



# Simple Tips to Create Good Feng Shui for Your Home

As we prepare to usher in the New Year, it is also a good time to refresh your surroundings and add more positive energy to your home. With just a few simple decor tips, you can improve your home's feng shui to enjoy good luck and health.

## MAINTAIN A STRONG FRONT

The front door area is one of the most important places in your home as it not only welcomes good and bad energy in – it also represents how you show your home to the world. A poorly lit entryway will make the home feel uninviting upon first impression to not only your guests but also you.

Keep your front entryway neat, clean, and tidy to make it easier for energy to flow into your home. Install some night lights at the door to add the fire element to your home, which will improve home security and recognition. A couple of potted plants on either side of the front door will also moderate the flow of energy into your home.



## DECLUTTER YOUR LIVING ROOM FOR SMOOTH CHI

Clutter is the antithesis of harmonious energy flow. When chi stagnates around the house, this will spill over to your health and career. Better air circulation means a less stuffy and cooler home.

Having an uncluttered living room means it's easier to move around. More space also lets you bond more easily with loved ones and entertain guests.



## COMBINE COLOUR ELEMENTS IN YOUR HOME

Each of the 5 elements of feng shui is connected to certain colours or shades: green represents Wood; yellow, beige, and brown are Earth colours; white, gold, and silver are seen as Metal; black and dark blue are tied to Water; and red, orange, purple, and pink are Fire colours.

By combining different colours or elements associated with Feng Shui, you can create a more harmonious, cosy feel for your home. For example, if you have a room with white walls (Metal), you can balance it out with some green plants (Earth), yellow/brown (Earth) colour rugs, and a dark blue painting (Water).



## GREENERY FOR POSITIVE ENERGY

Natural light and air flow improve a home's feng shui by bringing positive energy into your home. Living green plants with soft, rounded leaves allow for more harmony between your inner and outer environments.

Green plants also help reduce stress and bring fresh air into your home, with the greenery around helping you to focus and soothe your mind. Money tree and bird of paradise plants are classic options to place around your home but do note that some plants may be toxic for your family and pets so consult your plant nursery for safe alternatives.

## ENERGISE YOUR HOME WITH SUNSHINE

During daytime, it is advisable to open your curtains to allow sunlight into your house, which will promote healthy yang energy. But too much sunlight can be overpowering to one's health, so close the curtains at night to improve yin energy and balance it out.

Improve positive energy to your home by removing any large obstacles at your entrance or front door that may block sunlight. An unobstructed view of your garden or terrace helps to improve one's mental health. If you don't have a garden, place a couple of potted plants at your side door or window to improve your view.



## FENG SHUI – MORE THAN JUST SUPERSTITION

Feng shui has very close ties to environmental psychology – the interrelationship between human behaviour and environments. Adding plants to one's home, for example, helps to create positive energy in feng shui but it is also proven scientifically that greenery around the house has therapeutic benefits. So even if you don't believe in feng shui, these décor tips can still help to brighten up your home and living spaces to make it more enjoyable for you and your loved ones.



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