



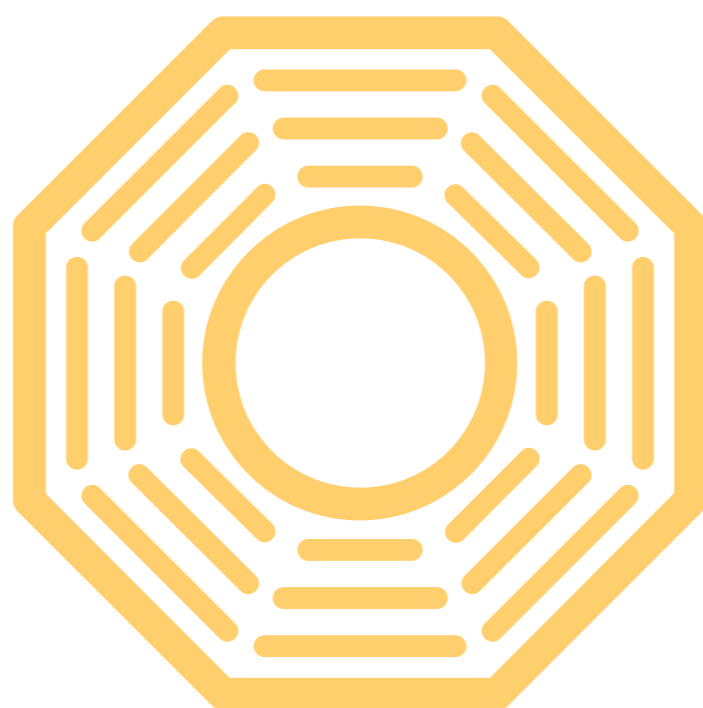
GATES
INTERIOR DESIGN

Helping you create a Happy, Healthy, Home™



How to achieve a
happier home with
Feng Shui

Amanda Gates



Feng Shui

Happy, Healthy, Home™

What is Feng Shui? Most people think *"It's the removal of clutter and moving around furniture"* or *"It's Asian decor."* While it can include those things, Feng Shui is much, much more than a one sentence explanation.

With all its complexities Feng Shui is simultaneously quite simple. On one hand it's blatant superstition, and on the other it's garden variety common sense. As you begin to learn more about its personality and how it works, you will quickly become attracted to its wisdom and subtle prudence. Floor plans alone will tell a story all their own. Lurking deep within your walls a story will unfold, and it will truly become a mirror to your subconscious that some may deem incomprehensible!

Feng Shui is a way to work with energy to create a harmonious living environment, one of true peace and tranquility. When it's right you develop an intimate relationship with your home that is deep and meaningful; but when it's wrong it can wreak havoc on your life. It's simple, it's mysterious and at times sophisticated and shrewd. For example, many of you may not view losing a job as "good Feng Shui," but oh just you wait. Its intelligence reaches far beyond your limited experiences.

In the easiest of terms, Feng Shui means wind and water, two essential elements that are best described as the flow of energy. This is the essence, the true meaning of what Feng Shui is all about. It is a simple tool that helps you manipulate Ch'i, or energy in your environment so you attain ease, grace and flow.

Stopping long enough to really pay attention to what is around you and how it affects your mood, is essentially how Feng Shui begins. Feng Shui is a science based on thousands of years of observation, experimentation and application. Plainly put, by paying attention to how we feel we can alter our surroundings to make it more beneficial to our health.



Feng Shui

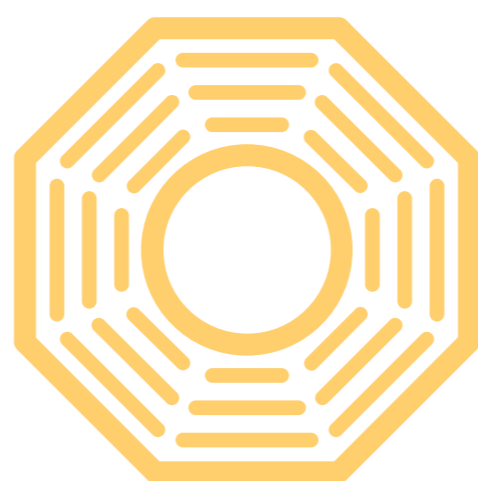
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So incredibly easy, right? Not exactly. You see, most humans ignore anything that doesn't seem black and white. For example, your conscious mind (the rational mind or ego) will step in and tell you stories, little explanations that are white lies in the form of an excuse. Oh you don't feel well because, you've been working a lot, you haven't been sleeping well, you're stressed out. But the subconscious mind (the emotional mind) picks up on everything in your environment. It's goal is to get you out of danger, to get out of the "line of fire," and even though you probably sense that *something is wrong*, your conscious mind willingly steps in to bring you those lovely black and white, white lies so you ignore the root of the problem.

Our ancestors were rooted deeply into the breath of nature. Closely connected, our spirits were one. Only in the last 100 years, the industrial revolution years, have we become cynics and lost that divine connection to nature. Today our connection is rooted in success, fame and money. And many of us have lost the chapters to our story, that connection of how to live in harmony with our homes, nature and with one another.

Feng Shui is built on the basis that we have an energy field constantly running around us. This energy field carries our thoughts and emotions and communicates with the people around us and our environment. If our environment is harsh it affects how we think and feel, and over time your harsh environment will effect your physical body and over all health. You think they are those white lies when in actuality it's your Feng Shui causing you to work more, not sleep, which stresses you out.

Through the use of a tool called the Bagua (bag-wa) map, we can determine where you may have issues showing up in your life. Having an understanding of this tool helps you spot a problem, fix it and helps propel you into your life goals. Deepening the relationship you have with your home opens up a conversation that brings you an awareness of why things are showing up in your life changing the way you think and feel about your life.



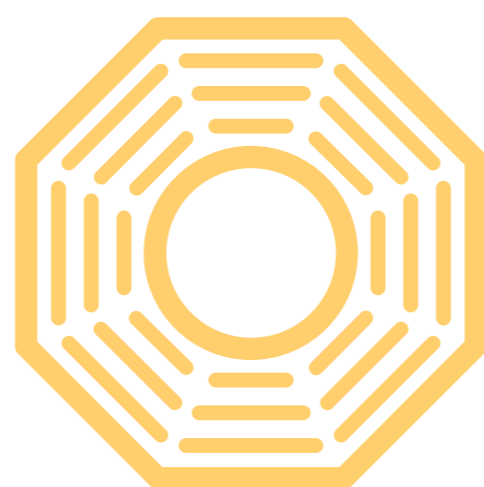
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Feng Shui will provide you the right tools so you can change your life for the better. Some tools will be quite obvious and some will fall under the category of blatant superstition. But no matter how you slice it once you embrace it you'll reap the greatest rewards. Feng Shui is its own language and when you learn to stop and have a conversation with her you'll be amazed and what she'll show you and how much she'll work with you to help you attain big life goals.

Just a few things Feng Shui can help you with:

- ✓ Improve your relationships
- ✓ Bring in new, exciting opportunities
- ✓ Improve health and well-being
- ✓ Improve overall mood and uplift your attitude
- ✓ Increase creativity
- ✓ Improve finances
- ✓ Advance your career



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What you need to know

Feng Shui will provide you tools to transform your life. Some will be quite obvious and some will fall under blatant superstition. But here's the rub, once you embrace it you'll reap the greatest rewards. **Keep an open mind and an open heart.** When you do this everything will click and you'll receive a flood of good fortune.

Feng Shui is its own language and when you learn to stop questioning it and trying to explain it, you'll learn to embrace the flow of wind and water. Most of us spend our days drowning in the conscious, rational mind trying to make sense of it all. We grind on explanations and balk at anything outside the logical rational explanation.

Instead, choose to be curious. Embrace it with an open heart and elevate your mind to a place that will raise your vibration to pure excitement. I've been doing this work for nearly twenty years and still find childlike wonder in all its magic. Some of the most intolerant and short sighted people have become my biggest raving fans - because once you've experienced magic, there's no going back!

Are you ready?

Let's get started!

xx

Amanda

