



Helpful Feng Shui Principles

When I started out in my professional organizing career, the topic of Feng Shui came up frequently. It seemed that there were Feng Shui principles that had a lot in common with organizing principles, and that the two approaches overlapped in certain ways. Over the years, I have learned more about Feng Shui, and, if desired by my client, I can incorporate some beginning principles into my organizing services.

What is Feng Shui? Feng Shui has been defined as the art of balancing and harmonizing the flow of natural energies in our surroundings to create beneficial effects in our lives. Just as is true for the organizing process, it is believed in Feng Shui that changes in the design of our living environment can produce important changes in our lives.

Here are a few Feng Shui suggestions that work well with the organizing process:

1. **Clearing clutter** is the first principle of many Feng Shui traditions, and one of its most powerful and transformative tools. Clear clutter on all levels, and remove everything that no longer serves you.
2. **Surround yourself with things that elicit a positive response** from you every time you see them. Keep sorting and upgrading so that increasingly you are greeted with things that have positive associations.
3. **Clear entryways to your home and remove impediments.** Draw attention to your entryways, and make them welcoming and inviting – especially the front door.
4. **Take note of the placement of furniture and objects in a room.** Is there a sense of “flow?” Examples: make sure that all doors can open fully, that windows aren’t blocked, and beware of things looming overhead.
5. **There are certain adjustments that can help with “flow” and add to the “life” of a room,** including the use of color, artwork that symbolizes your goals and dreams, living things (e.g., flowers, plants, fish), flowing water, things that have motion and sound, and improved lighting.
6. **Clutter that has been around for a long time** has a certain inertia on an energetic level, and can be very hard to move. That’s one reason why many people need support with clearing their clutter.
7. **Visualizing your end result** helps to facilitate a successful outcome.