



THE HIPPIE IN HEELS

feng shui 101: *how to design the life you deserve*

Welcome to the start of something beautiful



meet stefani



Feng Shui Expert, Reiki Practitioner, Interior Designer, and Architect-in-Training

Growing up in the field of construction and design, along with a passion for helping others and a natural-born healer, it was inevitable I would end here.

It was during my research to complete my undergraduate thesis at Pratt Institute, where I found and fell in love with Feng Shui and the psychology of architecture and design. I became obsessed with how our environments can support or hinder everything about the way we feel and the things we manifest. After completing my Masters Degree from Columbia University, I went on to pursue and study my certification in Feng Shui.

what is feng shui?

Feng Shui (pronounced "fung shway") is the ancient Chinese practice of managing, balancing, and harmonizing your environment. The word Feng translates as "wind" and the word Shui means "water." Together the phrase literally means "wind, water," which represents balance and harmony.

The fundamental belief in Feng Shui is that everyone and everything in the universe is connected by a web of energy flows. This energy is called "Ch'i."

My hope with this guide is for you to begin the process of achieving personal empowerment and balance, where your external and internal environment are working together to create the life you truly desire.

Another central belief in Feng Shui is that a person's environment deeply affects their health, wealth, relationships, finances, and career. Balancing and managing Ch'i effectively will lead to positive outcomes in all of these areas.

Take small steps.

You may feel called to begin with one small area of your home at a time, working on your external environment, noticing the areas that can use improvement.

You can change your life in as little as 5-10 minutes a day. All you have to do is commit!

5 rules to know first

1. Open your mind and have fun!
2. Get clear on your intentions.
3. Get rid of everything you don't use or love (as Marie Kondo says, if it doesn't spark joy, get rid of it!)
4. Clean and organize.
5. Make adjustments slowly.

*Feng shui creates a sacred space that nourishes your
mind, body, and spirit.*

The Bagua Map

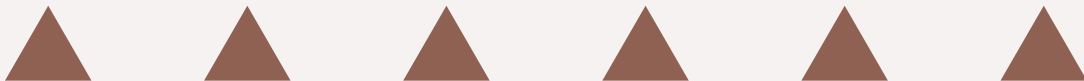
Working with the Bagua Map is one of the most powerful ways to create positive changes in your life.

The Bagua Map is a nine square grid that you will lay on top of the floor plan of your home or office. The front door will be at one of three guas, or sections. Wisdom/Knowledge Gua, Career Gua, or Helpful People/Travel Gua.

Once you lay the Bagua Map, you have a clear indication of which areas of your home correlate to different areas of your life. Take notice of these areas and rooms, and how you feel. Are they cluttered? Does they need some T.L.C.? When you think about these answers, it will begin to illuminate for you how you're feeling and the thoughts around these areas.

For example: if your wealth area is cluttered and messy, you may often feel like you don't have a handle on your finances.

The good news is, if you don't like the story an area or areas of your home tells, you can change the story.

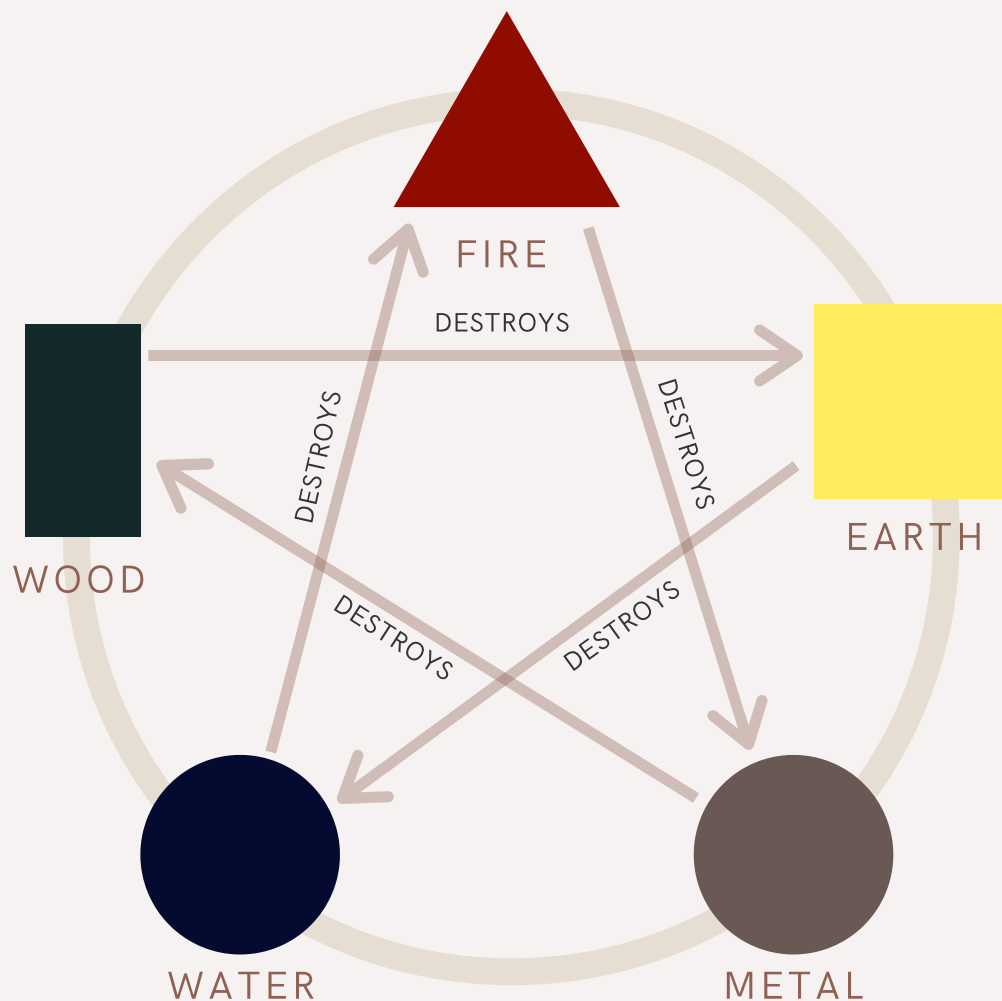


ENTRANCE

The 5 Elements

Use the five elements of Feng Shui to create balance and harmony.

What are the elements? According to Feng Shui there are five different elements: water, fire, wood, metal, and earth. You can represent the elements with shape, color and the actual element itself.



The 5 Elements

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<i>Element</i>	<i>Supports</i>	<i>Color/Shape</i>	<i>Emotions</i>
Earth	Relationship Health Wisdom & Knowledge	Square: Yellow, Beige, Sand colors	Helps to ground and stabilize. Earth is the most peaceful, calming, and stable.
Water	Career	Odd Shapes: Blues and Blacks	Release and renewal. Use this clarity, inspiration, relaxation, and for letting things go.
Fire	Fame/ Reputation	Triangle: Red, Orange, Yellow	Represents transformation and expansion. Fire is the most volatile of all the elements.
Wood	Wealth Family	Rectangle: Browns and Greens	Growth and creativity, fosters personal growth and increases intuition.
Metal	Children Creativity Helpful People Travel	Circle: Gray and White	Related to mental power and sharpness, metal influences intelligence.

Suggested Decor

THE 5 ELEMENTS

— *Wood*

Obviously, all objects made of wood represent the wood element. In addition, vertical objects, plants, floral prints, and artwork depicting nature convey the properties of the wood.

— *Earth*

The earth element is ideal if you are seeking protection, stability and security. It increases comfort and will provide the support you need. Earthy colors, horizontal objects, and long, flat surfaces enhance earth. Choose dense, heavy furniture that is low to the ground. You want to create a sense of stability and permanence. In addition, soft, comfy furniture and accessories are excellent choices to keep you feeling safe, secure, and protected.

— *Water*

The water element represents purification and cleansing. The classic element of water also represents the emotions. It will increase qualities such as sensitivity, empathy, and helpfulness. In excess, however, too much water element can leave you feeling overly emotional. Include items such as water fountains, fish tanks, photos of the ocean/water, blues, or lavender.

— *Fire*

Fire represents purification, renewal, transformation and expansion. It has the power to both destroy and renew. It is best used if you seek transformation and change. Include all types of lighting, candles, fireplaces, reds and oranges, triangular patterns, leather, and feathers.

— *Metal*

The metal element is closely related to mental prowess and intellect. It is a great addition to an office or workplace. Circular frames or clocks, whites, light pastels, silver and gray items like throw pillows or curtains.

Declutter

When you clean and declutter you not only increase the positive flow of energy, you also make room for happiness to come into your life.

Clutter has a profound impact on your emotional, mental, physical, and spiritual well-being. A healthy home has healthy energy and healthy energy is moving energy.

Now that you understand the areas of the Bagua Map and how the areas may impact your life, as you're cleaning it is important to understand what you're cleaning out--physically and metaphorically.

1. Clean with intention

1. Understanding which area you are in, and what will improve when you clean.

Decluttering goes beyond organizing your things. You can also clean and declutter mentally and emotionally, your schedule and what you feed your mind.

Example:

If you are seeking improvement in your wealth area, you may think to clean and declutter that area of your home only. In addition, I would also like to recommend looking at the opposite area, Helpful People and Travel, which influences your Wealth. You may need helpful people to help move you forward in life, to make connections, to build your wealth and your network. It is important to work on those opposite areas as well.

Final Thoughts

The Three Most Important Areas to Focus on:

1. Front Door
2. Bedroom
3. Kitchen

Ready to go even deeper with Feng Shui and clear away blocks that are holding you back from fulfilling your dreams? I invite you to reach out to me via [my website](#) for a consultation. I've got you covered whether you prefer self-paced virtual workshops or one-on-one personalized support.

Share your experience or celebrations with me on [Instagram](#). I love to hear from you!

Until next time,

Stefani

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