We’re going to explore today:

- Feng Shui Defined
- What creates debits and credits
- Tips to boost the energy in your space
- Q&A
Everything IS Energy

Everything HAS Energy
The Energy of Your Space

Matter in the space you occupy gives you positive or negative energy

• Comfortable or not
• Energized or drained
• Like or dislike
Myths & Misconceptions

Superstition
Passing Fad
Religion
Magic
Feng Shui is the art and science of balancing and harmonizing your space.
Your Space Debits

- Clutter
- Dirt/Dust
- Old papers
- Unused items
- Guilt “Presents”

Impacts
- Heavy thoughts
- Emotional drains
- Difficult to make decisions
- Stuck/Stagnant
Your Space Credits

- Declutter
- Clean
- Organize
- Important Objects
- Items of beauty
- Inspirational artwork

Impacts
- Lighter
- Happier
- More Open
- Creativity
- Focus
Dysfunctional Home
Down the Big Drain!
Where to Start?

- Declutter ("Is it wanted, relevant or needed?")
- Clean
- Organize
Add Life & Vitality: Nature

- Plants
- Images of landscapes, mountains, nature
- Nature Inspired patterns
  - Fabrics
  - Wallpaper
  - Pillows
- Table Fountains
Add Life & Vitality: Light it Up!

• Open Window Treatments
• Clean Windows
• Unblock Windows
  – Trim landscape
  – Move furniture
• Light it up!
  – Add lamps
  – Replace (quickly!) burned out bulbs
  – Increase bulb wattage
  – Lighter lamp shades
Feng Shui Starting Point

• Declutter ("Is it wanted, relevant or needed?")
• Clean
• Organize
• Add Life
• Light it Up
Resources

Book: *Move Your Stuff, Change Your Life*
Karen Rauch Carter

Online Digital Program: 21-Days to Free Your Space
Delivered in daily email ($21)
Dr. Michelle Robin

[https://smallchangesbigshifts.com/product/space/](https://smallchangesbigshifts.com/product/space/)
Detox | Mindfulness | Money | Clutter
Monkey Mind | Calendar | Relationships
Want to Learn More?

- Free 15-minute exploratory call
- Home, Office & Business Consultations
- On-Line Consults

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Questions?