

## **Obstacle or Opportunity?**

How do you perceive an obstacle or block in your personal or professional world? Your perception of an obstacle will either propel you forward finding opportunity around the corner, or has the power to stop you in your tracks, where you will likely look for someone or something to blame for your inaction.

So in today's economic change you can choose to change your perception and find opportunity knocking or join in the pity party. (There's one in a neighborhood near you)

By applying the 4000 year old principles of Feng Shui to your home or work environment, you can change your perception, remove blockages and enhance or activate the Chi (energy) in any area of your life.

In Feng Shui we look at the home environment as being holistic, similar to our physical bodies. The mental state of the body can affect the physical state and the physical state can affect the spiritual state of the person. Your home is merely an extension of your personal self and similarly must be viewed as holistic, having a mind, spirit, body. The positive chi (energy) invisibly flows through your home similar to a stream. The goal then is to allow the chi to flow freely through your home, meandering gently, and breathing life into everything in its path.

The first step in activating or increasing the amount of positive chi (energy) into the home is to DE-CLUTTER! Everything is energy and everything is connected, what's going on in your "Outer world" will have a direct impact on your "Inner world" (well being). Clutter creates chaos and confusion and holds onto energy, leaving it stuck; the blockage.

What happens to a pond of still water? It becomes stagnant, and attracts less than desirable characteristics. Would you rather sit by a stagnant pond or by a meandering stream? So get the CHI moving....your goal is to LIVE with what you LOVE and absolutely without question supports the person(s) you are today. What are your possessions saying to you? Do you associate feelings of empowerment or disempowerment?

If you've been holding on to "stuff" that has no meaning or negative meaning than it is no longer serving you. It's time to release it, let it go and see what new opportunities the Universe has in store for you! (out with the old and in with the new).

Start today by choosing: A room, a drawer, a closet or an area that makes you shudder, or run in the other direction every time you see it. When you face your biggest challenge or block in energy and take action you will be empowered physically and emotionally.

I personally de-clutter my home thoroughly once every 3 or 4 months or when I bring a new possession in, one goes out.

For many, many years I packed around from house to house an old antique trunk. At one time, I considered it one of my prized possessions even though it served no apparent purpose. My husband asked me to get rid of it as it made him feel uncomfortable (gave

him a spooky feeling). I asked myself the following questions: Do I love it? Do I need it? Does it serve a purpose in my life? Does it support the person I am or want to become? The answer was NO and so the decision to take it to the local antique store was an easy one. Within two days the antique store owner called me and said the trunk had sold and that I had a credit at her store. She also had just received some new “old” items in, so I went to her store and amazingly! There were four dining room chairs exactly the kind (T-backs) I had been keeping my eye out for years.

By some coincidence (universe wink) the fabric covered seats were the exact same color of my kitchen counter tops. It turned out that the trunk was more valuable than I thought, and the store credit was enough to take home the chairs! The moral of the story... When I was ready to release, let go and remove an energy block, the new opportunity arrived, right on time, perfectly.

When you are open to changing your perception and removing blockages in every area of your life, the winds of change will bring forth the opportunities. Live with what you love and welcome the life force energy “Chi” to breathe new life and energy into your home...your castle.

There are many recommendations and Feng Shui cures that can be applied to any environment and each one requires special consideration. Just as we are all individuals, so too is the environment we occupy.

For more information on Feng Shui workshops, tele-classes and personal evaluations please send an email to: [fengshuisimplyput@shaw.ca](mailto:fengshuisimplyput@shaw.ca)  
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Anita has been studying & applying Feng Shui principles for over 20 years. She is a certified Feng Shui Practitioner from the Western School of Feng Shui in San Diego, California. Her teacher acclaimed author Terah Kathryn Collins. Anita is passionate about teaching Feng Shui principles and enjoys working with clients through: Workshops, tele-class's, distant consultations, in-home and business. She has done distant consultations for clients from Norway to Miami and as far south as Bogotá achieving amazing results.