors and Mother Earth. Your house is also created from earth elements. The bodies of all living creatures that have walked the Earth before you have gone into making the natural resources and elements from which your house is made.



**Your dwelling was created from the bones of your earth ancestors.
It is a gift from Mother Earth that needs to be recognized
and honored within your home.**

To honor your ancestors and all that came before you, you might choose to set up an Earth altar in the ancestors area¹ of your home or room. Other good positions are the marriage area, which relates to the I Ching earth trigram, and the center area, which relates to the earth element.

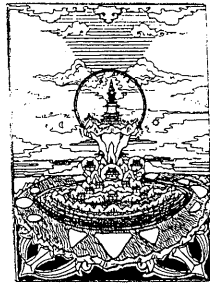
On the altar, you might have a piece of wood or stone to honor the materials² from which your house is built. Perhaps, place a photo of the house during its construction and something to represent the land it is built on, like a pine cone or a stone from the backyard. You will intuitively know which objects are right.

¹ Please refer to "The Bagua," p. 35.

² Please refer to "The Way of Beauty through Feng Shui," p. 267

Clearing Your Home's Energy

Energy from those who lived in your space before you may still be present. Clearing this leftover energy is vital. If the prior residents tried to make the home fun for children, lingering *childish* energy might impede your plans for a tranquil retreat. If the last tenants' marriage ended in divorce, or someone was very sick, patterns of this energy stay with the house until it is cleared.

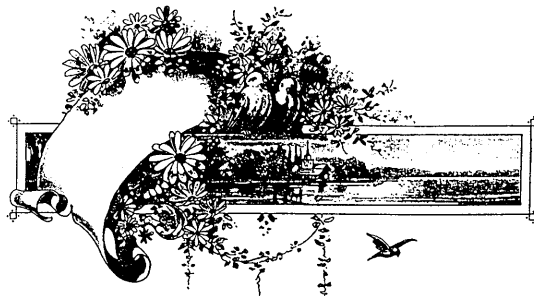


Feng Shui offers many methods, from mundane to transcendental, for clearing the subtle vibrations left by past occupants.

Start with a simple, down-to-earth solution such as cleaning. Clean and scrub your house down to the bones; remember to *clean* with visualization and intent too.

Do a mental inventory of your possessions. Objects in your home and surroundings influence you deeply. Often you become accustomed to whatever is around and cease to notice their effect on you. Your consciousness receives millions of messages per minute about what is in your surroundings; make sure that all the messages are positive. Surround yourself only with things you love and truly need. Do not keep anything that intuitively feels bad to you. The desk passed on to you by a workaholic friend will not do you any good.

After a physical cleaning, perform a cleansing ritual. The following is a visualization you can perform to honor the past residents, neutralize any energy that may have lingered, and prepare your home for your specific energy.



Imagine that you and a team of spirit energies (guardian angels, guardians, or however you choose to see these helping forces) are standing at the cardinal directions of the property; some north, east, south, and west.



Feel powerful energy gathering in your hands; you might imagine putting on energy gloves. Stretch your arms out in front and send strands of light across the property. Together with your team, visualize an energy blanket of light stretching from one side of the property to the other and reaching twelve feet underground.

Set the intent to clear all former energy patterns from the land which would interfere with your highest good. Then, lift the energy blanket, keeping it taut, moving it up through the house and property until it is twelve feet above the tallest point.³ Now, visualize bundling the blanket, tying the ends, and letting the team of spirit energies take it away to be transformed. End by chanting: "gatay, gatay, para gatay, para sum gatay, bodhi swaha"⁴ nine times, the most sacred number in traditional Feng Shui, or use a personal chant.

³ From Hermetic wisdom: "As Above, So Below."

⁴ From Black Hat Sect Tantric Buddhism Feng Shui, Please see the "Heart Calming Mantra" in "The Magic of Ritual and Feng Shui," p. 369.

402 Contemporary Earth Design: A Feng Shui Anthology

After your house cleaning and cleansing meditation, find an appropriate space in your home to perform *a renewal of the spirit* ceremony.



Quiet your mind and visualize the hopes and dreams you want to manifest in your house. You are now setting the etheric pattern. You can use such things as a stick smudge of sage or cedar, a candle, and a bowl of water to represent the natural elements.

Call upon your ancestors whose help you need, recognizing their skills and experience.



Speak your intent, telling them how you want to live in relationship to this particular house and land. Invite the ancestors' assistance in manifesting your desires. When you feel complete, give thanks to your ancestral helpers and the spirits of the space. Then, Celebrate!

Honoring Your Ancestors

You can honor your family by continuing some of their traditions. You will feel more connected, rooted, and akin to the universal forces if you do a celebration exactly as your ancestors did. Or you might carry a cherished object forward in time, like an heirloom quilt, letting it be the thread that binds you to your history.

**Honoring the past puts you in touch with
the larger wheel of life.**

Create a special space to hang pictures of your parents and grandparents. One client put up a wall of photos of all of her women relatives at a time when she needed to recognize her female heritage to empower herself. What history can you joyfully acknowledge at this point in your growth? It could be your nationality or your religious history. Who are the wise ones of your tradition? Can you symbolize their presence somewhere?

Using the Bedroom as the Focus

Keep in mind that even while you are asleep, you still receive messages about yourself from your environment and what you have in it. So, if you want good dreams, restful sleep, and a feeling that you are in charge of your life, Feng Shui has some suggestions.

Make sure your bed is across the room from the door, in a position where you can see anyone who might enter. Remove your computer, your business files, children's toys, or other things that keep your mind engaged in daily affairs. If you live in a studio apartment where space is limited, cover these items or keep them in cabinets or drawers. Make the objects you can see remind you of sleep, dreams, and the love appropriate to who you truly are.

The bedroom is the perfect place to actualize your dreams for the present.

Your bedroom should provide total, relaxing comfort. Look around the room. What is the first thing you see every morning and the last thing every night? Do the items you see generate happy, peaceful feelings? Do they remind you of jobs undone? Irritations? Or can you say, "My space inspires me, lets me know I live a good life, helps me to remember my dreams and soul's desires." Your bed should support you well, telling you all night, *you are supported*. Make your bed, by its form and coverings, a place of total peace and a place where it is okay to let go.

404 Contemporary Earth Design: A Feng Shui Anthology

The bedroom, usually relatively hidden and private, is a perfect place to live out your dreams in its decor. Be as creative as you wish. Learn from children. Their rooms often have fantasy themes that involve princesses, rock stars, or basketball players, planes and trains, or doll and animal families. Adult bedrooms do not have to be boring.

Allow yourself the space to dream. Provide sounds that nourish your spirit and textures that help you to experience sensuous pleasure. Create visual treats that you enjoy looking at each morning. Bring light to dull and dark corners. Clean up piles of anything; they are stagnating energy that drain your Chi. Build a meditation area or altar, put up pictures of a romantic interlude, and bring in plants to add more life force, whatever makes you feel good.



After a hard day in the world, come home to a place that reminds you of all that is good in your life. When you fall into bed, rest knowing that you sleep surrounded by the radiating love of your ancestors and the beauty and pleasure of your personal dreams.

You will find that your life takes root and flowers more easily than before after *getting down to the bones* of your house, recognizing its origins, and honoring your ancestors. The past has made your present place possible. Honoring this completed portion of the life cycle brings power to the place where you now reside.

Excerpted from
The Feng Shui Anthology

Jami Lin's
Feng-Shui-Interior Design

Visit JamiLin.com

Internationally renowned Feng Shui Master and
best-selling author shares the most effective teachings from all traditions!

The most effective & powerful, do-it-yourself Feng Shui advise in the world.

1• 800 • EarthDesign

In *The Feng Shui Anthology*, when the **Bagua** is discussed, **only the Life-Aspiration Energies are mentioned** (except in Derek Walter's article.). **To work with the Bagua and to maximize your Feng Shui with the information of all the masters, you must include your 8) Best Directions and 9) Flying Star Energies.**

Your [Personal Success Bagua-Map](#)
will optimize Feng Shui & Design Success

If you are a Feng Shui beginner or an expert...

Your Personalized Success Map
contains ALL essential, at-a-glance solutions
that Jami Lin provides during a private consultation.

IMPORTANT: Popular Feng Shui misconceptions!

- REAL Feng Shui is not a "one size fits all"
- There is not one Feng Shui map generic to everyone's home.
- If you moved in your home between 1984 and 2048, there are 2048 Bagua maps.
- **ONLY ONE BAGUA-MAP is correct for YOU**
and Your Home: and it is called YOUR [Personal Success Map!](#)

Check out YOUR Custom [Personal Success Map](#)
and [Listen About it!](#)

**Because YOU are now on your Feng Shui journey,
I made it really easy for you to personally benefit with my experience.**

- Schedule your private, **“by-the-Minute Consultation:”**
the BEST way learn and be 100% sure You are on the right track!
- Learn from **Home Study Mastery Program**
(With its **☆☆☆☆ “Hidden Treasure” review!**)
- Join our monthly **LIVE Q&A chat**, included FREE with
Mastery Membership and take advantage of all the mastery offerings!
- Read Jami Lin’s **Internationally-Acclaimed books.**