

In search of positive energy

Feng Shui consultant keeps it flowing

By KATHRYN STREETER
Alexandria Times Special Writer

Got Feng Shui? Kathryn McHugh has it, thanks to Feng Shui consultant Dana Schuetter of Enlightened Room.

McHugh said that after a consultation and house tour two years ago, “[Schuetter] prescribed several cures” to energize her home and new home-based graphic design business. Later, it was to help her newborn sleep.

McHugh described one cure saying, “To improve the overall flow and disbursement of energy within the house, she had me hang from the chandelier in my entry foyer a small crystal from a red ribbon. Much like when light hits the crystal it is deflected in all directions...the same is true of energy.”

Software development manager Ephrem Bartolomeos and his wife consulted Alexandria-based expert Sara Schroerlucke of Wind8Water Feng Shui. “What we hoped to achieve was a place filled with a lot of positive energy and no negative energy; a place where positive energy flows freely. I believe,

day by day, we are making our hope a reality,” said Ephrem Bartolomeos.

Tapping into good “chi”

Of ancient Chinese origins, Feng Shui is based on the Taoist vision and experiences with nature,” Schroerlucke explained, “Essentially, we as Feng Shui practitioners believe that everything around us is alive and filled with energy or chi.” By tapping into this life-force one brings energy and change to their life.

“Feng means “wind,” and Shui means “water” (pronounced fung-shway). ‘Good’ feng-shui has come to mean good livelihood and fortune, and ‘bad’ feng-shui has come to mean hardship and misfortune,” explained Schroerlucke who was taught by Chinese Masters Paul Yan, Raymond Lo and Peter Leung.

Schroerlucke recently participated in the City of Alexandria’s Health Fair on May 19. Her goal for city employees? “Healthy offices make for healthy employees. So, Feng Shui can help in that area.” Of the approximately 300 present, she estimated 65-70 employees visited her booth, though none to date have become clients.

City librarian Suzanne Kalil attended the fair and spoke with Schroerlucke. “I had a

question about the best place to position the bed in the bedroom and [Schroerlucke] was very helpful.” Years ago Kalil had her home evaluated by an expert. “For me, a lot of [Feng Shui] just makes common sense.”

Schroerlucke, whose clientele spills beyond the D.C. region, said, “Feng Shui is not a superstition, religion or philosophy. It is a practice among those individuals who desire balance, harmony, prosperity and abundance in their sacred space: home. Plus bringing some semblance of them into our work environment, where we spend a large amount of our waking hours.”

New to Feng Shui, Rebecca Kaselow, owner of newly-opened Frilly Frocks and Polliwogs (www.frilly-frocks.com) an upscale children’s boutique, retained Schroerlucke to promote a healthy positive feeling for her shoppers. “We made simple changes and what a difference. Many customers immediately noticed and commented on how the store flowed and felt much more open. “I was astonished,” she said.

An open-mind plus awareness equals results

Enlightened Room’s Schuetter explained, “If you lose your car keys, miss appointments, run late, or find yourself “fighting” an up-hill battle with a cer-

tain situation ... this could be a result from poor flowing energy in your home.” An open-mind and awareness, she says, is key to welcoming good chi and “depending on your way of life, your home and its arrangement, the chi will flow smoothly or not.”

Before consulting, Schuetter said, “I always incorporate a meditation session on the client; this gives me more information on a deeper level, usually changes in thinking that need to take place.” Schuetter did her training at the Nine Harmonies School of Feng Shui under Carol Bridges, a first generation student of Master Lin Yun of the Lin Yun Temple in Berkeley, Calif.

This was McHugh’s first experience with Feng Shui; prior exposure was limited to HGTV and magazine references. “As is the case with most people pretty unfamiliar with the art of Feng Shui, I originally thought it was just about furniture placement. Although this is certainly a part of it, it is so much more than that,” said McHugh. She approached Feng-Shui with an open-mind and a ‘light bulb’ went off after the initial consultation. Today, her home has an overall better feeling. Her family, though curious, is still skeptical.

For more information go to www.annapolisfengshui.com and www.wind8water.com.



Alexandria Times Photo/Regan Kireillis
Sara Schroerlucke runs Wind8Water Feng Shui.



Courtesy Photos
Dana Schuetter



Courtesy Photos
Feng Shui consultant Dana Schuetter.