

## Feng Shui: Mojo for your Home and Life

By Wendy Gray

So you've heard about Feng Shui (pronounced *Foong Shway*), the centuries-old art Eastern cultures have practiced, embraced and even insisted upon in daily life. But what can Feng Shui mean for you? Better health, more wealth, happier relationships... just for starters.

To boil it down, we turned to Feng Shui expert and best-selling author of *Feng Shui Your Life*, Jayme Barrett. Not only has Ms. Barrett worked with celebrities such as Mary Steenburgen (who wrote the forward in her book), Ted Danson, Suzan-Lori Parks, Alyson Hannigan and Chad Lowe, but she's also been a featured expert on the *Today Show*, HGTV, the Style Network and E! Entertainment Television.

Today Ms. Barrett sits down to address Feng Shui with you in mind. And it's some powerful stuff. Read on...

UM:

How would you sum up what Fung Shui is (straight talk, please!)?

JB:

Feng Shui is a way to organize, arrange and decorate your home so you feel healthy, happy, motivated and successful. We all want more energy, and if your home is set up correctly, it can actually energize you. It's not a crash pad; it's a place that can support your goals and dreams.

UM:

So how is that interpreted for today's male crash pad... I mean *home*?

JB:

Even though Feng Shui is over 4,000 years old, it can be used in a modern way to apply to an urban home. It boils down to these three elements:

1. The logical and sensible methods of arranging your environment for happiness and success,
2. The manner in which subtle energy moves through each space you inhabit and affects your life,
3. How the contents of your home reflect who you are and where you are going.

UM:

Okay, that makes sense, but where would you recommend a guy start?

JB:

Do it in the bedroom, of course! Here are a few ideas:

- For the most restful sleep, put your headboard on a solid wall (not under a window) and keep only a few books on your nightstand.
- Remove all work-related items from the bedroom since they create stress. Your bedroom is only for sleep and sex!
- Place an inspiring piece of artwork directly across from your bed since it is the last image you see before falling asleep and the first thing you see when you wake up.
- Buy a new mattress if you are still sleeping on the one from your ex-girlfriend or wife. It's important to create new energy for your present love life.



Jayme Barrett

And in the rest of the house...

- To create an inviting place for women, you should add Yin (feminine) elements such as soft bedding, window treatments, rugs, pillows and cozy furniture. This will balance out your Yang (masculine) energy.
- Add accent colors of red, yellow and orange if you want to feel more motivated. Or if you need to calm down after stressful days, use light blue, green and earth tones.
- To generate more harmony inside the home, add thriving plants with rounded leaves. Plants provide healing energy and boost oxygen. Place them along with a lamp in the corner of a room.
- Clear clutter from the floor, behind doors, under beds, and organize your home so you feel more productive and confident.
- Remove any artwork, mementos, photos or gifts from negative relationships.
- Use my four clutter-clearing questions: "Do I need it? Do I use it? Do I love it? Does this make me happy and evoke a positive memory?"

UM:

So we've got a good start on our reader's home, now how does this affect his life outside of it – at work and socially?

JB:

If a man wakes up in a space that is well-organized, uplifting and comfortable, he will leave the house feeling confident, relaxed and happy. That gives him the strength for positive interactions with work colleagues, family and friends.

UM:

And the ultimate question: How can this translate to more success in life?

JB:

Here's the perfect example of that: I recently Feng Shui'd the home of a man who had divorced and left all his belongings with his ex-wife. His house was full of hand-me-downs – furniture, art, dishes, everything. He was unhappy and completely disconnected from his home because he didn't choose anything for himself; he was just "filling" space. I suggested he remove anything he didn't like or feel some kind of connection to; then, we started talking about what he loved. Immediately, he wanted to get a picture of Einstein, the Italian Riviera (where he wants to vacation) and sexy pictures of his girlfriend. His depression lifted right away. He was excited and motivated in a way he hadn't been in years.

You see, the energy of what we own has a big impact on our emotions. When men feel inspired, they are more successful. You don't see kings and presidents of countries hanging out in depressing, colorless spaces. It's up to us individually to make our surroundings as energizing, positive and purposeful as possible.

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