



# FUNDAMENTALS OF FENG SHUI

**Cultivate a home that  
helps you manifest**

# WHAT IS FENG SHUI?

The literal translation of Feng Shui is 'Wind Water'. Feng Shui is the energy exchange between wind & water.

Wind = moving energy

Water = flowing fortune

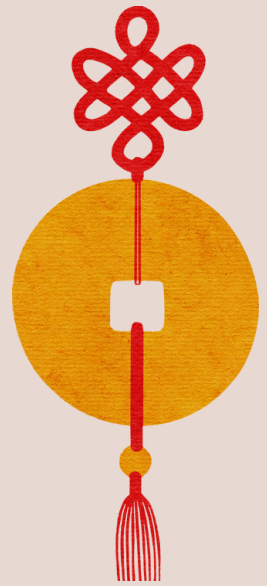
The whole purpose of feng shui is to lead you towards your flowing fortune. That's right, not everybody's fortune is the same. Some people

want more fame, others want deeper relationships, others want to find their

purpose. There is a unique life path for each one of us, so to ensure we are on the right track, we need to Feng Shui our environment to help us get there. I am obsessed with Feng Shui and I teach everything I know about it in my online course, High Vibe Home. For now, I'll just share with you some simple things you should know.



# How to use the BAGUA MAP



The Bagua is an energy map that you can use to navigate energy flow with your environment. You want to lay it over the blueprint of your home to determine how its energy is affecting the 9 key areas of life.

## You can lay it over:

- *the entire floorplan of your home*
- *the layout of each room*
- *your desk*
- *your vision board*
- *anything else you want to balance out its energy*

In Feng Shui, we activate, enhance or cure (fix). The following page has a map of each area and what you can do to align its energy.

# FENG SHUI BAGUA

Your home's energy map

[www.blissvibesonly.com](http://www.blissvibesonly.com) @thehouseofbliss



**WEALTH & PROSPERITY**

**WOOD ELEMENT**

*WATER ENHANCES WOOD*

**ACTIVATE WITH:**

**PLANTS**

**GOLD DECOR**

**FAME & REPUTATION**

**FIRE ELEMENT**

*WOOD ENHANCES FIRE*

**ACTIVATE WITH:**

**CANDLES**

**RED OBJECTS**

**LOVE & PARTNERSHIP**

**EARTH ELEMENT**

*FIRE ENHANCES EARTH*

**ACTIVATE WITH:**

**FLOWERS**

**PAIRS OF ITEMS**

**FAMILY & COMMUNITY**

**WOOD ELEMENT**

*WATER ENHANCES WOOD*

**ACTIVATE WITH:**

**TALL PLANTS**

**ANTIQUES**

**HEALTH & WELLBEING**

**EARTH ELEMENT**

*FIRE ENHANCES EARTH*

**ACTIVATE WITH:**

**CRYSTALS**

**CERAMICS**

**CREATIVITY & FERTILITY**

**METAL ELEMENT**

*EARTH ENHANCES METAL*

**ACTIVATE WITH:**

**LAMPS**

**ARTWORK**

**WISDOM & PERSONAL  
GROWTH**

**EARTH ELEMENT**

*FIRE ENHANCES EARTH*

**ACTIVATE WITH:**

**MIRRORS**

**BOOKS**

**CAREER & PURPOSE**

**WATER ELEMENT**

*METAL ENHANCES WATER*

**ACTIVATE WITH:**

**CHANDELIER**

**WATER FOUNTAIN**

**HELPFUL PEOPLE &  
TRAVEL**

**METAL ELEMENT**

*EARTH ENHANCES METAL*

**ACTIVATE WITH:**

**REFLECTIVE**

**SURFACES**

**LINE THIS UP WITH THE ENTRYWAY OF THE HOME**

# MASCULINE & FEMININE ENERGY

## YIN & YANG

Chi, which is the Feng Shui energy all around us, contains two primary forces: Yin (feminine energy) and Yang (masculine energy). Although these two are opposing energies, they are deeply rooted within one another, one needs the other to thrive.

Balancing Yin and Yang creates environments in which harmony, success and happiness occur. So how do we create good Feng Shui and strike the right balance between Yin and Yang?



# MASCULINE & FEMININE AT HOME

## What is Yin Energy?

Yin is the feminine energy represented by cool, still or passive environments, dark colors, and closed, quiet spaces. Too much Yin energy can lead to a lack of motivation or initiative, an inability to concentrate, and depression.

## What is Yang Energy?

Yang is the masculine energy represented by hot, active environments, light, bright colours, and open, lively spaces. Too much Yang energy can lead to restlessness, anxiety, stress, and anger.

# MASCULINE & FEMININE AT HOME

**Both Yin and Yang nourish you in different, equally necessary ways and as such, are important energies to have in your home. When one is out of balance, the house itself can become overloaded with that energy.**

**Each room in your home has a different function and because of this, each requires a different proportion of Yin and Yang; some spaces require a stronger presence of one or the other. For the best Feng Shui, it's up to you to create the ideal balance for each room in your home, depending on its role in your life.**



# MASCULINE & FEMININE AT HOME

## BEDROOM = YIN ENERGY

Your bedroom is used for rest, relaxation and rejuvenation. As such, Yin is the primary energy required. You will sleep much better if your room has not only a cool temperature, but cool, dark coloured walls.

The feelings that you want to generate in your bedroom are feminine in nature, according to Feng Shui theory. Use low lighting, create a quiet and cool environment, and decorate with gentle, soft textures.

However, remember to include Yang elements in order to create a sense of balance. Use lighting that can be turned up, decorate with small, warm coloured accents, and hang artwork with bright, lively colours. In other words, incorporate Yang energy into the background in subtle ways. Tip: Exercise equipment should never be placed in the bedroom as it creates very strong Yang energy. This can throw off the optimal balance of Yin and Yang and can affect your ability to rest and sleep well.



# MASCULINE & FEMININE AT HOME

## HOME OFFICE = YANG ENERGY

Your home office should have an emphasis on Yang, as the activities taking place therein require more energy. Therefore, use bright, vibrant colors in a living room and incorporate more masculine features such as a computer.

Remember to include some Yin elements in order to generate a balance of Yin and Yang. This can be accomplished with a relaxed, comfortable environment incorporating soft furniture and images of soothing energy.

A kitchen also requires Yin energy and this can be accomplished by decorating with a dark backsplash. Tip: In Yang rooms use lighting with dimming capabilities. When the balance of Yang becomes too strong, simply dim the lights in order to create a darker, more closed-in feeling, which will generate more Yin energy.

Hi friend. I hope you enjoyed your mini-training on the fundamentals of Feng Shui & balancing your homes masculine & feminine energy. To dive deeper into the wisdom that can help you create a home that supports and nourishes you in living a holistic, harmonious and happy life...get inside my most popular program, HIGH VIBE HOME

## HIGH VIBE HOME:

*HEAL YOUR HOME, HEAL YOUR LIFE*



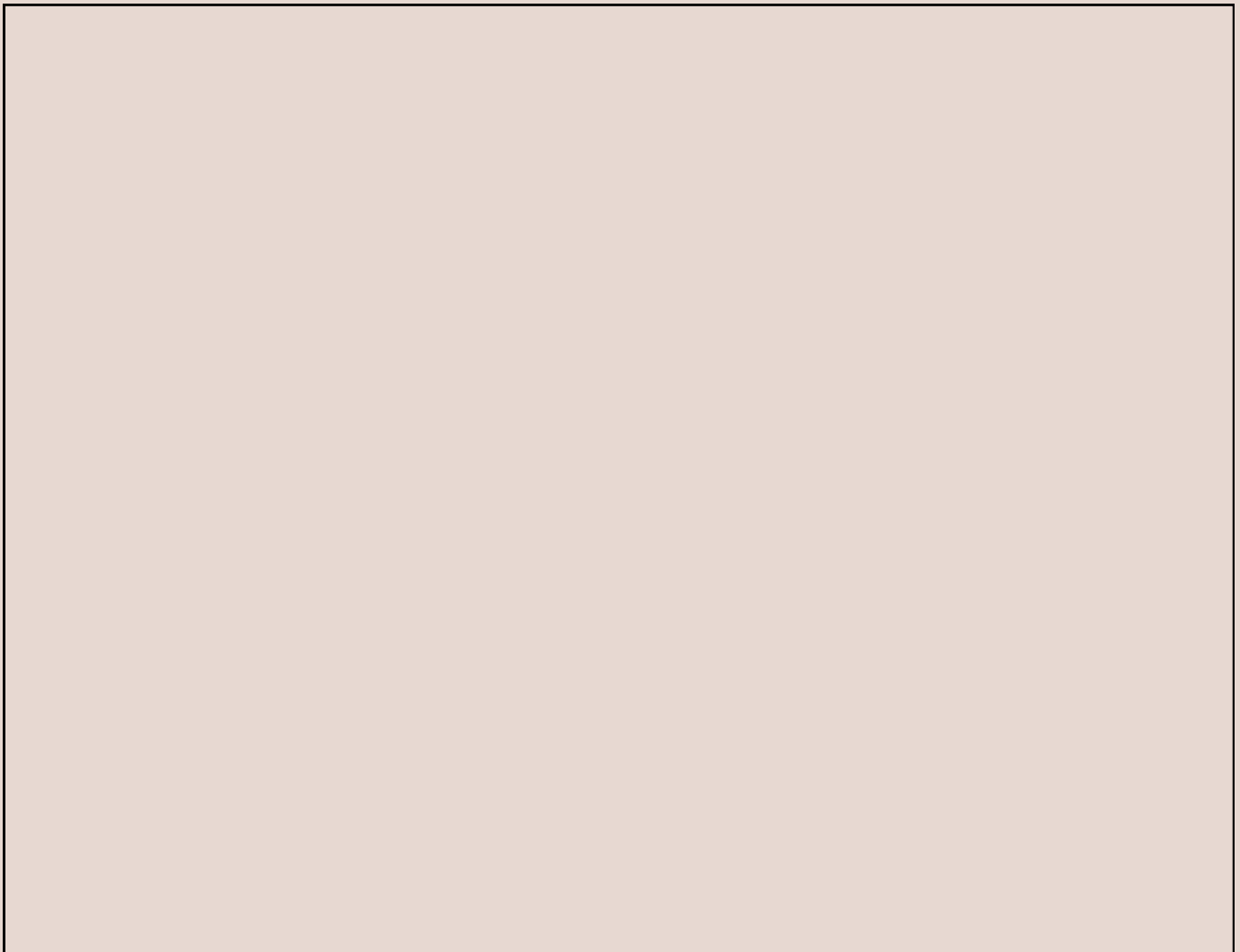
[www.bissvibesonly.com](http://www.bissvibesonly.com)

@thehouseofbliss

# JOURNAL *prompt*

**2. Do you find yourself trying to chase, manage, and control things and people in your life to the point that, even when you SHOULD be feeling relaxed and happy, you're usually just feeling frustrated or disappointed?**

If so, would it be possible for you to practice the art of letting go?  
How is holding on to something holding you back from true happiness? How can you let go more in your life?

A large, empty rectangular box with a thin black border, intended for the user to write their journal response to the prompt.