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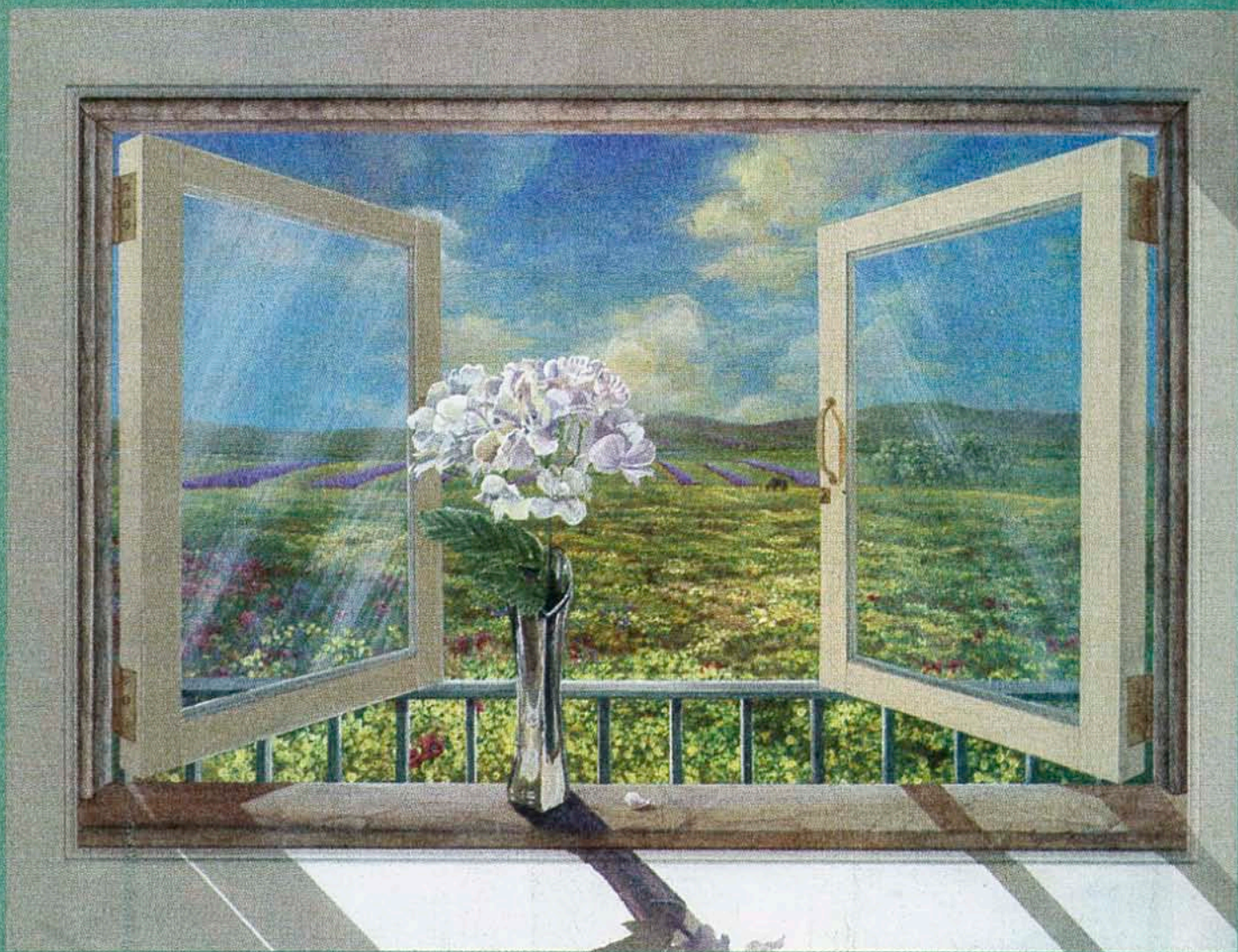
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HEALTHY LIVING

Greater Washington DC Edition

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Creating a
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Creating
a
Soulful
Home



with
Feng
Shui

Our homes are much more than just a roof overhead and shelter from the storm. Our homes are a reflection of our selves. Ideally, our homes are our sanctuary, a place of relaxation and rejuvenation and respite from daily stresses. What is your home saying about who you are? Is your home cluttered and messy or a tranquil oasis? Does your home have smooth revitalizing energy or discordant vibrations that keep your nerves on edge? Feng Shui has been referred to as "acupuncture for the home". This time-honored ancient science can change the energy in your home to a healthy place to manifest your dreams. Natural Awakenings has asked several Feng Shui practitioners in our area to give us their thoughts and tips on how to create a soulful home that can enhance our lives in every way. Here are their responses.

Yarrow – Feng Shui at the Bay

Here, in the Western world, we mostly view our homes through a filter that has an attitude of "if it looks good, feels good, is comfortable and practical what more could you want? There is so much more to a home than these shallow realities. A home is the material manifestation of your inner spiritual world – your thoughts, your emotions, your state of mind and your feelings—a reflection of your soul—the vital, essential part of you.

A home has a soul, too. A personality, an energy, a public persona and a private sanctum. The soul of your home is defined by the quality of energy within its four walls and is your personal "calling card" to the world, an invitation to pay a visit.

How does your home get a soul, you ponder? Your home's soul is a

"metaphysical soup" of your energy, your thoughts, your words and deeds. Your home will attract good people, abundance, health and happiness by applying a few simple Feng Shui principles. Keep the soul of your home healthy. Conduct regular space clearing to remove unsavory spirits, perform a daily exchange of inside air with outside air, and maintain its structure well and quickly fix what is broken. Be mindful to think positive thoughts. They are the main ingredient in the "soup."

To support your home's soul and your desire for peace and harmony, create a space of respite and repose. A place where your psyche can relax and shed its "fight or flight" readiness. Let your home know you appreciate it and are grateful for its function of providing a sacred space for your family to prosper. Nourish its soul as you do

your own. Care for it. Shower it with love.

To attract auspicious chi to your home's doorstep, Feng Shui suggests you place a symbolic Red Phoenix outside your front door and a tortoise at the back of your property to provide protection. To facilitate a stress-free home, seek a balance of yin and yang and a representation of the 5 elements. Use curvilinear shapes in all things--design, décor, furnishings—even in the kitchen and bath. Avoid "secret arrows" created by sharp edges, jaggy points and angular furniture. Place seating arrangements in power positions to provide sight of the door. Most of all conquer the clutter that is a constant, challenging companion in our materialistic culture.

When placed with intention, these Feng Shui principles will encourage your psyche to relax. The soul of your home will then resonate its pulse and distinct heartbeat, as individual as your own, and a vital, essential part of itself.

Annie Pane, East Coast Feng Shui

Feng Shui is a lot less mystical and a lot more psychological than most people realize. Every day you are bombarded with information...much of which you control. For example: you control the reading of newspapers, the listening to radio or watching of TV. You control the intake of these items. And they continuously feed you food for thoughts, just like the rest of your surroundings.

Your surroundings are made up of both the mundane and the magnificent. From the unmade bed, or the pile of

dirty clothes, to the beautiful new comforter you bought, to that deliciously rich suit you look so attractive wearing.

One of the major tenets of Feng Shui is the symbology and the meaning of what is in your environment. What does negative news do to your mind? How does a messy bed and closet make you feel? And conversely: Doesn't that new décor in the bedroom make you act as if you're on vacation? What about the spring in your step wearing that new outfit?

Think about all the things in your environment. What do they mean...literally?

Artwork of single women just reaffirms aloneness for an uncoupled woman. Hummm. Scattered loose change might indicate carelessness with money. A kitchen stocked with junk food might reveal a potent lack of discipline. And using broken dishes or torn towels might mean you're willing to settle for second best.

In an office situation: Until you are able to make your office have the same 'feeling' as the office of the position you want to attain...you will not be deemed qualified to hold that position by those in power. You have to have the positive energy of the person you are replacing embedded in your body.

If you literally change the meaning of the things in your surroundings, you literally change the energy your body absorbs subconsciously from those things. When you change the energy your body absorbs, you become different, and you think different thoughts. When you take different energy out in to the world, the world treats you differently.

This is how Feng Shui works: You decide what you want. You change the environment literally to represent that desire. Your body takes on the energy necessary to help you become the kind of person that would attain that desire. You go out into the world with new and better energy. The world treats you accordingly. Try it.

Sara Schroerlucke, Wind8Water Feng Shui

To produce auspicious energies in your living space, rearrange furniture and accessories so that the chi or energy meanders through your home. Think of the number 8 and its circular flow. The front entrance says a lot about its occupants and is where Chi enters your home. It should be clear of clutter, bright and open. Chi or energy enters and leaves rooms through windows and doors; so it is critical that it does not become stagnant, depleted or too concentrated.

Remove mirrors opposite your entryway door. The mirror will reflect beneficial Chi -- and prosperity -- out of your home. Mirrors are not recommended in the bedroom. It is believed to cause infidelity and bad luck-- they should not be placed opposite the foot

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PANCHAKARMA

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As we age, our bodies accumulate toxins from poor diet and lifestyle choices, medications, difficult sensory experiences, unprocessed emotions and environmental pollutants. **Ayurvedic Medicine** calls this toxic load "ama" and sees it as a major factor in the deterioration of health.

Panchakarma removes ama, and in the process, slows aging, improves vitality and stamina and helps address chronic conditions and disease in a positive, often dramatic way.

of your bed. If you must have mirrors, then cover them up at night with a tablecloth to suppress the negative energy.

Use colors to create balance. Every color has a unique vibrational frequency and the five elements are each represented by color. For example, the wood element is associated with East and the color green. Green is a calming color and excellent for bedrooms. Avoid too much of any one color. The bedroom is one of the most important rooms in your home. It is critical that you have correct Feng Shui in this room. Place your headboard against a wall to ground your power and place the bed diagonally opposite the door so you have a commanding view of the door.

Barbara Dellinger, IIDA, Healing Environments Feng Shui

Why Feng Shui?

I first discovered Feng Shui, about 14 years ago, when a friend suggested that I might want to read about it. It has been an exciting journey as I've realized there is no limit as to how deep one can go with Feng Shui.

Combining it with my interior design knowledge has enabled me to assist my clients in bringing peace and harmony to their homes and offices. Applying the principals of Feng Shui can be done at any level, from a basic compass reading to see where the 8 mansions of life fall to an in-depth Flying Star reading where the yearly energies are balanced against the construction period of the space. Then, integrating the solutions with interior design suggestions the best of both world is achieved.

Once positive energy starts flowing into our homes, it chases out the negative energy. And once the negative energy leaves, events in our lives can start to improve. Most energy patterns are not neutral; they are either flowing positively, or negatively. Feng Shui helps clear the negative "stuff" and allows the positive energy to flow again.

Some of the examples of positive situations that my clients have experienced include:

- A 12 yr. old boy who had not been doing very well in school. After his mom implemented my Feng Shui suggestions in his room, he had two notes from his teachers asking, "What happened? He is like a different child."
- A college student was awarded a prestigious internship with the Baltimore Orioles after many unsuccessful attempts
- The exhausted female executive who slept soundly for the first time in three years after repositioning her bed.
- The 34 yr. old stroke victim who applied for and got into a special work program after many unsuccessful attempts.
- The young college grad that was selected (out of 60 applicants) for the job he really wanted.
- The busy working mother received a surprise bonus the day after a Feng Shui cure was implemented in the Helpful People area.

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