

FAST FENG SHUI SERIES

# FAST FENG SHUI *for* PROSPERITY



**8** steps on  
the path to  
abundance

STEPHANIE ROBERTS

*F*AST FENG SHUI  
for  
Prosperity

8 Steps  
on the Path to Abundance

STEPHANIE ROBERTS



Lotus Pond Press, LLC  
Kahului, HI

# *Fast Feng Shui for Prosperity*

*8 Steps on the Path to Abundance*

by

Stephanie Roberts



Published by Lotus Pond Press, LLC  
415 Dairy Road #E-144  
Kahului, HI 96732  
[www.lotuspondpress.com](http://www.lotuspondpress.com)

ISBN: 1-931383-08-1 (ebook edition)  
1-931383-09-X (trade paperback)

This book contains the complete content of the trade paperback edition.  
It has been formatted to fit an 8.5"x11" page.

"Fast Feng Shui" is a trademark of Lotus Pond Press, LLC

## **ALL RIGHTS RESERVED.**

No part of this book may be reproduced by any mechanical, photographic, audio, or electronic process, nor may it be transmitted or otherwise copied for public or private use—other than for "fair use" as brief quotations in articles and reviews—without prior written permission of the publisher.

**Violating our copyright as protected by international copyright law creates bad karma for you, and we hope you won't do it. By honoring our copyright you help to support the development of more titles in the Fast Feng Shui series, maintenance of our websites, and publication of our Fast Feng Shui newsletter.**

**"Mahalo nui loa" (thank you very much) for your cooperation.**

## **IMPORTANT DISCLAIMER:**

**All recommendations made in this book are made without guarantee. The author's intent is only to provide information of a general nature. The author and publisher disclaim any liability in connection with the use of this information, including but not limited to actions taken by the reader and the outcome of those actions.**

this book is dedicated to

# Lakshmi

Hindu Goddess of Abundance

Thank you, Lakshmi, for all of your blessings!  
*om shrim maha Lakshmiyei swaha*



## Author's Note

For many years before I discovered feng shui, I was an independent training consultant in New York City. I made good money when I was working, but often the weeks between projects would stretch on for longer than was comfortable, and the balance in my “incredible shrinking bank account”—as I jokingly called it then—would get a little scary before a new project came along to fill it up again. As you will learn in Part II of this book, using those words to describe my finances was not a good idea. I wish I'd known that at the time!

As I began to study feng shui in the mid-1990s, and applied the principles that I now write about to my own life, I experienced enough pleasant surprises to convince me that these methods were having a positive effect.

When I moved to Hawaii in 1999 with my husband-to-be, I gave up my career as a training consultant to live in a place where the natural beauty is almost as mind-boggling as the extremely high cost of living. Throughout the sometimes challenging process of writing and launching the Fast Feng Shui books and becoming Internet entrepreneurs, we have continued to use the principles that you will learn in this book to create both an inner and an outer environment that support our financial success.

Many people are attracted to feng shui by the idea that they might solve their money problems by making a few simple changes to their home. I can't promise that you will enjoy miraculous effects from feng shui, although it can work that way for some lucky people. For the rest of us, feng shui can help smooth the way to a promotion at work, bring new opportunities to earn and prosper, and ease the stress and anxiety that so often accompany our financial affairs.

If you see those around you enjoying a level of prosperity that you can't seem to achieve, no matter how hard you try, I've written this book for you. It's also for

anyone who would like to experience more ease and abundance in all the financial aspects of his or her life.

The contemporary Western style of feng shui that I practice and write about (which is based on, but does not strictly follow, the BTB methods) places a great deal of emphasis on the power of intention as a key factor to success. Intention is also the power behind what is called “deliberate creation,” “prosperity consciousness,” or “the law of attraction.” This is the level at which we either attract into our lives that which we desire, or we trip ourselves up, get in our own way, and hold ourselves back—often without being aware how our unconscious attitudes and beliefs are making it difficult, or even impossible, to experience the abundance that we see others around us enjoying.

This book will teach you, step-by-step, how to apply key principles of the contemporary western style of feng shui to your home so you can find your prosperity power spots and make important corrections and enhancements right away. It also explores how each area of the *ba gua* (the feng shui energy map) can be used to support greater abundance and corresponds to a key attribute of inner prosperity. By combining outer feng shui with inner realignment, the sometimes rocky and winding path to abundance becomes smooth and straight.

Wishing you a delightful and rewarding journey,

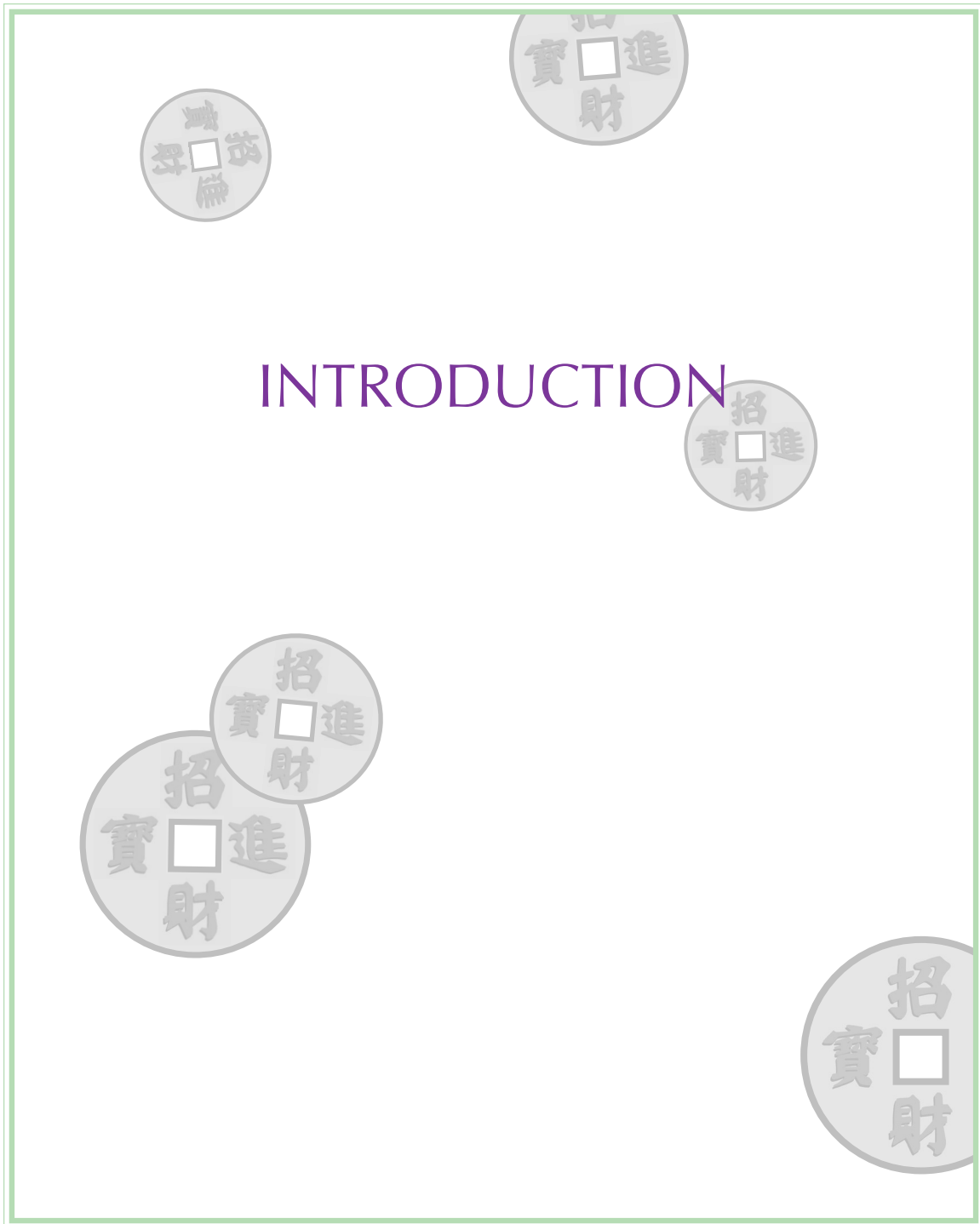
*Stephanie Roberts*

## Table of Contents

Author's Note	5
INTRODUCTION	9
Prosperity Consciousness & the Feng Shui of Money	10
How to Use this Book	17
PART ONE: GUIDING PRINCIPLES	19
Know What You Want	21
Locate Your Power Spots	23
Create a Path for Chi	26
Repaint, Repair, Renew	33
Clean Up Your Clutter	35
Neutralize Negative Influences	39
Activate Your Power Spots	53
Work on Yourself as Well as Your Home	59
Evaluate Your Results	62
PART TWO: THE INNER PATH	65
Prosperity Feng Shui from the Inside Out	67
Start from the Center	68
The Eight Steps	72
Step 1. Receive	74
Step 2. Give	82
Step 3. Nurture	90
Step 4. Trust	98
Step 5. Express	105
Step 6. Observe	114
Step 7. Begin	124
Step 8. Complete	133

PART THREE: CASH FLOW RITUALS	141
Collecting Coins	146
Collecting Water	151
Wealth Vase	155
Money Tree	160
Seed Money	162
Money Spiral	165
Closing Words	169
YOUR FENG SHUI TOOLBOX	170
Appendix A: The Ba Gua	171
Appendix B: The Five Elements	182
Appendix C: Lucky Numbers	190
Appendix D: Wealth Symbols	191
Appendix E: More Feng Shui Cures & Accessories	201
Resources	208
Glossary	211
Index	214
About the Author	223





## Prosperity Consciousness and the Feng Shui of Money

At a session of the first professional-level feng shui\* training seminar that I attended many years ago, a student raised the question of what to tell a client who complains, “I’ve done everything you suggested, and it’s not working.” The instructor’s reply was simple: When a client says that feng shui is not working, assume that the problem is with the client, not with the feng shui. In other words, the feng shui fundamentals are always sound. If the client is prepared for a change in circumstances, something—either subtle or profound—will shift as a result of making feng shui changes. If, on the other hand, no shifts in circumstances arise, this is a clear sign that the process is being blocked by the client’s doubt, fear or resistance.

This reply did not sit well with the class, many of whom had come to feng shui from a healing or helping profession such as massage therapy and social work. It sounded as though we were being told to take the easy way out. We’d expected, as concerned professionals, to be advised to be more diligent and creative in devising solutions that would work for our clients. But our well-intentioned dismay simply proved how unformed our budding understanding of feng shui still was.

In our zeal to be of service, we were overlooking two fundamental assumptions of feng shui: first, that everything—our thoughts and emotions as well as our physical environment—is connected; and second, that we are the strongest factor in the feng shui of our homes. If our energy is not aligned with what we say we want, the feng shui alterations we make to our spaces are placed in a hostile environment.

\* Say “fung shway.”

Having made it through just the first page of this book, perhaps you wonder if this means that feng shui will not work for you. Not to worry; *Fast Feng Shui for Prosperity* will show you how to coordinate outer feng shui with the internal awareness that helps ensure success. The easy, effective feng shui principles you'll discover here are supported by a step-by-step plan for embracing prosperity consciousness—the missing ingredient in most other books about the feng shui of money.

We often think of money as a purely material concern. The term “materialistic,” used to describe someone who cares only about money, implies a lack of spiritual depth. But the truth is that money is one of the most emotionally complex and challenging aspects of life, equalled—if not surpassed—only by love.

When we approach money and prosperity from a purely material or rational perspective, we miss the essential lessons that it can teach us about what we truly value and appreciate. If you think about it, you will recognize that what inspired you to pick up this book is not really a desire to have more money, but a longing for what we believe money will bring us: greater serenity; a peaceful and secure home life; the simple comfort of being surrounded by objects of beauty; and the freedom to follow the voice of your heart. Prosperity, in its deepest sense, is not about having money but about experiencing contentment in all aspects of our lives.

One of the greatest lies of our time is the belief that money is inherently incompatible with personal integrity and spirituality. Sure, money can corrupt, but only in the hands of those who are corruptible. Money is also one of the most powerful forces of good in our world, as proven across the ages by the generosity and vision of great philanthropists and patrons of the arts.

I remember an incident some years ago when I was living in New York City and the state Lotto jackpot had grown to a very tempting amount of something like 72 million dollars. I was engaged in that pleasant weekend activity (to which New York City is so perfectly suited) of walking and talking and shopping with a friend, when I said that I wished to stop at the corner newstand to purchase a lottery ticket.

My friend responded with dismay that I would succumb to this misleading temptation. Didn't I realize that my odds of winning were a gazillion-trillion to one? I was just throwing my money away. Besides, \$72 million was a ridiculous amount of money, far more than I could possibly need.

"It is," I agreed as I reached for my wallet (the chance to win \$72 million dollars being my idea of a dollar well-spent). "And just think how much fun I could have giving the rest of it away!"

This is what prosperity consciousness is about: unshakable belief—despite all evidence to the contrary—that good fortune can be yours, coupled with a present-moment experience of delight fueled by anticipation. Pair this with the power of feng shui, and you've got a winning combination.

I didn't win that \$72 million jackpot, by the way, but I didn't know about feng shui back then, so now perhaps someday I will...

## What to Expect From Feng Shui

While feng shui may not result in that winning lottery ticket you dream of, it brings many other benefits by creating a more harmonious and balanced flow of *chi* through your home or work place. Just as fresh air, clean water and natural foods support the physical health of our bodies, so does fresh, clean *chi*—the life force present in all things—support an energetically healthy home.

If the flow of *chi* in your space is blocked or weak you may feel tired, discouraged, and unable to focus on what steps to take next in order to increase your income or pay off your debts. Where *chi* flows too strongly you may feel out of control, overly emotional, or anxious much of the time. Your work life and finances may feel unstable as you struggle to "keep your head above water" through what may seem like an endless string of bad luck.

The objective of feng shui is to analyze the layout and decor of your home, diagnose specific problems and prescribe appropriate solutions. Shape, color, tex-

ture, sound, light, symbolic imagery, and the arrangement of your furniture can all be used to adjust the energy of your home. The result is an attractive, safe, and nurturing space where you can live in comfort and more effectively and successfully pursue your goals for financial prosperity.

A key assumption of feng shui is that certain areas of your home impact specific aspects of your life. When the areas of your home affecting your finances are cluttered, stagnant, or missing from your floor plan, it can be difficult to attract and hold on to money. Other feng shui problems that may affect your finances include *sha chi* (harmful energy) such as “secret arrows” aimed your desk. Poor feng shui can lead to increased arguments and miscommunication, affect your reputation at work, and hinder your personal growth—all of which may contribute to financial difficulties.

Another key assumption of feng shui is that everything is connected. Your thoughts and feelings, even your behavior, can be influenced by your surroundings, while the state of your home or work space is a reflection of your mood and attitude.

A dark, dingy and untidy office, for example, contributes to an atmosphere of apathy and fatigue, which makes it harder for you to find the energy to clean the place up. Feng shui gives you the insight and incentive to become a mindful caretaker of your space. As a result, you live in greater harmony with your surroundings, which can better support you in achieving what you desire—in your finances and in all other aspects of your life.

Traditionally, feng shui is seen as one of five factors that influence a person’s life. The other factors are your karma, luck, education, and actions, each of which may also contribute to the past, present, and future state of your finances. The impact of feng shui is most immediate when the difficulties you are experiencing are caused by poor feng shui in the first place. When other life factors are involved, feng shui can help you gain the perspective and insight necessary for getting your finances back on track.

Those who turn to feng shui in hopes of a quick fix often discover that it brings them lots of opportunities to repeat old behavior patterns. If you are a chronic overspender or compulsive shopper, for example, feng shui might help to increase your income. But if you don't address the emotional issues that are driving your spending habits, the more money you have, the more you will spend. And there you will be, staring with dismay at a mountain of debt.

For those who are ready and willing to change, however, feng shui can be a powerful ally on the path to personal growth and fulfillment.

## THE FAST FENG SHUI™ APPROACH

The Fast Feng Shui Series provides an approach to contemporary Western feng shui that is easy to learn and simple to follow. It helps you figure out what changes to make in your home in order to address the issues that most concern you right now.

Although *Fast Feng Shui for Prosperity* follows the Western practice of aligning the *ba gua* (feng shui energy map) to the main entry to a space, it accommodates the compass orientation as well. I believe that feng shui should empower you as well as your home, and I encourage you to be creative and playful as you use feng shui to transform your home and your finances.

## The Power of Your Intention

The strength of your intention is an integral part of your success with feng shui. Think of the difference in your energy when you are excited about something, compared to times when you feel anxious, unhappy, or depressed. When you dwell on how dissatisfied you are with a life situation, your energy becomes stuck there. Approach feng shui with confidence, optimism, and a sense of adventure. This will keep you motivated, and will help to shift the energy of your home.

## THE “IVAG” EMPOWERMENT PROCESS

What is “empowerment”? It is a specific method that you will use each time you place a feng shui cure or enhancement in your home or office, with the intention of improving the feng shui of your space. It reinforces external changes with the power of your thoughts and feelings about the results that you desire to experience in your life.

The empowerment method presented here greatly enhances your efforts by focusing the power of your body, speech and mind on what you are doing. In previous books I have focused on the Intention, Visualization, and Affirmation steps, addressing Gratitude later as part of Fast Feng Shui Principle Nine. Over the years, however, I have become more and more convinced that Gratitude is the most important factor of them all. With this in mind, I now include Gratitude as a fourth key step in the empowerment process.

Traditionally, after making your feng shui adjustments, you use the “dispelling mudra”<sup>\*</sup> nine times while repeating the mantra, *om mani padme hum*, nine times. The *mudra*, or hand gesture, represents the power of body; the *mantra* is the power of speech, and visualizing your desired outcome while you use the *mantra* and *mudra* is the power of mind. You may use this instead of or combined with my “IVAG” method:

1. **INTENTION:** As you are making feng shui changes to your space, stay focused on your intention that these changes will have a positive effect on your circumstances.
2. **VISUALIZATION:** Visualize your desired outcome in your mind, as if it has already taken place. Be as specific and concrete as possible, using all of your senses, so you experience the feelings of joy, satisfaction, or relief that your desired results will bring.

<sup>\*</sup> Hold your index and pinky fingers straight and curl your middle and ring finger toward the palm, holding them with your thumb. (Women, use your right hand; men use your left hand.) Now flick the middle and ring fingers out to dispell negative energy from whatever you have flicked at.

3. **AFFIRMATION:** Make a verbal affirmation, in the present tense, that clearly states the intended shift in your energy and/or circumstances. If you don't wish to say this aloud, it's okay to whisper it or to say it subvocally.
4. **GRATITUDE:** End your empowerment with a few moments of heartfelt gratitude. Imagine that everything you desire has been achieved, and express your thanks for all of these blessings as though you have already received them.

Steps 1-3 may be done in any order, or simultaneously. You can also place your cures (with intention) at any convenient time, then do steps 2 through 4 at another time. During the hours of 11 AM to 1 PM, and 11 PM to 1 AM, the energy of the day is shifting; these are good times to empower feng shui changes. If you follow Chinese or western astrology, you may use either of these systems to choose an auspicious day and time for your empowerments.



## How to Use This Book

If you are new to feng shui, you should begin by learning how to use the basic tools of the practice. These are the *ba gua* (a map that identifies which areas of your home impact your finances and other life aspects) and the five feng shui elements (key influences that help you balance and correct the *chi* of your home).

Because readers familiar with these tools will be eager to get to the main text, I've addressed the *ba gua* and the five elements in [Appendices A and B\\*](#) at the back of the book. If you do not yet know how to apply the *ba gua* to your floor plan, or are not familiar with the various cycles of the elements, please read these Appendices first, before turning to Part I.

[Part I](#) reviews the nine Fast Feng Shui Principles with a focus on applying them to your finances. Here you will learn how to locate your prosperity power spots, identify feng shui problems, and choose the right feng shui cures and enhancements. Readers of my other books will find Part I a useful guide to applying their existing knowledge of feng shui to the challenge of increasing their prosperity.

In [Part II](#), we take a closer look at all the areas of the *ba gua* to discover the supporting roles they can play in improving your wealth. I'll also take you in an inner journey through the *ba gua*, revealing its secret clues for manifesting an abundant life experience from the inside out.

[Part III](#) provides detailed instructions for a variety of feng shui cash flow rituals. If you feel impatient for a positive change in your finances, you may wish to turn to that section first, so you can start practicing one of these methods right away while you study the rest of the book. I will caution you, though, that these special cures may be less effective if you have not yet mastered the rest of the material.

---

\* Throughout this ebook, all text in green is hyperlinked. Just click on the text to jump to the topic, page, or URL referenced. (URL links are only active when you are connected to the Internet.)

## Keeping a Prosperity Journal

I recommend that you use a notebook or journal to write down your feng shui goals, actions, and results. You can use your Prosperity Journal to:

- ◆ Make a list of potential changes you could make to your home, so you can more easily prioritize your feng shui tasks and track your progress.
- ◆ Write down the affirmations and visualizations you will use to empower your feng shui changes.
- ◆ Record the specific changes you make to your home, including when and why you made them.
- ◆ Record your answers to the questions about your experiences and attitudes that you will find in Part II.
- ◆ Keep track of the changes you experience as a result of feng shui, big surprises and rewards as well as the little synchronicities that are likely to start cropping up as a result of shifts in energy.
- ◆ Explore any emotional issues that come up for you as a result of your feng shui work.


Your Journal doesn't have to be fancy, but why not choose one that reflects prosperous energy in some way? Green and purple are wealth colors in feng shui, so a green or purple cover (or paper) would be a good choice. Red is the feng shui power color, so that's another option. Whatever notebook you decide to use should be new—so it will have clean energy—small enough so it is easy to carry around, yet large enough to write and sketch in easily.

Be prepared to really use your Journal: stuff things in it, tear pages out, be creative. As soon as you start changing things around in your home, your own energy will start to shift as well. When you do feng shui, you are likely to find yourself more creative in all aspects of life, seeing things from new angles and having new ideas. Write them all down!



Part One  
Guiding Principles






If you have read other books in the **Fast Feng Shui series**, you are familiar with the principles covered in this section.

Here, we explore how these core principles apply to improving your prosperity.

This section is essential reading for those who are new to feng shui or new to the contemporary Western style of practice. Experienced readers can use this section to deepen their understanding and practice.



## Principle 1

# Know What You Want

As you learned in the Introduction, feng shui is most effective when the changes you make to your home are supported by deliberate, focused attention on a specific desired outcome. I assume, since you are reading this book, that you want to increase your prosperity. Indeed, very few people would be disappointed to have more money. The important question is what do you want it for?

Take a few minutes now to think beyond just wanting more money to the specific things that you would like to use it for once you have it. Here are some ideas to get you started:

- ◆ Get out of debt
- ◆ Buy a house or make home improvements
- ◆ Pay for education (your own or your children's)
- ◆ Buy a new car
- ◆ Lifestyle improvements: dining out, vacation, new clothes
- ◆ Peace of mind (my personal favorite!)
- ◆ Greater sense of self-worth\*

\* I don't mean to imply that you should be judged by yourself or by anyone else on how much money you make or have. However, if you've been struggling with the guilt and shame that often accompany being in debt—to mention just one possible money issue—getting out of debt is sure to help you feel better about yourself.

As you apply feng shui to attracting a greater flow of prosperity into your life, it is important to have specific goals on which to focus the power of your intention. The more clearly you can define what you want, the easier it will be to visualize receiving it, an important element of the empowerment practice that is fundamental to successful feng shui.

## 108 Desires

So, what do you want? Get out your Prosperity Journal and make a list of 108 things you want to be, do, or have. Think in terms of:

- ◆ Material goods (*a new computer; remodeling the kitchen; a gold watch*)
- ◆ Activities and experiences (*a better job; a spa vacation; sky-diving lessons; getting your teeth whitened*)
- ◆ Taking care of business (*pay off your student loans; establish a “rainy day fund;” increase your insurance coverage*)

Most people discover that coming up with 108 desires is harder than it sounds, so don't expect to complete your list in one sitting. As you work on your prosperity issues, more and more ideas will come to you. Read through your list every morning, so you begin your day by focusing on what you intend to receive, feel, or experience.

Each time you receive something on your list, cross that item out and think of something new to add, so you always have an abundance of future delights to look forward to. If you find that an item you thought you wanted no longer appeals to you, delete it and come up with something new to take its place.

From your list of 108 desires, what three things do you most want? List them here or in your Prosperity Journal:

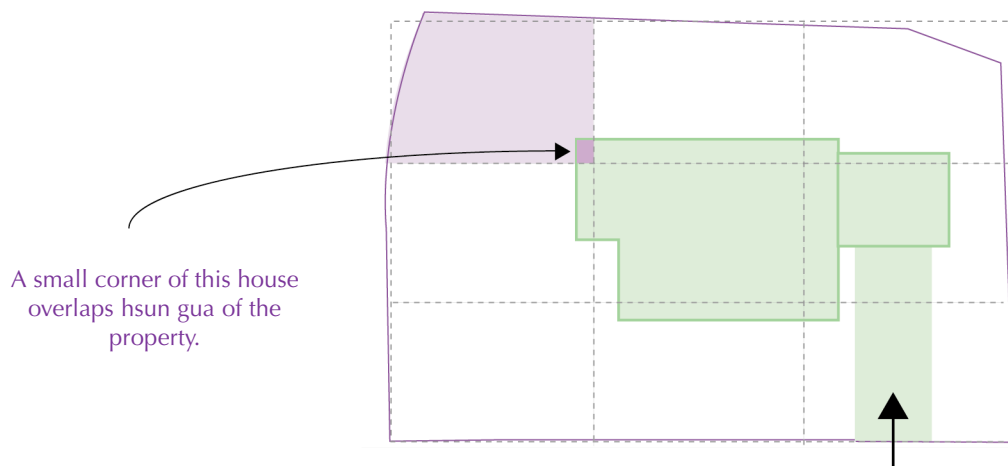
- 1.
- 2.
- 3.

## Principle 2

# Locate Your Power Spots

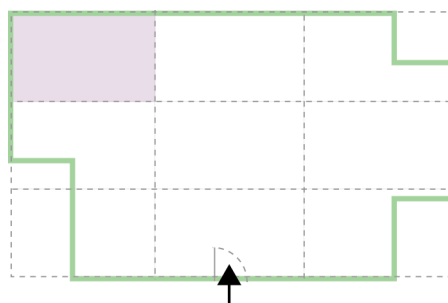
When using feng shui to enhance your prosperity, *hsun gua*—the section of the *ba gua*\* associated with wealth and abundance—is the most important area to work with. Remember that there is a *ba gua* for your entire property, a *ba gua* for your house, and a *ba gua* for every room in your home. Some *hsun guas* will be good places for feng shui adjustments; others may have features that render them less useful. Follow these steps to find which *hsun gua* areas are your prosperity power spots:

1. Find *hsun gua* on your property. The lower edge of the *ba gua* is at the street, with *hsun gua* in the rear left corner of your plot. If part of your house overlaps this area, mark it on your floor plan:

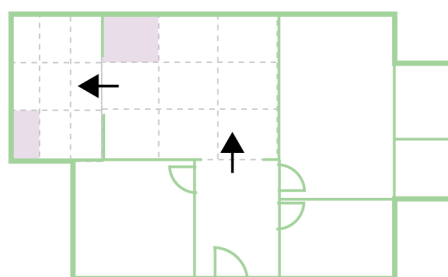


\* *Hsun* is pronounced “shun.” If you are not yet familiar with the *ba gua* and how to use it, please read [Appendix A](#) to learn about this essential feng shui tool before continuing with this section.

- Place the *ba gua* over your floor plan, aligning it with the front door. Where is *hsun gua* inside your home? Mark that area. (If your home is “missing” that corner, refer to pages 179-180 in Appendix A for recommended solutions.)



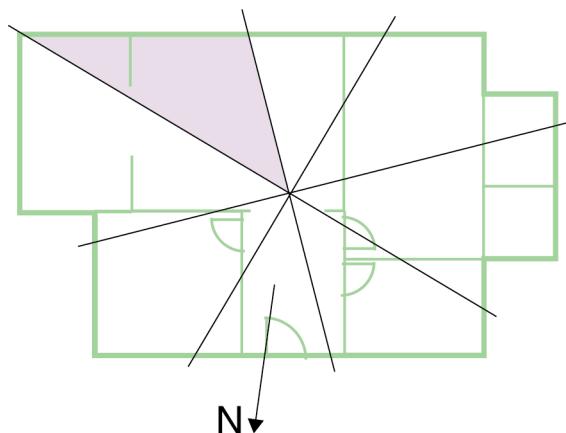
- Now place the *ba gua* over any rooms you marked in Steps 1 & 2, one room at a time. Align the *ba gua* with the door to each space; it might be rotated one way or the other compared to the rest of the house. Where is *hsun gua* within each of those rooms?



- Find *hsun gua* in your bedroom. This is a prosperity power spot regardless of its location within the larger *ba gua* of the home.
- Find *hsun gua* in your living room and kitchen. These areas are often good power spots for prosperity.



6. When the *ba gua* is placed according to the compass directions, *hsun gua* is the southeast sector. Find the southeast area of your floor plan. Are any of the potential power spots you have already identified in that area? If so, they are likely to be important prosperity power spots for you.



7. Review the potential power spots you identified in the previous steps and choose the best three to receive priority feng shui attention. Factors to consider are:
- ◆ *Importance of the room:* Your bedroom, living room, kitchen, and home office (if you have one) are most important.
  - ◆ *Multiple influences:* Look for areas where *hsun gua* on one *ba gua* falls within *hsun gua* of another.
  - ◆ *Chi of the room:* any space that is very cluttered, dark, cramped, dingy, neglected, or generally unappealing does not have strong *chi* and will not be a good power spot regardless of how well it meets all the other criteria. You may be able to correct these problems with a good clutter clear-out, better lighting, and some basic home maintenance or a fresh coat of paint. Until you do, keep any space like this off your power spots list. Other spaces that are not good power spots include bathrooms, closets, narrow hallways, and stairways.

## Principle 3

# Create a Path for Chi

In order to increase prosperity, you want to make sure that *chi* flows from your front door to your prosperity power spots without being blocked or diverted along the way. Creating a path for *chi* involves getting rid of the stuff that piles up behind doors, arranging furniture to create a smooth traffic flow through the home, and using cures such as mirrors, wind chimes and faceted crystal balls to manage the flow of *chi*.\*

### Your Street

If you live on a busy street or on the outside of a curve, *chi* could be rushing right past your house. Without a good flow of *chi* onto your property, it will be difficult for your family to prosper. You can slow down passing *chi* with a large boulder or garden statue, and attract it into your yard with a flag, whirlygig or fountain.

### Your Yard

A yard that slopes away in the back of the house is considered bad for prosperity. A fence or hedge at the back of the property will help keep *chi* in your yard, as will an upright in *li gua* (fame) pointed up at the roof of the house, or a wind chime hung from a tree in *hsun gua*. A swimming pool in the backyard will also help to contain *chi*. If your house is much above street level, it's hard for *chi* to get uphill to your house. Flags, lights, or a wind chime will help to draw *chi* to the house, and a water feature in the front yard will help to hold *chi* on the property.

\* See [Appendix E](#) for a quick reference guide to commonly used feng shui cures and accessories.

## Your Front Path

*Chi* likes to meander, so a gently curving front path is good feng shui. A straight-as-a-ruler path from the street to the front door is less than ideal, because *chi* flows too quickly along it. This creates a subtle feeling of stress each time you leave the house, which can affect your mood and focus at work, which in turn could have an affect on whether or not you are offered a desired promotion or raise. It's a good idea to hang a wind chime near your front door, to deflect this too-strong flow of *chi*. You can also soften the impact of a straight-line path by planting a curving border of flowers beside it.

## The “Mouth of Chi”

Your front door is called the “mouth of *chi*” because it is the main way *chi* enters your home. If your mouth of *chi* has poor feng shui, you may find it difficult to recognize and respond to opportunities... which could mean missing out on chances to increase your income.

- ◆ Make sure your front door opens all the way and that nothing is stored behind or around it in a way that restricts movement in and out of the house.
- ◆ A bright light beside or over the front door attracts *chi* to the house
- ◆ Don't keep trash or recycling near the door. If you must use this area for storage, make sure everything is as tidy and inconspicuous as possible.
- ◆ Keep the entire area around your front door clean, well-lit, and attractive. Pay attention to details like your house number and mailbox, and if that plant by the front door isn't looking very healthy these days, replace it with a bigger, prettier one.

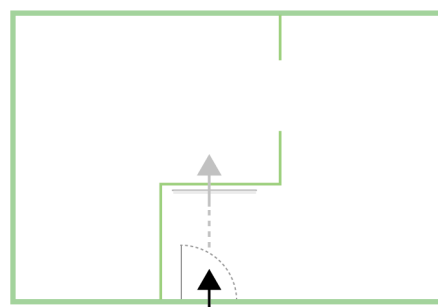
If you never use your front door, you can't benefit from all that good *chi*. Make a point of using the front door at least once a week—preferably daily—instead of always going in and out through a back or side door. Each time you open the door, take a moment to mentally welcome prosperous *chi* into your home.

## The Front Hall or Foyer

Narrow or shallow entry areas make it hard for *chi* to get into your home. If you want to have more money coming in, take a look at this space and see if it needs to be visually opened up. Mirrors are a good way to make a small space seem larger, and they can be used to good effect here.

### BLOCKED ENTRY

A wall less than six feet in front of you when you enter your home may be blocking your ability to get ahead in life. The solution for this is to use a large mirror to visually open up the space.



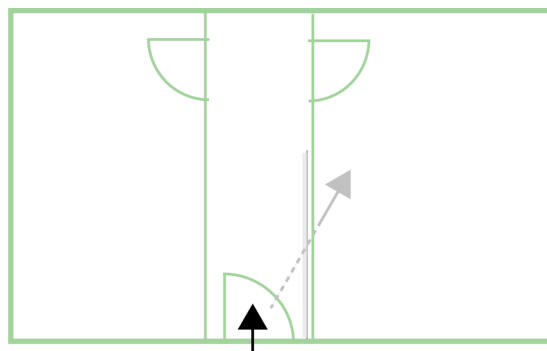
A mirror creates the illusion of depth in a blocked entry

Some feng shui experts feel that a mirror directly opposite the door will bounce the *chi* right back out again, but a mirror brightens and expands the space, which is what this kind of entry needs. Another solution is to hang a landscape painting or poster opposite the door. The image should be large and have a distant horizon; this will visually open up the space and allow you to “see” into the distance.

### “PINCHED NOSE” ENTRY

Another problem, the “pinched nose” entry, occurs when the front door opens onto a very narrow hallway. This is thought to restrict the flow of *chi* and opportunities into the home.

The best solution is to mirror the entire wall beside the open side of the door (not the hinge side). If you can't do that, a large mirror hung close to the door will also work.



A mirror creates the illusion of a wider space in a “pinched nose” entry.

## Stairs

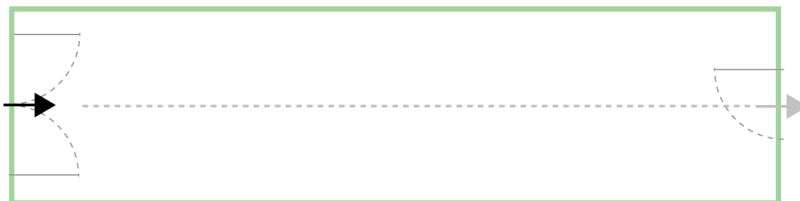
Is *chi* flowing down the stairs and right out your front door, taking your prosperity with it? Interior stairs should end at least one body-length's distance (about six feet) from the door; ten feet or more is even better. A basket or potted plant at the foot of the stairs will help catch *chi* before it flows out the door, or you can hang a faceted crystal ball between the foot of the stairs and the door. If you already have a chandelier in your entry, empower it (see pages 15-16) to prevent *chi* from leaking out the door.

Stairs to a lower level, when close to the front door, can drain *chi* away from your prosperity power spots. If there's a door at the top of these stairs keep it closed, or hang a faceted crystal ball at the top of the stairs and empower it to keep *chi* from running down to the basement.

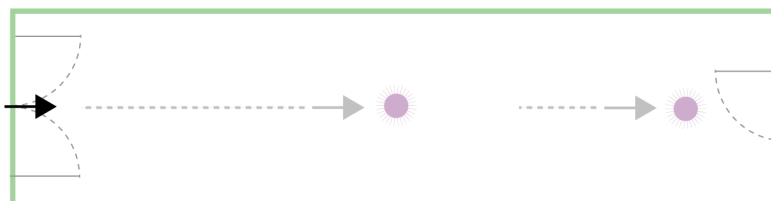
Mandarin duck stairs (where the front door opens onto a double staircase, one side leading up, the other down) confuses *chi*—and you—as it doesn't know whether to go up or down. Close off one side with a door or curtain to direct *chi* toward your main prosperity power spots.

## Hallways

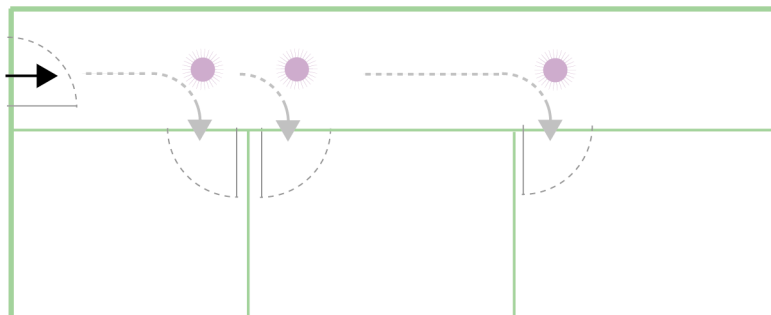
A hallway that cuts straight through your house from the front entry to the back door funnels *chi* right out the back, before it has a chance to nourish the home:



You can slow down the flow of *chi* with a faceted crystal ball, crystal chandelier, or wind chime halfway down the hallway or just inside the back door:



A long narrow hallway anywhere in the home will cause *chi* to move too quickly, which can increase feelings of stress or anxiety. Use three crystals equally spaced along the length of the hall, or hang a crystal in outside each doorway opening off the hallway:



## Guide Chi to Your Power Spots

Slowly walk from the front door to each of your major prosperity power spots, looking for anything that slows you down or gets in your way: a pile of newspapers, the laundry basket, scattered toys, exercise equipment, too much furniture in too small a space, etc. Deal with these now or start a list of spots that need attention and plan to correct them as soon as possible.

If any of your top priority power spots are a long way from the front door, hang a bell or wind chime in that area, or in the doorway to that room, and empower it to attract more *chi* there. You can also use either of the following two methods to direct *chi* to a power spot.

### POWER LINE

Get a spool of red or purple string or heavy thread, and tape or thumbtack one end to the floor or doorframe at the “mouth of *chi*.” Run the string along the wall all the way from the doorway to your prosperity power spot. Fasten the string at intervals so it won’t trip anyone or get broken. If you do this neatly, tucking the string into corners, under the edge of your carpet, and behind furniture, it is not conspicuous.

When you get to your prosperity power spot, cut the string and tape that end down, too. If you want to be really precise, measure the string as you go along, and cut it at a length that is a multiple of nine feet or meters, plus a multiple of nine inches or centimeters to make an appropriate length.

Put a wealth symbol at the end of the string, such as a bowl of 108 coins, a chunk of amethyst, or a laughing Buddha figure (see [Appendix D](#) for ideas). Empower the string to conduct prosperity *chi* and financial blessings into your home and bank account.

## PATH OF PLANTS

Starting at your front door, place three, six, or nine plants along the route to your power spot, so that as you walk from the front door to the power spot there is always a plant in view ahead of you. It's okay to use artificial plants so long as they are lifelike and attractive. Living plants have stronger *chi*, but if they won't thrive in those spots artificial ones will be a better choice. You can also do this cure with blooming plants—look for a variety with red or purple blossoms for best effect. Empower the plants to attract *chi* to your power spot and increase your prosperity.



## Principle 4

# Repaint, Repair, Renew

Millionaires don't live with dust bunnies, leaky taps, weed-filled lawns or dirty windows, and neither should you. In feng shui everything is connected, which means that neglecting your home is a form of self-neglect. The fastest way to shift the *chi* of your home so it feels more prosperous is to attend to basic housekeeping and maintenance issues that may be draining your energy and abundance. In feng shui, even little things that seem like minor issues could be having a major effect on your prosperity. Here are some common problems to look out for, and why:

- ◆ A cracked walkway, sagging porch steps, loose railings, rotting threshold, or ratty doormat can all literally or symbolically trip you up and make it difficult to achieve your goals.
- ◆ Make sure the door to any power spot room opens smoothly and completely, and that the doorknob turns easily. Any *hsun gua* door that does not open easily can indicate problems accessing or benefitting from your financial resources.
- ◆ A loose doorknob in *hsun gua* can make it difficult to “get a grip on” your financial situation.
- ◆ A *hsun gua* door that does not close all the way or does not easily stay closed can mean that your private business is subject to inappropriate public scrutiny, or that some unfinished money issue needs attention.
- ◆ Problems with a closet door in *hsun gua* have the same meanings and effect as other doors, with the added difficulty that these issues may be hidden from you.

- ◆ Dirty windows in *hsun gua* make it hard to see your financial situation clearly, and can indicate clouded judgment.
- ◆ Burnt-out lights, fixtures that don't work, or inadequate lighting in *hsun gua* will all contribute to a lack of vision, energy, and initiative in pursuing your financial objectives. If you need more inspiration and insight where money is concerned, turn some lights on in *hsun gua*—the brighter the better.
- ◆ In feng shui, the kitchen and the stove are very important to prosperity. Broken burners especially indicate financial problems, so get them fixed immediately. Dirt and grime will also affect the prosperity *chi* associated with your stove, so be sure to keep the stove sparkling clean.
- ◆ Plumbing problems anywhere in the house indicate that resources are leaking away from the home. Fix them immediately!
- ◆ Minor leaks can be just as damaging as major ones, so pay attention to toilets that run a little too long after flushing and even the slightest dripping from any faucet.
- ◆ Clogged plumbing indicates clogged energy and should be corrected. When old energy has no way to get out, new energy has a hard time getting in. In *hsun gua*, clogged drains can indicate that you've been clinging too strongly to the money you've got. Pinching every penny may seem like a good idea if your financial situation is tight, but energetically it keeps new money energy from flowing in. (We'll explore this issue in more detail in [Part II](#).)

With these guidelines in mind, it's a good idea to do a thorough inspection of your home. Start with your prosperity power spots first, and make a list of anything that needs to be cleaned, repaired, or replaced. Make another list of maintenance issues for the areas that are not prosperity power spots, and plan to take care of them when the priority tasks are done.

## Principle 5

# Clean Up Your Clutter

The word “clutter” comes from an Old English word, *clott*, which means “to cause to become blocked or obscured.” Like a blood clot that blocks circulation in a vein, clutter prevents *chi* from circulating through your home and life.

### How Clutter Affects You

Clutter is disempowering; it saps your energy, erodes your spirit, and holds you in the past. When your prosperity power spots are filled with clutter, your financial situation may feel stuck or hopeless. Here are some specific ways clutter might be affecting your life:

- ◆ Kitchen clutter blocks your sources of abundance and makes it hard to nourish yourself and others. De-cluttering your kitchen opens up space for you to receive the financial and emotional nourishment that you need in life.
- ◆ Cluttered living and dining rooms affect family and social life. This can lead to a lack of emotional support from your family, and can hinder the networking that supports career advancement.
- ◆ Clutter in your office slows your productivity, adds to your stress, and prevents ideas and opportunities from manifesting. If you want to attract new clients, new projects, or a new direction for your business, clean out your file cabinets and hard drive.
- ◆ Halls are the highways of your home. Clutter here creates a traffic jam that prevents connections between different areas of your life. Look at your halls to see how you feel about your life’s path: are they well lit and easily navi-

gable, or do they trip you up? If you feel a disconnect between work and family, self and others, your needs and your obligations, it may be time to give your hallways a good clearing out.

- ◆ Clutter in the bathroom can indicate a lack of attention to self that goes beyond the physical. Eliminating clutter and disorder in your bathroom and transforming it into a place of refuge will help smooth your transitions at the beginning and end of each day.
- ◆ Adults' bedrooms should function as places of renewal for self and relationships. If you feel "wired and tired," creating order out of chaos in this most personal space can help you to relax and let go of the stress of the day. Then you can get a good night's sleep or enjoy some special time with your partner.
- ◆ Closets represent things that are hidden, unknown, or unrecognized. When we fill our closets with clutter, we stifle our ability to be intuitive and insightful. Cluttered closets can indicate problems that you may not be aware of but which impede your life, work, and relationships nonetheless.
- ◆ A cluttered attic creates a feeling of being under pressure. It's hard to feel optimistic or inspired about your financial future when there's so much stuff "hanging over your head." Ancestor issues reside up there, too, along with all those boxes and chests holding the detritus of generations. The basement and other below-ground storage areas are considered abodes of the subconscious, so watch your step and get that clutter cleaned up!
- ◆ Think of your car as a symbol of your mobility, independence, and ability to be self-directed in life. If there's so much stuff piled up in your garage that you can barely fit the car in there, you may be hampered or overly cautious moving forward in life as well.

## Clutter Clearing Makes Room for Blessings


Clearing out your clutter gets you out of your rut and creates space for possibility. Instead of moping around worrying about your bills, you may find yourself deciding to go back to school, change your career, or start your own business. No matter how severely financial worries may be dragging you down, I guarantee you that clearing your clutter will dramatically improve your mood and energy and that then your other concerns won't seem quite so unmanageable.

People who are able to live without clutter trust themselves to make good choices. As you become more conscious of what you allow into and keep in your home, you will develop a higher level of trust in your own decisions.


An additional benefit of getting rid of your clutter is that it can literally lighten you up and help you lose weight. All that stuck energy in your environment affects you on both emotional and physical levels, and encourages extra pounds to hang around. If you are feeling emotionally listless and uninspired to take action about your finances because you are overweight and out of shape, getting rid of clutter everywhere in the house should be a key part of your financial strategy.

Stop thinking of clutter-clearing as a tremendous chore, and start thinking of it as one of the most effective self-empowerment tactics available to you. Each magazine and piece of paper you recycle, every book you give to the library, every knick-knack and item of clothing you release to a new owner creates space in your life for new insight, energy, joy, and abundance to flow in. If you need immediate cash, yard sales and online auction sites are a good way to turn old energy (lingering in your home as stuff you no longer need or want) into some useful cash.

The space you create by releasing clutter will allow all kinds of gifts to flow into your life, material, spiritual, and emotional. Feng shui helps us to see that letting go of excess makes room for us to receive the "fortunate blessings" that are the essence of *hsun gua*.



If getting rid of clutter were just a matter of catching up with housework, more people would do it. If you want to deal with your clutter but aren't making any progress on your own, consider hiring a professional organizer to assist you. Or, visit [www.ClutterFreeForever.com](http://www.ClutterFreeForever.com) for information on my *Clutter-Free Forever!* Home Coaching Program.



## Principle 6

# Neutralize Negative Influences

### Predecessor Chi

Before you moved into your current home or office, did you ask about the previous occupants (if any) and why they moved out? Probably not, unless you've studied feng shui, and know about the importance of "predecessor *chi*."

It makes sense when you think about it. If the *chi* of a space affects your life, then a quick peek at how the people before you prospered (or not) in the same space provides clues about how well you might fare there. If the people who used to live or work in that space moved because they got married, were promoted, or retired rich, you've hit the feng shui jackpot. It's a sign that you, too, are likely to prosper and be happy there.

Although feng shui is just one factor in your life experience, if the previous owners or tenants moved out due to divorce, bankruptcy, illness, violence, or death, you'll want to do what you can to ensure the same problems don't happen to you. Even if the specific issue that led the previous occupants to leave was not caused by the feng shui of the space, the negative vibrations of trouble, stress, and unhappiness are likely to have lingered there.

### Space Clearing

Space clearing ceremonies have been practiced for millennia as a powerful way to clear and protect a home or place of business. If you know or suspect that your home or office has unlucky predecessor *chi*, a thorough space clearing is called for. It's also a good idea to periodically clear the energy of your space if you have

lived or worked in the same place for a long time. Hire a professional to perform the process for you, or study one of the many books available on the subject if you want to do it yourself (see the Resources pages for recommendations). Some quick methods follow here, but keep in mind that for a serious predecessor *chi* situation, a more powerful method may be required.

## SOUND VIBRATIONS

Sound vibrations help to loosen stuck energy. Use a rattle, bells, wind chime, or bang on a metal pot lid to shake things up. Walk through your entire house or focus on one problem area where stuff and clutter has piled up—a sure sign of stuck energy in that area. If clearing and cleaning your space seems like a bigger chore than you're up for right now, ring a bell all around your body and let the sound waves energize you.

## CLEAN CARPETS

Rugs and carpets collect old energy along with dirt, dust, crumbs, and pet hair. Make sure to include a thorough carpet cleaning along with your other energy-clearing methods, especially if you have been using the sound cure to loosen stale or stuck *chi*.

## FRESH AIR

If the air in your house is stale, the energy will be, too. A quick way to refresh the *chi* in your home is to open all your windows and doors for at least 15 minutes. Even if your home is well ventilated, this is a good thing to do if you have been having a run of bad luck. The best time to do this is between 11 PM and 1 AM, when the *chi* of the day is shifting. If you can do this when the air is clear and fresh-smelling and there is a gentle breeze, that's even better.



## Secret Arrows & Sha Chi

### SECRET ARROWS

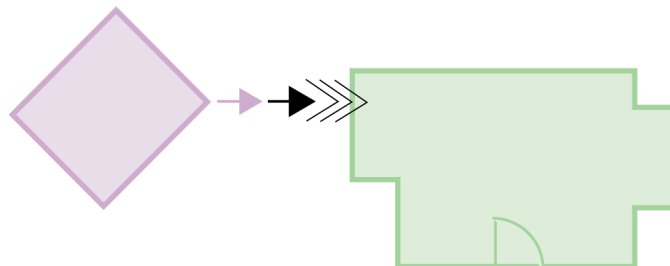
Secret Arrows are a specific form of *sha chi* (harmful energy) caused by things that point at you or your house. The sharper and larger the point, the stronger the negative effect will be. Secret arrows are wounding on an energetic level. If you are exposed to them your health and energy can suffer.

As you can imagine, a secret arrow aimed at a prosperity power spot can injure your financial situation. This could manifest as a chronic illness that makes it hard for you to earn a decent income, migraine headaches, failed business deals, or conflicts with clients or partners, to name just a few possibilities.

There's no way of knowing exactly how a secret arrow will hurt you, but you can be sure that some kind of damage will be done. Here's what to look out for, and how to protect yourself against a secret arrow's nasty impact.

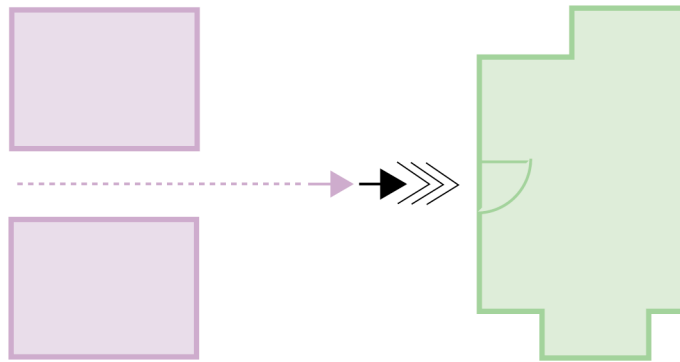
### SECRET ARROWS OUTSIDE THE HOUSE

One of the most common sources of secret arrows is the corner of a garage or nearby building that points directly at your house. Note that this situation only occurs if the other structure is at an angle (rather than parallel) to your home.



Corners of neighboring buildings are a common source of sha chi. The closer and taller the source, the stronger the secret arrows will be.

A utility pole in front of or across the street from your house can be a source of secret arrows, especially if its shadow falls across your front walkway or door during the day. Another source of *sha chi* is a narrow alley or “T” intersection that sends a strong rush of *chi* at the front door of a house.



Sha chi at a “T” intersection.

Note that for a business location, a “T” intersection maybe more helpful than harmful, because it drives traffic to your door. This will depend on the relative size of the building, compared to the size of the road and the volume and speed of traffic.

While you are out checking your yard for secret arrows, keep a lookout for other sources of *sha chi* as well. Remember that anything unattractive, unhealthy, or unpleasant is a sign of negative energy. If your yard is marred by dying trees, junked appliances, a pile of wood scrap or the like, the *chi* of your home is being affected. Start with *hsun gua*, and clear out anything that has a less than beautifying effect. Bad smells are a form of *sha chi* as well, so if you notice any, inside or out, investigate the source and remove or fix it as soon as possible.

If anything in the area surrounding your home makes you uncomfortable in any way, chances are good it's a source of *sha chi* and you should take some precautions against it.

## USE A BA GUA MIRROR FOR PROTECTION

The best way to protect your home from exterior secret arrows is to deflect the energy with a mirror or other shiny surface. The traditional cure for *sha chi* aimed at the house is a *ba gua* mirror. This is a small round mirror in a red or yellow octagonal frame decorated with the eight trigrams.

Hang a *ba gua* mirror with the three solid lines (the trigram for "Heaven") at the top, and the three broken lines ("Earth") at the bottom. Place it above or beside the front door if *sha chi* is aimed directly at the entry, or use it on whatever side of the house is being attacked by secret arrows.

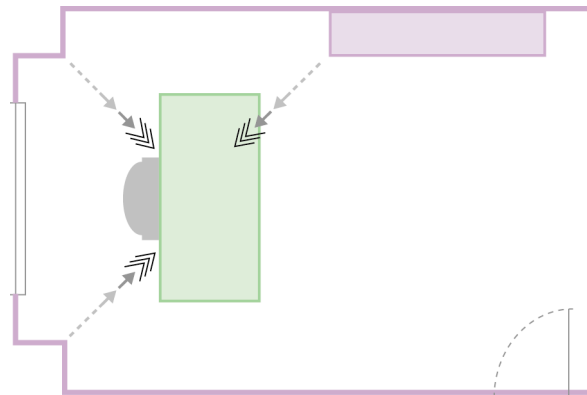
In an office or apartment, you can use a *ba gua* mirror against exterior *sha chi* by hanging it on the inside of a window, facing out at the source of negative energy. Other than this use, *ba gua* mirrors should never be used indoors.

From a prosperity perspective, the most important areas to protect from exterior secret arrows are the front door, *hsun gua*, office, and your bedroom, although you should check for them in every *gua*. Secret arrows come in many guises, so take a sharp look around with feng shui eyes to see what might be aimed at your house. Check for *sha chi* by looking outward from all windows in these key areas, and take a look around from the yard as well.



## SECRET ARROWS INSIDE THE HOUSE

Secret arrows in interior spaces are caused by sharp angles or corners. The turbulent energy created at the corner may result in stress, anxiety, difficult sleep, or arguments. You can begin the work of neutralizing harmful influences by examining each of your prosperity power spots for secret arrows affecting any area where you eat, sleep, relax, or work. The sharp corner of a table, the edges of a shelf, even points or angles on a lighting fixture or piece of statuary can all cause a disruption in the smooth flow of *chi* nearby.



Desk attacked by secret arrows from bookcase and room corners.

The size and height of the angle will affect how strong the negative influence is, and the more sources of *sha chi* are present in a room, the greater the total effect will be. The corner of a bookcase, for example, is not likely to be a problem if you are seated far away from it. But if there are many sharp corners crowded into a space, you'll feel their stressful, distracting effect regardless of proximity.

You can cure sharp angles in interior spaces by shielding them with a plant, fabric, or a faceted crystal ball. Hang the crystal from the ceiling with red string cut to a multiple of nine inches or centimeters for best effect.

## SHA CHI IN THE KITCHEN

Inside the house you are subject to *sha chi* any time you have your back to a door. This is especially harmful to both you and your wealth in the kitchen. In many homes, the kitchen stove is positioned so that the cook faces the wall while preparing meals, leaving his or her back exposed.

If you are not entirely at ease while you cook, that unsettled energy will be communicated to the food you prepare. On a subtle level, this may affect your health, which in turn could affect your work and income. A doorway behind you as you stand at the stove compounds the problem; this layout is thought to lead to accidents in the home.

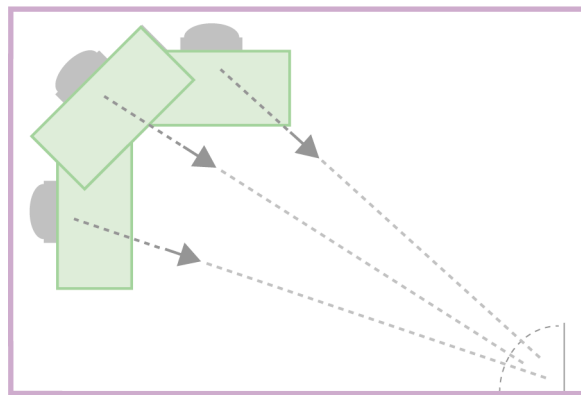
A chef who faces into the room while cooking is in the “command position” (below). This is one of the most important principles of feng shui, and should be followed not just in the kitchen, but for your bed and desk as well.

If you stand with your back to the room while using the stove, hang a large mirror over the stove so that you can see behind you. If you can, hang the mirror so the burners are reflected in it as well. This symbolically doubles your food, and therefore, your money!

## THE COMMAND POSITION

Just about everyone hates to sit with their back to a door, and with good reason; sitting where you can't see what's going on behind you makes you feel vulnerable and tense. In addition to not being able to see who's behind you, the *chi* entering that space is hitting you in the back. If your bed, desk, couch, or stove puts you in this position, it will subtly but powerfully increase the level of stress you deal with every day.

In feng shui, we want major pieces of furniture (desk, bed, etc.) to be positioned so that they give you a view of the doorway, preferably with a solid wall behind you for support, and are not directly in the path of the *chi* coming in the door:

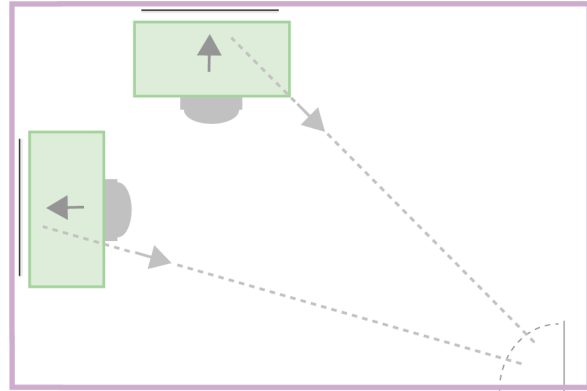


The Command Position provides a clear view of the entry, but is not directly in line with the door.

This is called the “command position,” and it puts you more in command of your life. As you direct the flow of *chi* to your power spots, arrange your furniture so you will be in the command position.

If you can't use the command position, hang a mirror so that you will be able to see the door from where you sit or sleep:

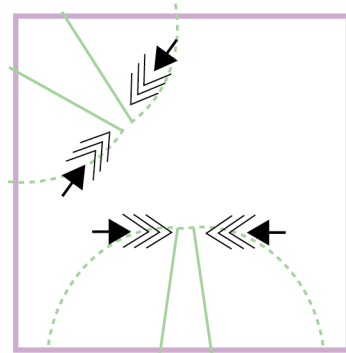
Desks not in the Command Position can use mirrors to provide a reflected view of the door.



## Sources of Conflict

### FIGHTING DOORS

Doors that bump into each other when open lead to conflict in the home. If you and your partner tend to argue about money, look for “fighting doors” in *hsun gua*, the kitchen, and other prosperity power spots. When closet doors “fight,” conflicts may be unspoken or unrecognized.



Cure fighting doors with red string or tassels. If you choose tassels, hang one from each doorknob. If using string, cut a piece long enough to tie around both doorknobs when the doors are closed. The length of the string should be a multiple of nine inches or centimeters. Tie one end of the string to each doorknob, cut it in the middle, and wrap each loose end around the stem of the doorknob to which it is attached.

## OVERHEAD SHELVES

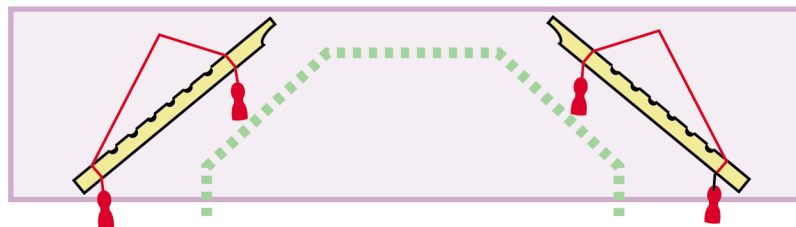
Having trouble sleeping? Prone to headaches at work? Shelves that are too close to your head are a form of *sha chi*. The secret arrows from the edges and corners of the shelves can cause pressure, headaches, and poor concentration. Shelves over a bed can make it difficult to sleep well, due to the threat that things might fall on you as you sleep. Shelves directly over a desk can be threatening on a subconscious level as well. Knowing that the shelves are firmly attached and not likely to fall does not reassure your subconscious mind or offset the effects of this oppressive energy. If you can't move your furniture to avoid this situation, hang a faceted crystal ball between you and the shelves.

## EXPOSED BEAMS

Exposed ceiling beams create pressure over the area directly beneath them. A beam over the dining table or the couch, for example, can aggravate any tensions in the family. A beam over a desk may make it difficult to work, or may cause headaches.

The lower the ceiling, the greater the impact will be. Keep in mind the importance of having the desk in the command position; often, there is no single perfect solution for where to place key furniture in a room. Feng shui is about making the best choices you can, given the many factors present in a room. If you can't avoid having a major piece of furniture under an exposed beam, you can lessen the impact by using light or symbols to lessen the impact:

- ◆ Chinese bamboo flutes are the traditional "cure." Hang them with red string at an angle that implies the top of an octagon:



The root end of the wood should be at the bottom; usually this puts the mouthpiece at the top. However, if you can't tell which end of the bamboo is the root end, hang the flutes with the mouthpiece at the *bottom*, so air blown through the flute would travel up.

- ◆ If flutes don't appeal to you, use plants or uplights on the floor or a table beneath both ends of the beam, to lift the energy.
- ◆ Use imagery under the ends of the beam, or along the side of the beam, to symbolically lift the energy. Appropriate images include angels, birds in flight, and the like.
- ◆ Disguise the beam with fabric or a canopy over the bed
- ◆ Hang a vine, garland, or string of miniature lights along the side or bottom of the beam

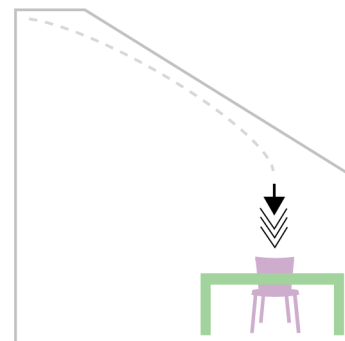
## CEILING FANS

Ceiling fans keep us cool and reduce air-conditioning costs. However, they also create slicing energy as they spin, which can be harmful if over your bed or desk. If you can't avoid sitting or sleeping directly under a ceiling fan, hang a faceted crystal ball underneath it, or some other image that is uplifting and protective to you, such as a bird, angel, or cherub ornament.

## SLANTED CEILINGS

*Chi* flows down the slope of a slanted ceiling and puts pressure on whatever is against the lower wall. If your desk or bed is on the low side of a room with a slanted ceiling, you will be under a lot of pressure while you work or sleep.

The height of the ceiling, the angle of slope, and the overall size of the room all affect the amount of pressure created. If you cannot stand upright on the



Desk position attacked by oppressive chi from a sloped ceiling.



lower side of the room without bumping your head, the situation is considered severe. Even in a high-ceilinged room, the lopsided nature of the space will create unbalanced energy. This can affect you in a variety of ways:

- ◆ You may feel stressed-out, off-balance, irritable, moody, and out-of-sorts much of the time.
- ◆ You may experience uneven cash flow, a lack of steady business activity, or unusual difficulty winning new business.
- ◆ Others may perceive you as unstable or unreliable.
- ◆ Your health may suffer, or you may become depressed.
- ◆ If your bedroom or office has a slanted ceiling, it could contribute to inequality in your romantic or business relationships.

If you must sleep or work under the pressure of a slanted ceiling, here are some things you can do:

- ◆ Put a canopy over your bed, or hang a swag of fabric above the bed to disguise the uneven height of the ceiling
- ◆ Place three uplights along the shorter wall to lift *chi* on that side of the room
- ◆ Hang a faceted crystal ball overhead for protection

## Financial Leaks

Leaking *chi* in your prosperity power spots can mean money is leaking out of your pocket. Plumbing, as you might have guessed, is the first place to look for potential problems.

## BATHROOMS

Feng shui's association of the bathroom with ill health and harmful *chi* dates from pre-industrial times when the glories of modern plumbing and cleaning products

were still far in the future. And because feng shui originated many centuries before indoor plumbing, there's no place in the *ba gua* where it is welcome.

Our modern bathrooms, however, are often havens of hygiene, relaxation, and comfort. If your bathroom is clean and attractive, there's no reason to think that it's the cesspool of harmful energy that some feng shui teachings would have you believe. There's no need to panic about a bathroom in your wealth *gua* or any other key area of the home. It does not necessarily mean you are flushing away all your money, although you can protect against that just to be safe. Just keep the toilet seat down and the sink and shower drains closed (except when in use, of course), and keep the door closed as much as possible. Put a large mirror on the outside of the bathroom door to deflect *chi* away from the bathroom.

Make sure that your desk is not placed where there is a toilet on the other side of the wall. If moving your desk away from the wall is not possible, paint the wall between your office and the bathroom green and put up artwork representing trees or flowers. This wood energy will help to counteract the draining water energy of the bathroom.\*

## EXTERIOR DOOR IN HSUN GUA

If a back or side door is located in *hsun gua*, money *chi* could be leaking out that door. Make sure that the door closes and locks securely, and paint a thin red line around the inside of the door frame to keep money *chi* from leaking out of the house.

## UP IN SMOKE

A fireplace in *hsun gua* can mean your finances are "going up in smoke." Keep the flue closed when the fireplace is not in use, and place a screen in front of the hearth to help keep energy from going up the chimney. Large paper fans are often sold for

\* If you are not yet familiar with the [five Chinese elements](#) and how they interact, please read [Appendix B](#) to learn about these very important feng shui factors.

use as fireplace screens, but from a feng shui perspective these could have the effect of “fanning the flames.”

Don't place plants near a *hsun gua* fireplace: they will symbolically feed the fire, which consumes the wood energy associated with *hsun gua*. Use your knowledge of the element cycles to control the fire energy of a fireplace in a prosperity power spot. Water controls fire and feeds wood, so an indoor fountain or a fish tank will help to keep the fireplace energy under control.

Mirrors also represent water, so a mirror above the mantel can be an effective cure. Another option would be to hang a large poster or print of a water feature such as a waterfall, pond, or river above or near the fireplace.

## Signs of Poverty Consciousness

The images with which we surround ourselves exert a powerful subconscious influence on our thoughts and emotions every day. Learn to look at your possessions with feng shui eyes, and you will discover a new dimension to your surroundings.

- ◆ *Indicators of abundance chi*: metallic colors, coins, jewelry, luxury items of all kinds, luxurious fabrics, fruits, anything full or overflowing.
- ◆ *Indicators of poverty chi*: anything empty, anything worn or torn, anything that energetically says, “poor me.”

How many of each of these kind of things you have in your home is a good indicator of your subconscious programming. It doesn't matter whether or not you actually have money, or how expensive the things in your home really are. You could be struggling with debt and have few possessions, yet if you have a bowl of fruit on the kitchen table and box of pretty costume jewelry in the bedroom you have found ways to bring the energy of abundance into your home.

It works the other way, too. Even if you have a lot of money in the bank, if your home is spare, your cupboards bare, and all the containers in your refrigerator and bathroom are close to empty, your home is resonating with the vibration of lack.

Go to each of your prosperity power spots, and take a good look at what you see. How many indicators of abundance do you see? How many signs of lack?

Keep the containers in your house full, group things together in bowls or baskets, and have at least one pretty or luxurious-looking item on display in each room, and you fill your home a vibration of plenty.

## FIRST IMPRESSIONS

As part of your campaign to reduce or remove any sources of negative energy, you should take a look at all “first impression” spaces in your home—particularly those leading to your prosperity power spots—to make sure the scene that greets you as you enter each space is inspiring and attractive. Anything dark, depressing, chaotic, violent, dirty, worn out, or unpleasant is a source of *sha chi*; when it’s the first thing you see when you enter a space, it will affect your entire experience there.

Check your “mouth of *chi*” and make sure that area is as attractive and welcoming as possible. Select and arrange furniture or artwork so that you are greeted by an attractive focal point. If your front or back door opens directly into the living room or kitchen, make sure that the first thing you see is visually appealing. A sink full of dirty dishes, a messy stove, or a couch buried under a heap of toys and papers will make you feel less than prosperous each time you come home.

Once the key access areas to your home have been inspected, do the rounds of the rest of the house, and check the first impressions for each of your prosperity power spots. Remove anything that you know or suspect might have negative energy or connotations, and replace it with more inspiring and positive imagery.

## Principle 7

# Activate Your Power Spots

Now that you have created a path for *chi*, cleared your clutter, taken care of maintenance issues and removed or corrected sources of *sha chi*, it's time to activate your power spots with appropriate symbols, shapes, colors, and objects.

### WOOD CHI

*Hsun gua* is associated with mature wood. All kinds of plants are appropriate here, especially those that have round (coin-shaped) leaves or red or purple blossoms.

- ◆ Outdoors, enhance *hsun gua* with evergreen trees and bushes, fruit trees, or flowering plants with red or purple blossoms. If you decide to plant trees or bushes in *hsun gua*, place nine coins in the soil beneath each one, to symbolically “grow” your money.
- ◆ Indoors, enhance *hsun gua* with large house plants, plants with red or purple blossoms, and/or bouquets of fresh or lifelike red and purple flowers.

### WIND-POWERED OBJECTS

Colorful flags fluttering in the breeze are a great way to stir up *chi* in *hsun gua*. Activate *hsun gua* of your yard with a flag, banner or whirly-gig. Flag poles, tree branches, eaves, and porch columns can all carry a flag or windsock. Choose blacks, dark blues, greens, and purple colors (rather than reds, yellows, or white), or include colors that represent all five of the elements.

Mobiles and whirly-gigs can also be used as *chi* enhancements for prosperity power spots inside the home. If you use this type of cure in a place where there is not much air current, set it in motion manually from time to time as you walk by.

Wind chimes activate *hsun gua* with both sound and motion, and are a much-recommended addition to this important area. If your back yard slopes away from the house, hang a wind chime in *hsun gua* to lift energy and keep it from rolling away downhill. Small wind chimes can be used inside the house.

## COLORS

*Hsun gua* colors are dark greens and purple. The darker greens (rather than pastels or aquas) signify mature wood, and purple is the color of supreme success and abundance. Dark green and purple paint, fabrics, furnishings, and accessories are all good additions for *hsun gua*.

## SHAPES

Columns, pillars, and tall shapes are associated with the wood element, as are vertical stripes.

## IMAGERY

Good enhancements for *hsun gua* include:

- ◆ Anything described as a wealth symbol in [Appendix D](#), or that symbolizes prosperity to you in some way.
- ◆ Money of any kind: coins, paper currency, or any kind of imagery having to do with money and prosperity.
- ◆ Images of things that you are grateful for: the people, experiences, and material goods that are your current or hoped-for “fortunate blessings.”

## NOURISH WITH WATER

Wood is nourished by water, so water features and imagery are also good in *hsun gua*. Moving water brings prosperity and good luck to the home. Water fountains and aquariums are great feng shui enhancements because they are both soothing

and energizing. The sound and motion of gurgling water activates *chi* and humidifies a dry room, helping to balance *chi*. Moving water gets things going when the *chi* has been stagnant for a while (think of ice melting in the spring).

## MINIMIZE ENEMIES

Fire burns up wood, and metal chops it down. Minimize the use of reds, white, metallic colors and objects, and imagery that has flaming or cutting aspects.

Candles used in *hsun gua*, such as on a Prosperity Altar (below), should be green or purple. Avoid red candles. When unlit, tall candles are better than short ones, because pillars and column shapes are associated with the wood element. Common sense dictates that when candles are lit, safety is always the most important consideration.

## Prosperity Altar

Choose one of your best *hsun gua* power spots as the place for a Prosperity Altar. How do you know which is the “best” spot? Start by choosing among your living room, bedroom, and kitchen. If you work at home, *hsun gua* of your office is a good location as well.

- ◆ If you wish to keep your Prosperity Altar private, use *hsun gua* of your bedroom.
- ◆ If your family will be creating the altar with you, set it up in your living room or kitchen.
- ◆ If none of these rooms offer an appropriate area, consider the dining room as well. However, if you rarely use the dining room try to find another spot, because unused rooms have low vitality.

Other considerations include the availability of an appropriate place on a table, dresser, shelf, windowsill, or countertop. Avoid any location that is next to a fire-

place, stove, or bathroom as these will burn up or drain away the energy of your altar.

If possible, choose a spot where you will be able to sit quietly or meditate for a few minutes in comfort and without distractions.

## WHAT TO PLACE ON YOUR ALTAR

Any of the *hsun gua* enhancements on the previous pages will be appropriate for your Prosperity Altar, as are the wealth symbols described in [Appendix D](#).

## THE FIVE ELEMENTS

Include at least one image or item that represents each of the five elements:

- ◆ Fresh flowers (wood)
- ◆ Picture of a waterfall, or a small indoor fountain (water)
- ◆ Candle and/or incense (fire)
- ◆ Ceramic bowl or figurine (earth; if glazed, color will also matter)
- ◆ Natural stones and crystals (considered metal by some, because they are extracted from the earth; others consider them an earth element; I lean towards using these as earth-type cures, but a lot depends on the color and shape of the crystal—a clear quartz crystal with sharp edges and points, for example, seems more metallic than earthy to me)
- ◆ Coins or crystals (metal)

Make sure that the overall balance of energy leans toward water and wood, with smaller amounts of fire, earth, and metal energy. An easy way to do this is by using a large piece of lovely green-blue cloth to cover your altar.



## THE FIVE SENSES

Include at least one item that addresses each of the senses:

- ◆ *Sight*: symbolic objects and images)
- ◆ *Sound*: small bell, wind chime, music box
- ◆ *Touch*: fabrics, crystals, polished stones, coins, shells, feathers, pinecones, etc.
- ◆ *Smell*: scented candles, incense, a miniature bottle of your favorite perfume, fragrant flowers
- ◆ *Taste*: fresh fruit or pictures of fruit, especially oranges; grains, especially uncooked rice; a miniature bottle of liquor

## VIRTUAL PREDECESSOR CHI

You can bring good vibrations of prosperity into your home with objects and images of those whose path to success and fortune you particularly admire. This could be:

- ◆ A biography or autobiography of that person
- ◆ A photograph, especially if autographed
- ◆ An object that belonged to that person

## ANCESTOR CHI

Photographs of (or things that belonged to) older relatives whom you love or admire. They don't have to have been rich; qualities such as persistence, integrity, ingenuity, and warm-heartedness can all assist you on your path to abundance.

## SPIRITUAL GUIDES

Any spiritual figure, saint, angel, or deity—whatever is appropriate to your religion, spiritual practice or culture.

## Cash Flow Rituals

One of the best ways to activate *hsun gua* and increase the flow of prosperity into your home is with a cash flow ritual. Usually this will involve some preparatory steps, followed by specific actions that are repeated daily for a period of 9, 27, or more days. Your Prosperity Altar is the best place to perform the prescribed actions, unless the instructions a specific ritual say otherwise. Instructions for a variety of [Cash Flow Rituals](#) are provided [Part III](#).

## Principle 8

# Work on Yourself as well as Your Home

As you learned in the Introduction, the concepts and practices of both traditional and contemporary Western feng shui emerge from the key understanding that everything in our experience is connected on an energetic level. So far, we have focused mostly on feng shui from the outside in: how the specific characteristics of the spaces that we inhabit affect various aspects of our lives, especially our experience of financial prosperity.

Because everything is connected, we can also approach feng shui from the inside out. When our inner environment is in harmony with the feng shui changes we have made to our exterior space, the desired improvements happen more smoothly and quickly. When you don't take care of yourself—mentally, emotionally, physically—it will be harder to fully appreciate the benefits of feng shui. If you are committed to experiencing a life of greater prosperity and abundance, be sure to include wellness practices as part of your overall plan.

### Caring for Your Body

If you've begun to de-clutter your home ([Principle 5](#)), you know what a great difference getting rid of clutter makes to the energy of your home. So, how about getting rid of some of the clutter in your body? Even if you exercise regularly, have never smoked, and eat a healthy diet, you are exposed to a frightening array of environmental toxins from air, tap water, pesticides and preservatives in foods, synthetic materials and chemicals in your clothes, furnishings, and cleaning supplies.

Diet, for many people, just adds to the problem, because commercially prepared and packaged foods are severely lacking in nutrients. Unfortunately, avoiding junk food and taking a daily multi-vitamin are not enough to counteract the deficiencies and toxicities of the modern diet and environment.

When our bodies are burdened with accumulated toxins, and our diets are deficient in vital nutrients and enzymes, two things happen. First, we don't digest well, so our bodies don't get the nourishment they need regardless of how healthy our diets are. Second, as a result of poor digestion, we don't eliminate well, with the result that our bodies become increasingly toxic. As much as 85% of all health problems—including precursor conditions to many degenerative diseases—can be traced to poor digestion and elimination and to the compromised liver and kidney function that accompany a toxic gut. Other symptoms resulting from poor digestion and elimination include fatigue, depression, allergies, lack of mental clarity, lower back pain, weight gain, bad skin, and a host of other ailments including colon and other cancers.

This topic may not seem relevant to the feng shui of prosperity, but what most of us want from greater prosperity is an improved quality of life, and optimal health is an essential part of that. When we are not functioning at our best, earning a living becomes more difficult, tiring, and stressful. It's worth asking yourself how much good it will do to improve your finances if you are too stressed, tired, ill, or irritable to enjoy your new prosperity.

The key to wellness is detoxifying the body and feeding your organ systems high-density nutrition from organic sources. After years of trying many different products, I have finally found a brand that I love. The [Amazon Herb Company](#) offers superior products while supporting indigenous villages and helping to protect the Amazon rainforest. Their unique formulas have significantly reduced my fatigue, stabilized my energy, improved my sleep, and made my "lunar cycles" much more bearable. I take their products daily and can't imagine going without them. The purity and density of these products just can't be found anywhere else. For more information, visit our associate website at [www.AmazonBioEnergetics.com](http://www.AmazonBioEnergetics.com).

## Caring for Mind & Spirit

People who have been meditating for many years often discover, when they learn about feng shui, that they have already made appropriate adjustments to their space. This is because their meditation practice has enabled them to intuitively sense what's going on energetically in their environment. A regular meditation practice will help you become more aware of your own physical and mental *chi*, and be more in tune with the *chi* of your home. The following simple meditation technique is often recommended by feng shui practitioners for clients who need help with stress, fatigue, anxiety, depression, or ill health.

### HEART CALMING MEDITATION

Sit with your back straight in an upright chair, or cross-legged on the floor with a cushion under your hips. Rest your hands on your thighs, or hold them in the "heart calming" *mudra*: palms up, left hand on top of right with the thumbs touching. Close your eyes, relax, and take a few deep breaths.

1. Take a long, slow, deep breath, inhaling through the mouth, and imagine that your entire body is filling with bright white light. The light fills every cell in your body, and absorbs all illness, tension, fatigue, and negativity.
2. Exhale in eight short puffs followed by a ninth long puff that completely empties your lungs. As you exhale, imagine a dark cloud of negativity leaving your body and dissolving into nothing.
3. Repeat this inhale-exhale pattern eight times, for a total of nine breaths. I like to visualize the grey exhale becoming lighter with each breath, so by the ninth breath the exhale is clear and clean, and my body is completely free of negativity.
4. Sit quietly for a few moments after you are done, and notice any shifts in your mood and energy.

## Principle 9

# Evaluate Your Results

It's important to balance your focus on what you desire with the understanding that the effects of feng shui are not always exactly what you had in mind. Increased prosperity might come from an unexpected windfall, or it could result from more clients, a greater workload, and longer hours on the job. It might even result from a situation that at first seems like bad luck, such as the unexpected termination of your job, or even an accident or sudden illness that interrupts your career. In the short term, you are devastated; looking back five years later, you see this period as a critical turning point that set you on a path to greater success and personal and financial achievement.

Seeming misfortunes that dramatically interrupt our progress are often signs that we need to change direction in order to better fulfill our life purpose. This kind of forced transformation is not uncommon among those who go on to become both professionally successful and emotionally and spiritually fulfilled.

When you experience a financial set-back or an apparent lack of results, this usually does not mean that feng shui isn't working. It's more likely that there is a life lesson to be learned (or unlearned) before you are able to fully allow and embrace prosperity. Perhaps what you think you want isn't really what you need. For example, you may have rushed to accept a promotion when what would most benefit you is a complete change of career.

When feng shui seems to trigger the end of a path, it's often because something even better is on the verge of appearing in your life. Remind yourself to see each setback as a valuable learning experience, and remember that true prosperity is worth waiting for.

## Resisting Change

The single most common barrier to success with feng shui is resistance to change. Achieving our dreams almost always means stretching outside our comfort zones, so it is natural to feel hesitant about what feng shui might bring. You can gain insight into your own prosperity issues by examining how consistently you follow through with your feng shui plans (especially the **cash flow rituals** described in **Part III**), what kinds of results you see, and how you respond to the experience.

If you've made feng shui adjustments but feel that nothing is working, ask yourself these questions: "Do I really want it?"; "Am I ready to receive it?"; "Do I believe I deserve it?"

Trust that if you have an open heart and an accepting attitude, the universe will bring you exactly what you need to move you forward toward abundance.

## Signs of Progress


Be alert for little signs that your money energy is shifting, such as an unexpected refund, or finding something on sale for which you had expected to pay full price. By noticing and appreciating these small miracles, you signal your readiness to receive greater and greater levels of abundance. Record the good things that happen in your Prosperity Journal every day, and if you slip into feelings of lack or discouragement look around for something for which you can say "thank you."

## Shifts in Consciousness


Measuring, judging, and comparing is not the best way to evaluate your success with feng shui, especially when your goals are focused on money. Comparing what we have to how much more others have makes us feel small and disconnected from Source. This blocks abundance from flowing into your life just as surely as the clutter that results from not caring for your home blocks the flow of *chi* into your space.

As you evaluate your feng shui results, it is important to notice what you are receiving, regardless of whether or not it is what you desire and no matter how insignificant it may seem. If you can notice the coin on the sidewalk, see it as a sign that something is being provided to you, and respond with pleasure and gratitude even for something as small as a penny, you turn your thoughts and feelings toward receiving abundance.

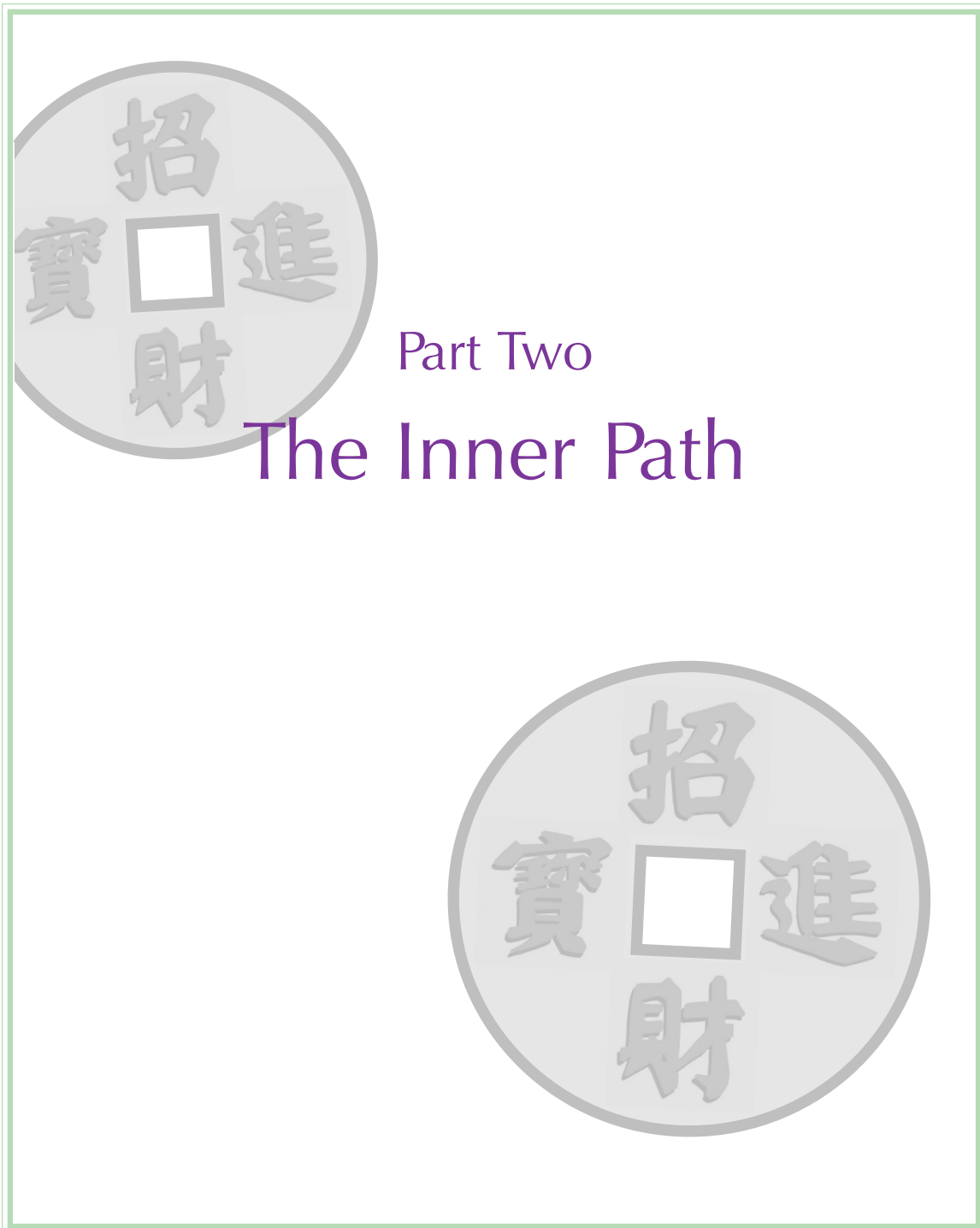
If instead you mope around muttering to yourself about how nothing ever goes right for you and how feng shui isn't working, you may walk right past many of life's gifts without even noticing them. These little gifts are tests of your readiness to receive. When you are open to receiving, and take the time to say "thank you" even for pennies found on the sidewalk, you make it possible for more and greater things to come to you. When you look for abundance, beauty, and good fortune all around you, you vibrate with joyful appreciation for the generosity and support of the universe, and encourage more blessings and good fortune to come your way.




Feng shui corrects energy blocks in your space, but the energy blocks in your head and heart can only be cured by working from the inside out, as we explore in more detail in Part II.










In **Part I: The Guiding Principles**, you learned to apply the fundamentals of contemporary feng shui to your prosperity power spots in order to create an environment that attracts, welcomes, and supports financial success. In this section, you will learn how to use every area of the ba gua as stepping stones to greater wealth and abundance.



## Prosperity Feng Shui from the Inside Out

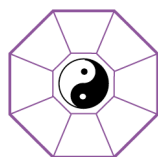
The nine Fast Feng Shui Principles presented in [Part I](#) are based on the premise that everything is connected energetically, and that therefore whatever is going on the space around us will affect us in some way. Feng shui practiced in this way works from the outside in: by improving the *chi* of our external environment we aim to improve our experience, whether in subtle or dramatic ways.

There are two potential drawbacks to feng shui, especially for beginners. The first is that in focusing on one application, such as prosperity, it's easy to look for the *gua* that matches that concern—*hsun gua*, in this case—and to give that area all of our attention, forgetting that every area of the *ba gua* is an important factor in the *chi* of our home.

The second potential drawback is that in focusing attention on our external space we may overlook the fact that our thoughts, feelings, and beliefs are what ultimately drive our decisions and actions. The feng shui changes that we make to our space can influence how we feel (hopefully for the better), but these changes alone are generally not enough to offset the influence of the deeply held beliefs and unconscious attitudes that so often rule our behaviors.

In this section, you will take your feng shui practice to the next level by exploring how all the *guas* can contribute to an improved financial experience. You'll also discover what the *ba gua* has to teach us about eight key attributes of a prosperous mentality, and how to put them into action in your life.

This is feng shui practiced from the inside out, and it's the secret to your financial success and happiness.



~ The Tai Chi ~

## Start From the Center

Whatever is going on in the *tai chi* (the center of the *ba gua*, and the center of your home) affects all of the other *guas*. To get a sense of the potential power of this space, think of homes you may have seen in magazines or at the movies that feature a central courtyard filled with lush foliage, beautiful flowers, and perhaps a water feature such as a lily pond or a fountain. The tranquil beauty of such a space fills the entire home with an abundance of positive *chi*.

Most of us live in simpler abodes, but the basics still apply. Ideally, the *tai chi* of your home is open, clean, uncluttered, well-lit, and pleasantly furnished. Take a moment now to look at your floor plan and identify the physical center of your home. What's happening architecturally in that area? Is it a hallway, part of the living room or kitchen, or is your *tai chi* occupied by a bathroom, closet, or staircase?

Walk over to that area now. Is the space pleasant and attractive, or is it cluttered, dark, maybe a little grubby? If there's a closet or bathroom in the *tai chi*, is it clean and tidy or is it a jumbled, disorganized mess? Interior walls that meet in the *tai chi*, may split the area among the corners of several different rooms. What's going on in those corners? If there's a staircase in your *tai chi*, are the steps piled with stuff? What condition is the carpet, runner, or wood finish in? Is the stairwell well-lit? What condition is the paint or wallpaper in?

Think of three ways that you can create a more prosperous and attractive atmosphere in the *tai chi*. For example, replace that worn area rug with a new one, use a

higher-wattage bulb in the fixture, and touch up the paint to cover the scuff marks. A bathroom or closet in the *tai chi* will benefit from a full-length mirror on the outside of the door. Place a wealth symbol where it will be reflected in the mirror. Note these plans in your Prosperity Journal, and add appropriate items to your task and shopping lists.

Now look for an opportunity to place some kind of wealth symbol in the *tai chi*. This could be a piece of art for the wall, a figurine on a shelf or side table, or a bowl of coins tucked into a bookcase, to name just a few options. If your *tai chi* is very small, a faceted crystal ball hung from the ceiling will help improve the energy of the space.

## Your Core Beliefs

When you look at the *ba gua* from the inside out the *tai chi* represents your core beliefs. This is because your belief system, whether conscious or not, affects all aspects of your life—just as the condition of the *tai chi* of your home affects the entire structure.

Our subconscious beliefs about money often conflict with what we think we want, and they can be extremely effective in keeping us from realizing financial success. For example, perhaps you say that you wish to be wealthy. But, hidden inside, what you really feel is that you don't deserve to be rich. As a result, you repeatedly make choices that cause you to earn less, accumulate debt, and make unwise investments.

These kinds of limiting beliefs are usually formed during childhood. Perhaps a parent or authority figure often said something like, "Asking for more is greedy. Just be thankful for what you've got." That message may now be firmly planted in your subconscious mind, limiting your ambitions and keeping you from achieving your financial potential.

Here is a list of some common inner messages many of us have acquired about money and wealth. Check off any that resonate with you, or add additional ones of

your own. Use your Prosperity Journal to explore where these beliefs may have come from. Think in terms of how your family talked about money (or avoided talking about it) when you were young, and see if you can remember specific childhood experiences that may have shaped your opinions.

**FALSE MONEY BELIEFS**

- I have to work hard in order to make money
- Money corrupts
- Rich people can't be trusted
- I'll never have enough
- If I'm rich, people will only like me for my money
- Having lots of money will be too much responsibility
- It is selfish and shallow to want material things
- Nice people finish last
- It's not polite to talk about money
- Having money will interfere with my spiritual path
- "Money is the root of all evil"\*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Don't be alarmed if any (or many) of these false beliefs sound "true" to you. Becoming aware of your inner programming about money is the first step to learning more positive and empowering beliefs.

\* This common misquotation should read, "the *love* of money is the root of all evil," meaning that it is wrong to value money over people or integrity, not that money itself is evil.

List at least three limiting beliefs that you may have about money in your Prosperity Journal, leaving a few lines of space after each one. In the space after each belief you listed, write a more positive, affirming statement to replace it. For example:

Belief: I have to work hard to earn money.

*Revision: Earning lots of money is easy and fun for me!*

Belief: I won't be able to handle the responsibility of having lots of money.

*Revision: I am capable of managing and increasing my wealth.*

At the top of an index card or separate sheet of paper, write or type: "Three True Things I Know About Money." Beneath it, write three of your new money beliefs. Carry this card in your wallet or keep it on your desk and read it at least once a day.

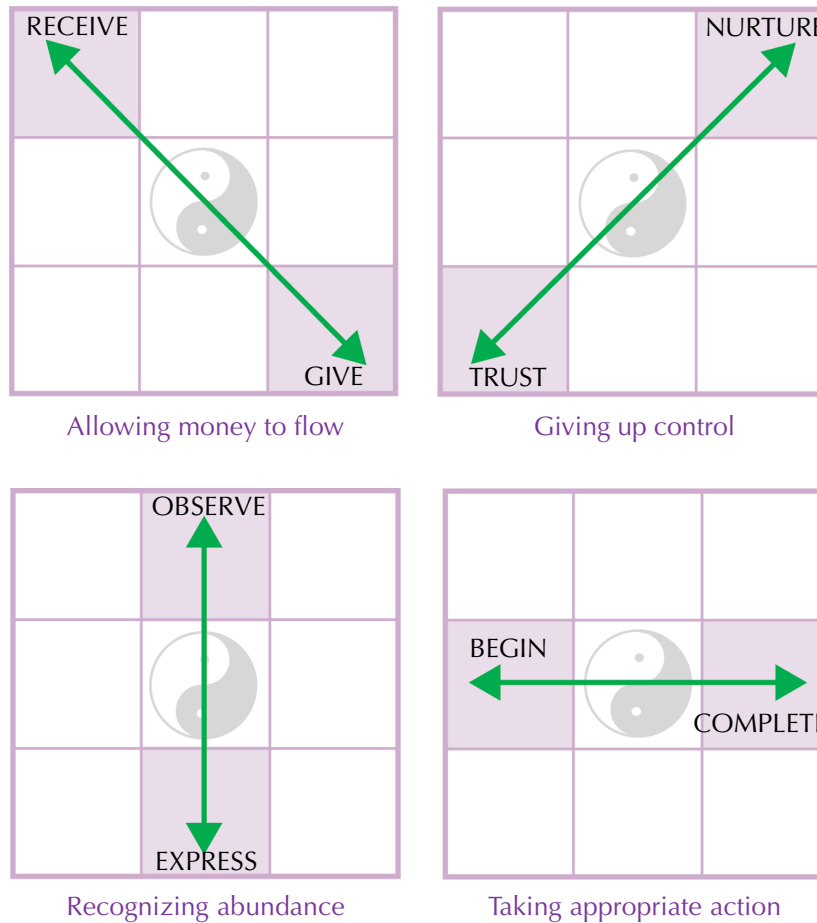
## The Eight Steps

Each of the eight *guas* surrounding the *tai chi* teaches a key element of a healthy relationship to money. When you master these characteristics of prosperity consciousness, your emotional blocks and subconscious programming start to dissolve, and greater abundance flows into your life more quickly and naturally.

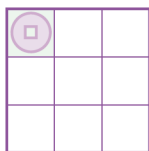
<p>HSUN Wealth</p> <p>RECEIVE</p>	<p>LI Fame</p> <p>OBSERVE</p>	<p>KUN Relationships</p> <p>NURTURE</p>
<p>JEN Family</p> <p>BEGIN</p>		<p>DUI Creativity &amp; Children</p> <p>COMPLETE</p>
<p>KEN Knowledge &amp; Spirituality</p> <p>TRUST</p>	<p>KAN Career</p> <p>EXPRESS</p>	<p>CHIEN Helpful Friends</p> <p>GIVE</p>



These eight areas of the *ba gua* form four dynamic pairs, each pair revealing related aspects of the essential attitudes that determine our ability to fully experience abundance in all its forms:



The eight *guas* are stepping stones that guide us to a fuller understanding of how we achieve prosperity from the inside out. Embracing prosperity means stepping into your power, and mastering these key money issues is your secret to financial success. By combining the outer feng shui transformation of your space with inner transformations inspired by the *ba gua*, your ability to attract and manifest money will be unleashed.



## Hsun Gua ~ Fortunate Blessings

### Step 1. RECEIVE

*Hsun gua*, commonly called the “wealth” area of the *ba gua*, is more accurately named “fortunate blessings.” Just as true abundance is about more than just financial wealth, the energy of *hsun gua* encompasses all of the good things that enrich our lives: friends, family, experiences and things, as well as money.

In **Part I**, you learned how to apply the Fast Feng Shui principles to money issues, which naturally puts a lot of attention on *hsun gua*. If you are caught up in reading through this book to the extent that you have not yet sprung into action, this would be a good time to start. Grab your Prosperity Journal, or a pad of paper and a pen, and check out what you find in all the *hsun gua* corners of your home. In addition to the usual *sha chi* suspects (dirt, clutter, and untidiness, as well as secret arrows and anything worn or shabby) what else is going on in *hsun gua*? What catches your eye in these areas? Be alert for any imagery (artwork, photos, symbols) that implies scarcity, poverty, or difficulty in any way. For example, a ship under full sail on calm seas is a positive image, but if caught in a storm or involved in a naval battle it’s not the kind of symbol you want to have in this area.

Removing inappropriate objects and imagery from *hsun gua* creates space for feng shui cures and wealth symbols. But what else might you consider a “fortunate blessing?” Your family and friends, your health, a job you love? Of all the people, things, and experiences that have already filled your life, what do you feel especially grateful for? Place something in *hsun gua* (such as a photograph or memento) as an expression of your gratitude and a reminder that prosperity in its

broadest sense implies satisfaction with all areas of your life, not just money. (For more ideas on how to activate *hsun gua*, see pages 53-58.)

## Opening to Receive

On the outer level, *hsun gua* is about the blessings that we receive; on the inner level, it's about how open we are to receiving those blessings. Most of us, when we are in need of money, assume that we are ready to receive it—preferably in vast quantities, and the sooner the better! The problem is that our focus remains on what we lack, so that's what we attract: more lack, more wanting, more feeling anxious about money. When you feel anxious about money you feed the state of not having enough with your mental and emotional energy.

Lack and want are constricting emotions that get in the way of your ability to receive. Our awareness of not having enough is strongest when we envy what others have. It is impossible to feel envy if you are content with what you have, so envy is a sign that you are experiencing lack—even if you appear to be prospering. Envy makes us acutely aware of what we don't have, and it pushes our own prosperity further away.

Here's a good way to turn the negative energy of envy around to work in your favor: any time you feel envious, take a deep breath and say to yourself, "Whatever good happens to others can also happen to me." Imagine that you have what you envy: see yourself driving your new Mercedes, or owning your own home, or wearing designer clothes, or writing checks to pay all your bills in full knowing you have plenty of money in the bank.

Hold this mental image for as long as it takes for you to feel "I have" instead of "I want." This means you have to let go of *wanting* it, and pretend that you already *have* it. Do this a dozen times a day if you need to, and soon you won't feel as envious of others anymore. Someone drives by in a new Mercedes and it lifts your heart instead of sinking it, because you are confident that you'll be driving a new Mercedes of your own someday.

This is what opening to receive feels like. You know what you want, and you feel good because you trust that it will come to you. No matter how dire your present circumstances may be, you know that the future will be better. The more you can feel good about anything having to do with money—even if it's just for a few seconds at a time—the more you flex your receiving “muscles” and start allowing good things to come your way.

## THE WEIGHT OF MONEY

In talking about positive and negative feeling states, keep in mind that “feeling” refers both to emotion and to sensation. The physiological affects of emotions are very real, as you can experience for yourself in the following exercise. To do this, you will need some kind of weight, so find a 5- to 10-lb. free weight or a jug of detergent from the laundry room or anything that you can lift with one hand with moderate exertion but without strain.

Now think of a positive money experience you had in the past or that you hope to have in the future. This should be a specific scenario of joy, excitement, and appreciation. Make it a big one! If you can't think of anything really good, imagine that you've just won the lottery, or whatever gets you really happy and excited about money. Got something in mind? Good. Now think of a time when you felt envy or lack about money. The more specific your memory, the better. This might be:

- ◆ The envy that swept over you when your “dream” car passed you on the highway today as you chugged along in your old clunker, hoping it won't need more repairs anytime soon.
- ◆ Overhearing someone talk about a recent trip to the Caribbean—the kind of vacation you couldn't possibly afford to take.
- ◆ How you felt when you opened your credit card statement and saw that you can barely cover the finance fee this month.

Your own experience may be something very different from these, and that's fine. Work with whatever situation comes to mind for you. Now you're ready to discover how your emotions affect your strength:

1. Stand with your feet about hip-width apart and take a couple of deep breaths to relax and clear your mind.
2. Focus on your *negative* money experience for at least 5-6 deep breaths. Get as fully into the imagined experience as you can, until you start feeling really yucky about money.
3. Pick up your weight and do a few slow biceps curls. Focus on getting a clear sense of how heavy that weight feels to you and how much exertion it takes to lift it.
4. Now focus on your positive money experience for a few deep breaths. Stay in that imagined situation until you really feel good and there's a big smile on your face.
5. Try lifting your weight again. It should feel lighter this time: that's the effect of a positive emotion on your strength and vitality!

Now you know the powerful effect your mental state can have on your physical energy. When I talk about being open to receive, I mean that your energy about money should be light, confident and cheerful, no matter how dire your immediate financial situation appears to be. When money worries or too many bills weigh you down, deliberately choose to focus on thoughts of abundance instead.

Getting into a positive feeling-state about money can be a challenge if you don't know how you're going to pay the rent next month. If you've been in the habit of dooming-and-gloomng about your money situation it may take some time and practice to shift gears. Here's a meditation and visualization exercise that can help you to do that.

## Experiencing the Inner Aspects of Hsun Gua

### PREPARATION

Sit quietly with your eyes closed, and think of the negative money situation you used for the “**Weight of Money**” exercise. See if you can identify a place in your body where you experience that memory as a physical sensation. This could be something like a sick feeling in your tummy, tightness in the chest, a clenched jaw, or hunched shoulders. Mentally scan your body to see what comes to your attention. (If you can’t pick up any physical clues, that’s okay.)

### RELEASING

We’re going to use a variation of the Heart Calming meditation introduced in Part I. This time, the focus is on releasing the negative feelings about money that block your ability to receive.

1. Sit comfortably with your hands in the Heart Calming *mudra* (palms up, left hand on top of right, with the thumbs touching).
2. Take a long, slow, deep breath in through the mouth. As you inhale, direct the breath toward the area of your body where you physically feel envy or lack, and imagine it bathed in brilliant white light. (If you did not identify a specific sensation, allow the light to fill your entire body.) Imagine the light absorbing all feelings of envy or lack.
3. Exhale in eight short puffs followed by a ninth long puff that completely empties your lungs. Imagine all your negative feelings about money being expelled with the breath.
4. Repeat this inhale-exhale pattern eight more times.
5. Sit quietly for a few moments after you are done, and notice any shifts in your mood and energy. The areas where you hold money tension should feel more relaxed.

## VISUALIZATION: “MONEY SHOWER”

Release the Heart Calming *mudra*, and stand up, with your arms at your sides with the palms up. Imagine a rain of pennies (or the smallest coin in your local currency) falling all around you. This is a magical rain of pennies, so any that touch you as they fall do so with just the gentlest of kisses. They cannot harm you or cause discomfort in any way. Know that these pennies are a gift to you from Heaven and an expression of Divine love being showered upon you.

As the pennies start to pile up on the ground around you, imagine that now it is raining nickels... then dimes... then quarters (or your local equivalent). The more clearly you can see each type of coin, the better.

Now imagine \$1 bills falling all around you... and \$5 bills, \$10s, \$20s, \$50s, \$100s... the money can fall as slowly or as quickly as you like, so long as you clearly visualize each denomination before moving on to the next. This money is all a gift for you. All your needs are met. All your money worries are over.

Now add some checks into the mix, made payable to you for large amounts of money. Be sure to visualize your name clearly visible as the payee on at least a few of these checks. Know that you don't have to do anything to deserve or earn this abundance. It is yours just for being.

Stay with this visualization until you feel joyful and provided for. You may feel a slight sensation of heat in the area of your heart, or in the “third-eye” area between your brows. When you are ready, fold your hands over your heart and say “thank you!” three times.

Repeat this visualization as often as you like. If you feel this section has been particularly relevant to you, I recommend that you practice this visualization daily for at least nine days, to help shift your energy.

## JOURNAL QUESTIONS

- ◆ Are you sometimes uncomfortable receiving gifts, or asking for or getting a raise?
- ◆ If so, what thoughts or feelings accompany that?
- ◆ What specific past experiences might have influenced this reaction?
- ◆ What percentage of your thoughts about money are positive, and how many are negative (anxiety, worry)?
- ◆ Do you worry about money more than you need to? (for example, feeling anxious about money even though you have more than enough to pay the bills and feed your family.)

## The Power of Appreciation

If you are longing for prosperity, the single most important thing you can do is stop wanting and worrying and start saying "thank you, thank you, thank you" for all that you have already received and all that you are about to receive. The act of giving thanks and expressing gratitude opens your heart and allows prosperity to fill your experience.

## Action Steps for Hsun Gua

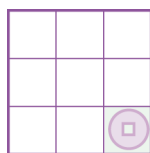
- ◆ Say "yes" whenever you are offered something. If you see a penny on the sidewalk, pick it up and say "thank you." If you pass up little gifts, you make it harder for larger gifts to manifest for you.
- ◆ If you have not yet begun to keep a gratitude journal, this would be a wonderful time to start. Simply write down—preferably daily—whatever you feel grateful for today. There's no right or wrong way to do this, although one of my favorite methods is to make a list each night of "Top 10 Things I Appreciate Today." Sometimes this is big things, like receiving a large check in the



mail, and sometimes it's little things, like finding a shady parking spot, or having time to go for a quick swim before dinner.

- ◆ If you're having a difficult day and gratitude seems out of reach, sit quietly and use the Heart Calming method for a few minutes. When you feel more tranquil and relaxed, focus on your heart. Feel how steadily it beats. Ba-bum, ba-bum, ba-bum. With each heart-beat, think "thank you." It doesn't matter if you don't mean it yet, or if you aren't sure what you are thinking "thank you" for, or who you are directing it to. Just keep repeating "thank you" to yourself, either in your mind or with your voice, in time to your heartbeat, until it feels comfortable and natural. This practice may trigger an emotional release, so it's okay if you laugh or cry or choke up a little. Stay with this until you feel gratitude in your heart. It doesn't have to be for anything, just notice that the feeling is there and stay with it for as long as you can.

Giving to others is a very powerful demonstration of thanks and gratitude. It's the inner aspect of *chien gua*, *hsun gua*'s dynamic partner.



## Chien Gua ~ Helpful Friends

### Step 2. GIVE

*Chien gua*, the area of “helpful friends” and “travel,” also symbolizes the role of the father. This area is associated with the metal element; its colors are white, grey and metallics. Metal objects support the energy of *chien gua*, as do earth cures such as ceramics, stones, and colors such as browns and terracotta. Avoid having too much water, wood, or fire energy in this area, since these elements will weaken metal.\*

The helpful friends aspect of *chien gua* includes mentors, support networks, and benefactors. Perhaps you could use the assistance of a loan officer, credit counselor, tax attorney, career or business advisor or personal coach to help you find ways to increase your income, manage your debt and expenses, or learn better money-management habits. If so, make a list of the qualities—professional and personal—that your ideal advisor(s) would embody, put it in a red envelope, and place it in *chien gua* of your home or office. Hang a metal wind chime or brass bell over the envelope to activate your cure.

Another good way to enlist the energy of *chien gua* in support of financial success is to create your own virtual Board of Directors. This can include people whom you trust and respect, as well as public or historical figures whose accomplishments, leadership, personality, or lifestyle you admire. Glue photographs of these advisors to a piece of poster board or the inside of a file folder. Label each photo with the person’s name and the key qualities for which you chose him or her for a seat on your Board. Keep this montage in *chien gua* of your home or office, or in a drawer in *chien gua* of your desk.

\* For more on interactions among the elements, see [Appendix B](#).

Think also about how the travel aspect of *chien gua* might be relevant to your financial goals. Take a look at your 108 Desires list, and see if any are related to travel in some way. Perhaps you'd like to:

- ◆ Travel more often for business, or be assigned to the Paris account.
- ◆ Achieve Platinum Ambassador status with your network marketing company and win the Alaska cruise this year.
- ◆ Take your kids to Disney World next summer.
- ◆ Have a vacation home.
- ◆ Spend Christmas in Acapulco this year.

Find an image or symbol that represents your goal in some way— such as a picture of the Eiffel Tower (Paris), or a Mickey Mouse snow globe (Disney World)— place it in *chien gua*, and empower it to help you reach your travel destination.

## Giving Creates Space for More to Come in

When we approach *chien gua* from the inside out, we are reminded to take on the role of benefactor by giving generously to others and doing what we can to support them on their paths.

Some form of giving is an integral part of prosperity. For example, many people think of Bill Gates, founder of Microsoft, as someone who enjoys immense wealth, without realizing or remembering that he is also among the world's great philanthropists. Most people who are blessed with wealth feel a desire to give back in some way. When you give—whether to an individual, a charitable organization, or to your church—you embody this important aspect of wealth and place yourself in the company of millionaires and billionaires around the globe.

Giving is the natural counterpart to receiving. In order to experience abundance, money needs to flow *through*, not just into, your life. Imagine that you are standing on a riverbank with an empty bucket in your hand. You fill your bucket from the river, but if you believe that one bucketful is all you are allowed (or all you de-

serve) you may hesitate to use it, for fear that once it's gone your bucket will be empty forever.

This is a common way of thinking, but it's backward. The truth is that the resources of Spirit are limitless, and the only one who puts limits on how much you can receive is you. If you use what's in your bucket to water the garden, fill the dog's water dish, or make soup for dinner, you create room in your bucket to receive more. If you hoard your water, on the other hand, you restrict yourself to that one bucketful. Meanwhile, your flowers droop, your dog whines and pushes his empty water dish around the floor, and you go without dinner. Giving as consistently as you receive is essential to a full experience of prosperity.

Now, before you email me explaining that you don't have anything to give because: a) you are too poor already; b) your family comes first, and it would be irresponsible not to save for retirement or college tuition; or c) you just don't want to—you earned it and you plan to keep it—let me put this in perspective.

There's nothing wrong with taking care of yourself and your family first, so long as you have some kind of caring left over for others. If you can't give money, perhaps you can be generous with your time, skills, or compassion. The next time you do have a penny to spare, put it in one of those donation canisters so often placed by the check-out register at the supermarket. It might not be much, but added to everyone else's pennies it's enough by the end of the month to make a difference to your local animal shelter or whatever organization is being supported.

Sticking to a tight budget because you are saving to make the down payment on a house shows you've put some careful thought into your financial priorities. Accumulating a "rainy day fund," contributing to your 401K plan, and setting up a college fund for your kids are mature, responsible behaviors and I encourage you to practice them. What blocks prosperity is not responsible saving, but compulsive penny-pinching. Hoarding happens when lack of trust in the future drives you to deny yourself, your family, and your community in favor of putting aside more than you reasonably might need. It puts money before people, which is not where it belongs.

It has often been said that money can't buy happiness, but I don't believe that's true. Like love, money is not fully rewarding—or even useful—if it only flows one way. If you are fortunate enough to have a little extra coming in every month, try giving some of it away; you'll discover a very special kind of happiness that only comes through sharing your fortunate blessings with others.

## A Few Words about Tithing

A “tithe” is a tenth part. “Tithing” means to give 10% of your income to God, in the form of a donation to your church. Any church or spiritual group to which you belong is a fine place to start giving regularly, at whatever level is within your means. If you don't belong to a church, consider giving to a charity whose mission you believe in. I like to divide my giving among a variety of charities that support my local and global communities and that serve both environmental and social needs. You can find a list of these organizations at [www.FastFengShui.com](http://www.FastFengShui.com).

Committing to give a certain percentage of your income enables you to give consistently as your income rises (or falls). The more consistently you give, the more you will benefit from the energy of giving. How much and where you give is less important than the spirit with which you give, so it's fine to give just 1% if that's all you can afford. As your circumstances improve, you may feel inspired to increase that portion.

Giving should be done as a gesture of gratitude, not obligation. You should give because you want to, not because I recommend it or because you expect to get something in return. If you aren't ready to embrace the practice with an appropriate frame of mind, leave it for another time.

## Mentoring & Father Figures

Sharing knowledge, wisdom and experience is reflected in the qualities of *chien gua* associated with mentors and fathers. What did you learn about money from your father? (If your birth father was not around during your childhood, think

about others who may have helped fill that role, such as a step-father, grandfather, brother, uncle, teacher, or family friend.) Get out your Prosperity Journal, and answer the following questions. Keep these questions in mind over the next few days as well, and be alert to any additional memories or insights that may arise.

## JOURNAL QUESTIONS

- ◆ Did your father talk openly and calmly about money, or did he avoid the subject or become irritable when it came up?
- ◆ Did he say things like “Money doesn’t grow on trees,” “A penny saved is a penny earned,” and “Don’t count your chickens before they are hatched,” or did he have an “It’s only money” attitude?
- ◆ How well did your father handle money?
- ◆ Did he ever make you feel ashamed about money in some way when you were a kid? If so, how has that affected how you handle money now that you are an adult?
- ◆ Are there any ways in which you rebel against your father in how you handle your own money?
- ◆ Which of your father’s money lessons have been helpful to you as an adult and which, if any, have you had to unlearn?
- ◆ The energy of a father-figure or mentor is of competence, reliability, maturity, and mastery. In what ways does your ability to handle money reflect these qualities, or are they underdeveloped?
- ◆ If you have children of your own, how do you fulfill the money mentor role with your own kids?
- ◆ What are three specific things you can start to do right away in order to improve your mastery of money?

## Experiencing the Inner Aspects of Chien Gua

### PREPARATION

Sit quietly, with your eyes closed, and think of a time when you've had a negative experience around giving. Possible situations might be:

- ◆ Being forced to give something as a child when you didn't want to
- ◆ Feeling guilty about not giving when you could have done so
- ◆ Giving something that was rejected or received ungraciously

Keeping your situation in mind, can you identify a place in your body where this memory triggers tension or discomfort in some way?

### RELEASING

Again we will be using a variation of the Heart Calming meditation, followed by a few minutes of visualization. Here we focus on releasing negative feelings about giving.

1. Sit comfortably with your hands in the Heart Calming *mudra* (palms up, left hand on top of right, with the thumbs touching).
2. Take a long, slow, deep breath in through your mouth, directing the breath toward the area of your body where you feel tension. Imagine this area bathed in a brilliant white light. (If you were not able to identify a specific body location, allow the light to fill your entire body.) Imagine the light absorbing any reluctance to share what you have, or any guilt or embarrassment you may feel as a result of a past giving experience.
3. Exhale in eight short puffs followed by a ninth long puff that empties your lungs. As you exhale, imagine all your negative feelings about giving evaporating.
4. Repeat this inhale-exhale pattern eight more times.

5. Sit quietly for a few moments after you are done, and notice any shifts in your mood and energy. The areas where you hold money tension should feel more relaxed.

### VISUALIZATION: "RIVER OF ABUNDANCE"

Lie comfortably on your back, either on your bed or on a rug or carpet on the floor. You may place a cushion under your head or behind your knees if you like. With your arms at your side and your palms up, take a few moments to relax deeply.

Imagine a stream of light flowing into your left palm. (You may "feel" this with your imagination or visualize it, whatever works for you.) The light moves up your left arm, across the center of your chest, then down your right arm and out the palm of your right hand.

Stay with this imagined experience for a few moments, focusing on the flow of energy in your left palm, up and through your heart area, and down and out your right hand.

Know that this river of energy is never-ending. As it flows out from your right hand, it pulls more in through the left. This is your endless source of abundance, the divine source of prosperity and well-being. It can never be diminished.

After a few minutes, raise your hands and cross them over your heart center, allowing the light to fill your entire body.

When you feel ready, release your hands and relax for a while before opening your eyes. Repeat this visualization as often as you like.

### Action Steps for Chien Gua

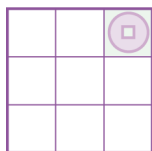
Choose one of the following methods to practice for the next 30 days, using your Prosperity Journal to record any emotions or insights that come up as a result:

- ◆ Give away a little bit of money every day. A penny is enough. Drop it in a collection jar, give a tip to the barrista at your coffee stop, or leave a quarter on a shelf at your grocery store for someone to find. Be creative and anonymous.



- ◆ Give something each time you are asked for money, instead of saying “not today.” Give to kids raising money for their sports team, to panhandlers on the street, and send a few dollars to charities whose solicitation letters arrive in the mail. (This doesn’t mean you should give to scam artists and bogus solicitations. Only genuine requests count here.)
- ◆ If your career provides regular cash income (such as tips), choose a percentage between 1% and 5% to give away over the next 30 days. Each day, count out the appropriate portion of what you have received, and give that away within 24 hours.
- ◆ If you absolutely, positively cannot give money at this time, donate at least one hour a week to a worthy cause or organization.

True giving happens with no thought of reward. It is directed by kindness and a genuine desire to share our good fortune and be of service to others, an attitude that epitomizes the quality of “nurturing” associated with our next step toward prosperity, *kun gua*.



## KUN GUA ~ RELATIONSHIPS

## Step 3. NURTURE

*Kun gua*, most commonly known as the “relationships” or “marriage” area, has to do not only with partnerships of all kinds (including both love and business relationships) but also with motherhood. The element for *kun gua* is earth, and its colors are pink, red and to a lesser degree white. Ceramic objects, stones and crystals are all appropriate in *kun gua*. Candles and other fire cures are supportive *kun gua*, while too much water, metal, or wood energy will have a weakening effect. Plants can be used here if they have red, pink, or white blossoms. Luxurious fabrics and textures, such as velvet, satin, and chenille, are all well-suited to *kun gua*.

Take a few minutes to review your list of 108 Desires for any that reflect the partnership or motherhood aspects of *kun gua*. For example, perhaps your long-term financial goals are tied to making partner at your firm within the next few years, or maybe you are in the midst of a divorce and negotiating for a more favorable settlement. You may dream of opening a business that will require connecting with the right partner or investor, or you may be trying to figure out if the family budget will allow you to work part-time and see more of your kids.

Take a look at the *kun gua* areas of your home, being alert for signs of discord or *sha chi*, such as:

- ◆ A pair of lamps or candlesticks, one of which is broken
- ◆ Pairs of things that are separated from each other, rather than placed together
- ◆ Images that show people or animals in conflict or competition

If your finances are affected by a love or business relationship that is ending—or that you would like to end—remove all documents and other items relating to it from *kun gua* of your home or office. Discard them if you can, or store them in the garage or by a back door, with the intention that this person will soon be out of your life.

To help attract a new partnership relevant to your financial goals, make a list of the skills, experience, and other qualities you are looking for. Write “My Perfect Business Partner”—or whatever best describes your need—at the top of the page. Or, type your list in the form of a “help wanted” ad as it might appear in the classified section of a newspaper. Put your list/ad in a red envelope or folder, place it in *kun gua* of your home or office, and empower it with the IVAG method (pages 15-16).

## Nurturing Kindness

To nurture something means to care for it with tender kindness, helping it stay healthy and strong and guiding it to successful maturity. When loving kindness is missing from our lives—when we neither nurture nor feel nurtured—the result is an inner emptiness which we often try to fill with compulsive shopping or a relentless pursuit of money. We forget that true prosperity depends as much on a joyful appreciation of blessings in all aspects of life than on amassing lots of things or earning vast sums of money. The loving kindness of family and friends provides emotional prosperity, which is part of a deep experience of abundance.

Dr. Wayne Dyer, in his book, *Intention*, describes an act of kindness triggering the release of serotonin (a brain chemical that makes us feel good) not only in the person receiving that kindness, but also in the person acting kindly and in people who observe the kind act. Each of those people touched by the biochemistry of kindness are more likely to be kind in turn, causing a ripple effect that reaches into the quantum field and affects all of us.

Exploring *kun gua* from the inside out, we look at how we use money to nurture ourselves and our families, and at how well we nurture our resources. When

we embody “nurture,” we become wise caretakers of our financial assets, spending and investing with care and attention, and guiding our investments to grow and flourish.

## The Effects of Neglect

When we give inadequate attention to nurturing our selves, our family, or our money, we devalue that which we are neglecting. Neglectful attitudes about money are revealed when we say things like, “It’s only money,” “I have no idea how much I have in my 401K,” “I never balance my checkbook; with so many ATM and electronic transactions, who can keep track?” or, “It’s crass to care about money. I’m above that.”

Remember that *chi* flows where your attention goes. If you don’t pay attention to your money the inevitable result is that you won’t have very much of it. Taking care of whatever money you have through simple tasks such as filing receipts, balancing your checkbook, and paying your bills on time shows the Universe that you can handle more. Do whatever you can to demonstrate that you value and honor money, and chances are you’ll receive more of it soon.

## Money and Mother-Figures

Nurturing is reflected in those qualities of *kun gua* associated with care-givers and mother figures. (If your birth mother was not around during your childhood, think about others who may have helped fill that role, such as a step-mother, grandmother, sister, aunt, teacher, or family friend.)

Get out your Prosperity Journal, and answer the questions on the following page. Keep these questions in mind over the next few days as well, and be alert to any additional memories or insights that may arise.

## JOURNAL QUESTIONS

- ◆ What attitudes or beliefs about money did you learn from your mother?
- ◆ Which of your mother's money lessons have been helpful to you as an adult and which, if any, have you had to unlearn?
- ◆ Did your mother talk about money in ways that were different from your dad? What were her favorite money sayings?
- ◆ The energy of a Mother figure is of nurturing and care-giving. Are those qualities appropriately reflected in how you spend your money, or are you too restrictive or carefree in this area?
- ◆ How well do you nurture your money?
- ◆ What are three specific ways you can be more nurturing to yourself in how you use or manage your money? This could mean spending more, budgeting differently, or spending less as you look for balance between self-neglect and overindulgence.

## Letting Go of Anger

When someone harms us or our loved ones—physically, emotionally, or financially—anger is a natural reaction. They've hurt us and we want to hurt them back. The problem is not so much that we experience the impulse to anger, but that we hold on to it for far too long, nursing our grudges instead of minding our emotions. Focusing on how you were wronged keeps your energy stuck in the past and makes it more difficult for things to go well in the future. You start to anticipate reasons to be angry before they happen, and before you know it you are in the habit of assuming the worst of people.

Unfortunately, the person most damaged by this is you. Anger, like any form of stress, triggers the release of the stress hormone cortisol, which literally bathes your brain cells with acid. It causes disharmony throughout the autonomic nervous system, impairs mental functioning, and suppresses the immune system. In

fact, it can take your immune system several hours to recover from just a few minutes of anger.

Positive, heart-centered emotions such as caring and appreciation, on the other hand, have the opposite effect, bringing the nervous system back into balance, lowering blood pressure, and increasing cardiovascular efficiency.\*

If you have been harboring anger or resentment against someone over money—no matter how well deserved it may be—part of your path to prosperity will involve learning to treat yourself with greater loving kindness by letting go of these toxic emotions. Two remarkably simple yet effective methods for coping with negative feelings are [The Sedona Method](#)<sup>®</sup> and the [HeartMath Solution](#).

## Experiencing the Inner Aspects of Kun Gua

### PREPARATION

Sit quietly, with your eyes closed, and think of a time when you've felt resentful or angry about a financial situation, or about an incident that ended up costing you money. Typical situations include:

- ◆ Feeling angry at someone who cheated you, or who owes you money and has not paid you back in spite of repeated promises
- ◆ Feeling angry at the idiot who backed into your car in the parking lot, causing damage that cost hundreds of dollars to repair.

See if you can identify a place in your body where your memory of that experience becomes a physical sensation.

\* *The HeartMath Solution*, by Doc Childre and Howard Martin, provides a fascinating overview of current research on the biochemistry of emotions.

## RELEASING

Again we will be using a variation of the Heart Calming meditation, followed by a few minutes of visualization. Here the focus is on releasing feelings of anger or resentment about money.

1. Sit comfortably with your hands in the Heart Calming *mudra* (palms up, left hand on top of right, with the thumbs touching).
2. Take a long, slow, deep breath in through the mouth, imagining that brilliant white light is filling your entire body. Visualize this light bathing every cell in your body in loving kindness and absorbing all harsh or stressful feelings.
3. Exhale in eight short puffs followed by a ninth long puff that empties your lungs. As you exhale, imagine all your hard feelings dissolving into nothing.
4. Repeat this inhale-exhale pattern eight more times.
5. Sit quietly for a few moments after you are done, and notice any shifts in your mood and energy. If you identified a specific area where you feel or hold anger, check to see if it now feels more relaxed. If you still feel tension there, repeat the inhale-exhale pattern for nine more breaths, this time focusing the white light just on that area.

## VISUALIZATION: "CIRCLE OF LIGHT"

Lie on your back as you did for the "River of Abundance" visualization in the previous chapter. Arms are by your sides, palms up. Relax.

Focus as you did before on experiencing a steady stream of light flowing into your left palm, up your arm, through your heart center, down your right arm, and out through your right hand. Stay with this simple flow of energy for a minute or so, and relax into it.

Now imagine that there is someone lying on either side of you. You don't have to know who these are, but you can imagine they are people you know and trust if that is more comfortable for you. Visualize the river of light flowing through these people, too. The light flows from your neighbor on the left, through you,

then moves on to flow through the person on your right. You are linked together in an endless current of receiving and giving.

Imagine now that you are just one link in a vast circle of beings, all connected by this river of light. Feel how the energy connects all of you, and that whatever you send out eventually circles around to you. Allow your heart center to open, so that the light that flows through all of you is pure love and kindness. Feel it nurture and soothe you.

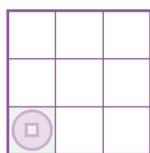
Stay with this image for as long as you like. When you are ready, take your time getting up, and try to stay in a quiet space in your home and in your mind for another 10-15 minutes. Use your Prosperity Journal to record any feelings or insights that you would like to capture from this experience.

### Action Steps for Kun Gua

- ◆ Treat your money with care: pick your purse up off the floor; clean out your wallet; gather your loose change together and find an attractive bowl or jar to keep it in; balance your checkbook; file your account statements; read that report from your stockbroker; stop dumping your receipts in your underwear drawer. If you were money, would you want to come live in your house? Show your money that you care for it.
- ◆ Practice daily acts of kindness. Let another driver in ahead of you. Stop to let a pedestrian cross the street. Hold the door open for someone. Take a moment to smile and say “thank you” as you accept your shopping bag from the cashier. Say “good morning” to whoever is in the elevator when you step on. Say “thanks, honey” to your spouse or kid when they take out the trash or feed the dog. When you act with kindness towards others throughout the day, you invite the Universe to treat you with kindness in return, with the result that pleasant surprises will start to manifest for you more and more often.



There's one more aspect of *kun gua* that is worth mentioning here: the quality of "yielding." We see this in action when we place our own concerns aside in order to yield our attention to our child, for example. Yielding means to give up control—even if just for a moment—and let someone else's needs or insight or priorities guide you. This kind of conscious yielding is what we do when we place our trust in a wiser, higher power, as we explore in the next step on our path to prosperity: *ken gua*.



## Ken Gua ~ Knowledge & Spirituality

### Step 4. TRUST

*Ken gua* is the area associated with knowledge and academic learning. The element for this *gua* is earth, and the colors associated with it are brown and light blue. Fire and earth-type objects are appropriate here; too much water, wood, or metal will weaken *ken gua*.

On a mundane level, *ken gua* prompts us to ask whether increased knowledge would help us achieve greater mastery of our money. If you have been a less-than-stellar steward of your finances, perhaps it's time to learn how to create and stick to a budget, balance your checkbook, repair a damaged credit rating, invest in a mutual fund or read a financial statement.

In addition to academic learning, *ken gua* also has to do with acquiring greater self-knowledge through meditation, personal growth work, or therapy. *Ken gua* in this sense represents the archaeology of the unconscious mind. If your financial history hints at patterns of poverty consciousness or self-sabotage, the inner work of *ken gua* will be essential to achieving lasting financial improvement. Here are some ways you can work with *ken gua* to support your quest for greater knowledge and self-awareness about your money habits:

- ◆ A bright light can “shed light on the subject” if you are dealing with complicated finances or faced with making difficult decisions.
- ◆ A gently moving mobile in *ken gua* will stir up new understanding, when you need to see things from a different perspective.

- ◆ Figurines or images of spiritual masters or deities, displayed in *ken gua*, support a quiet, introspective mind.
- ◆ Natural crystals (for your desk or bookshelf) or a faceted crystal ball hung from the ceiling enhance clear thinking.
- ◆ *Ken gua* is a good place to keep words of wisdom—such as books and audio programs—about prosperity consciousness, personal finance, deliberate creation or other topics you are studying.

## Listening to Intuition

On a metaphysical level, *ken gua* represents our spiritual life and the quest to understand life's mysteries. It is at this deepest level that we find the inner quality of *ken gua*: trust. Mastery of this step requires that we let go of our doubts, relinquish our ego's desire to be in control, and turn our quest for prosperity over to a power greater and wiser than us.

Ego rules our conscious mind and tries to rule everything else we do. A key step in self-awareness is to recognize that the ego is just one aspect of the totality of who we are, and that we do not have to give in to its demands all the time. The most powerful demand of the ego is to be in control. When we don't feel in control of the circumstances in our lives, we respond by worrying about how things are going to turn out and by trying to figure out how we should go about fixing what's wrong or bringing about our desired outcome.

God nurtures us by indulging this desire to figure things out for ourselves, like a patient parent observing a young child trying to tie its own shoelaces, prepared to wait it out until the shoes are fastened or the child gives up and allows Mom or Dad to take over. Left to ourselves, we fumble with the laces of our lives until we appear to have achieved something resembling a knot, and then we stumble onward with loose ends flapping around our ankles threatening at any moment to trip us up. We forget that sometimes the better course of action would be to just sit down on the curb and say, "help!"

*Ken gua* reminds us to “let go and let God”—to get out of the way and stop trying to manage the who, what, when, where and how of our lives. Often what we really need isn’t to tie our sneakers but to see that the sneaker is the wrong shoe for the road and set it aside, trusting that the Universe will hand us a better shoe.

That “better shoe” is often delivered through our intuition, either as an “aha!” moment or through a gut feeling to take one course of action over another. An impulse to stop at this coffee bar instead of the usual one, for example, could lead to a chance encounter with someone who can help solve your problem.

Worry is an agitated, obsessive energy that keeps you from reaching the relaxed, open state of mind where you hear the voice of intuition. The way to let go of worrying is to recognize that once you have decided what you want, how, when, and where it shows up for you are up to the Universe. When you understand this, suddenly you are able to let go and trust. You trust that things will turn out alright. You trust that new ideas will come to you if you stop trying to force them. You trust that the right people will enter your life at exactly the right time. You trust that the right opportunities will appear when the time is right—and you accept that it might not be today, no matter how impatient you feel. You trust that—creative and brilliant and wise as you are—there are wonderful possibilities out there that you can’t begin to imagine.

When we live in doubt, rather than trust, we preoccupy our minds and divert our energy from a more soul-directed life. Trust can have a profound effect on your ability to experience one of the greatest blessings of prosperity: a deep feeling of inner security that does not depend on having money.

## Money & Spirituality

Money in itself is not evil, dirty, crass, or unspiritual. Money is nothing more than a medium of exchange, and its spiritual value depends on what you do with it. When you have embraced the lesson of *chien gua* (giving) the prospect of becoming wealthy takes on a new dimension. Just think of all the good you could do in the world!

Imagine for a moment that you are rich beyond your wildest dreams. You have everything you have ever wanted, and more money than you can possibly spend. You don't need or want another vacation home or luxury cruise or expensive car. You've had lots of fun spending tons of money on yourself and your family, and now you are ready to give some away. To this end, you have established a charitable foundation with an endowment of twenty million dollars to give away.

What will the purpose of this foundation be? How will you use that \$20 million to do good in the world? Think of three ways you could make the world a better place. What kind of good would you like to do?

## Experiencing the Inner Aspects of Ken Gua

Think of a time when you have felt anxious because you couldn't see a solution to a difficult situation—preferably one in which money was involved. Try to identify a specific area where your desire to control the outcome manifests as a feeling of tension in your body.

### RELEASING

Again we will be using a variation of the Heart Calming meditation, followed by a few minutes of visualization. Here the focus is on letting go of feeling that you have to come up all of the answers yourself.

1. Sit comfortably with your hands in the Heart Calming *mudra* (palms up, left hand on top of right, thumbs touching).
2. Take a long, slow, deep breath, in through the mouth, directing the breath toward the area where you feel tension. Imagine this area bathed in a brilliant white light. (If you were not able to identify a specific body location, allow the light to fill your entire body.) Imagine the light absorbing your need to figure out how to solve your money problems yourself.
3. Exhale in eight short puffs followed by a ninth long puff that empties the lungs. Visualize your need for control dissolving.

4. Repeat this inhale-exhale pattern eight more times.
5. Sit quietly for a few moments, and notice any shifts in your mood and energy.

### VISUALIZATION: “YOU’LL SEE IT WHEN YOU BELIEVE IT”

Think of a specific thing or experience from your 108 Desires list, such as getting out of debt, buying a new car or a house, moving to a better neighborhood, or going back to school.

Imagine that this has already happened for you. What will you experience when this dream comes true? Create a vivid, detailed scene in your mind by answering the following questions:

- ◆ Where am I?
- ◆ What time of year is it?
- ◆ What time of day is it?
- ◆ What am I doing?
- ◆ Who else is here?
- ◆ What do I see, smell, taste, touch, and hear?

For example, if your dream is to get out of your cramped apartment and move into a spacious home in a nicer neighborhood, you might visualize driving up to your new home, and walking through the front door. Good details to include would be what your house looks like, the size of your yard, details of the landscaping and front walk. You might notice the warmth of the sun on your skin, the fragrance of flowers, and the sound of birds or a neighbor’s lawnmower.

If your dream is to buy a sports car, visualize in detail what that car looks like parked in your driveway, then imagine getting into it, starting the engine, and going for a drive. You might notice the sound of the engine when you accelerate, the comfort of the leather seats, and that wonderful new car smell.

Be alert as you imagine your scene to any doubting thoughts or negative self-talk that may come up, such as, “Who am I kidding? That’s never going to hap-

pen!" or "Owning a home is way out of reach for me." If something like this happens, shift your focus back to your breath for a few moments. With each inhale, say to yourself, "I believe in miracles." As you exhale, say "I release my doubt."

Once you have imagined a very detailed scene, using all of your senses, take another minute or so to focus on how you feel. Your scene should feel good! You should be smiling and happy and excited about finally having what it is you want.

Label that good feeling, by thinking of a word to describe it, like "happy" or "delighted" or "excited." Now summarize the experience for the benefit of your subconscious mind by saying something like, "I am so excited to finally own my own home!"

When you are ready, bring your attention back into the present moment. Try to stay in a calm, quiet space for a few minutes before going on with the rest of your day.

Use your Prosperity Journal to record any feelings, resistance, or insights that came up for you as a result of this exercise.

### Action Steps for Ken Gua

- ◆ Spend 3-5 minutes every day feeling good about what you want, as though you have already received it. Close your eyes and revisit your imaginary scene (or create a new one), and allow yourself to get into that feeling-really-good state of mind. When you connect the thing or experience that you desire with a strong experience of feeling good about it, you send a message to the Universe that you have complete trust and confidence in that outcome.
- ◆ Turn your problems over to God. Look around your house for a reusable container, such as a glass jar, coffee cannister, or shoe box. Label it:

"THINGS FOR GOD TO HANDLE."

When something is causing you concern, write a brief note to God including: 1) a description of the problem; 2) a request for help; 3) the words "thank you."

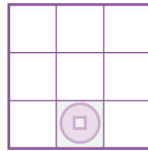
For example: *Dear God, I need new tires for my car. Please make these available to me at a price I can afford. Thank you.*

Keep it simple; the purpose of the God Jar is to delegate the details!

Put your note in the jar and stop worrying about it. Once you've put a note in the God Jar, don't take it out and reread it, and don't keep adding more notes about the same problem. Trust means you don't need to ask more than once! If your God Jar fills up, you can either empty it out (toss or burn the notes) or start a new jar.

When you learn to delegate your problems to a higher power with faith and trust, you free up a huge amount of mental and emotional energy that used to go toward worrying and controlling. All of that energy is now available for more fully expressing your true self in the fulfillment of your soul's purpose, which is the task of our next step on the path to abundance: *kan gua*.





## Kan Gua ~ Career

### Step 5. EXPRESS

*Kan gua* is about “career” and “communication.” Its element is water, and its colors are black and dark blue. Water fountains and images of rivers and waterfalls are good enhancements for *kan gua*. If you are redecorating, choose curvy, irregular shapes and patterns for the fabrics and furnishings in this area.

On a mundane level, *kan gua* helps us deal with such challenges as finding a job (or a better job), gaining a promotion, and negotiating a pay raise—important factors in financial well-being. Look at what’s going on in *kan gua* of your office to see if you are being held back. Clutter here will keep you overwhelmed with current obligations, so you don’t have time or attention to pursue anything new. A bookcase or file cabinet in this position that is crammed full with binders, documents, or reference materials from past projects will hold you at that level. If you want a new job, new responsibilities, or new opportunities for growth, make sure that at least 25% of the shelf and storage space in *kan gua* is open and available for new energy—things, projects, connections—to come in.

If you do not yet have your “dream job,” collect images or symbols that represent what that position would be for you, whether that’s a promotion within your current organization, or the opportunity to start a business of your own. Place these on a shelf or in a picture frame in *kan gua* of your office. If you’d prefer these not to be on display, keep them in *kan gua* but out of sight.

Imagine the *ba gua* stretched to cover your desk: *kan gua* is in the center front, where you sit. Does your desk feature a shallow center drawer? If so, clean it out.

Of all the storage areas in an office, this is the most likely to turn into a junk drawer. Get rid of the stuff you don't use, and tidy the rest with a drawer organizer of some kind.

## Living With Purpose

*Kan gua* prompts us to examine how we express who we are through both our work and our words. By "work," by the way, I mean whatever you do with your time and attention, whether that's a traditional job, household management/child care, or volunteering.

It's difficult to feel prosperous when you don't enjoy what you do for a living, no matter how well-paid you may be. If your work involves something you love, on the other hand, and brings a sense of fulfillment, you will feel as though you are being paid to play instead of work, and what could be more prosperous than that? This is the aspect of *kan gua* that has to do with finding your life path and expressing your soul's unique purpose through what you do.

If you would continue to do whatever it is that you do for "work," even if you no longer needed the money, then you have found your life path. Many people, unfortunately, either have not connected with their inner sense of purpose, or feel trapped working for money while trying to pursue purpose on the side.

"Do what you love, and the money will follow," like many popular sayings, sounds a little too simplistic to be true. There is a great deal of truth in this, however; the trick is that "do what you love" is not always easy at all, because it requires first that you connect with a sense of unique contribution. Doing what you love is not necessarily the same as doing something fun for a living, or having a cool job. When you work with purpose, you have an inner certainty that you are meant to take this path. Persistence in the face of adversity seems like the only reasonable option. You are guided by intuition, and are willing to get out of your own way by giving up control of what, when, and how to a higher power. You trust that you will be guided and supported in unexpected ways, because that is what happens when you find your path and open your heart.

What if you don't have a clue what your purpose is? Most likely, you haven't made discovering it a priority objective. Some people know from a very young age what they want to do with their lives. Others find their path much later in life. Any quieting, centering practice (such as yoga, meditation, or long walks) that helps you get in touch with your intuition will be helpful.

If you have a sense of purpose, work hard, trust your intuition, and try to do everything right, yet are still not thriving, usually one of three things is going on:

1. Your sense of purpose is coming from your head, not your heart; you are doing what you believe you "should" or "need" to do, not what your soul wants you to do.
2. You need to get out of your own way; subconscious beliefs that you do not deserve success, or that wealthy people are unspiritual, or that being successful will bring more responsibility or attention than you will be able to handle—or whatever your personal money bugaboo is—are certain to hold you back.
3. You are approaching things backwards...

## Acting As If

The key point of the statement, "Do what you love and the money will follow," is that you shouldn't use lack of money as a reason to postpone becoming the person you want to and are meant to be. But most of us do just that, much of the time. Our vision of a desired future is burdened by a very clear idea of all the things we need to have or do first.

Have you ever said to yourself something like this?

- ◆ *When I get that promotion, I'll be able to afford a vacation, and then I will finally be able to relax and **have some fun**.*
- ◆ *When I have more money, I'll be able to pay down my credit card debt, and then I will **feel more secure**.*

- ◆ *Some day I will be able to afford a home of my own in a good neighborhood, and then I will really be happy.*

Notice that no matter what goal or desire you focused on, the thought process is the same: before we can feel what we want to feel, we think we have to have something that we haven't got. "Well, duh," you may be thinking, "that's pretty obvious, isn't it?" Actually, it's backwards thinking. The reason this is backwards is that how we feel is one of the few things in life that is actually within our control. It doesn't always seem that way, but it is. One very powerful way to attract what you want into your life is to act as though you already have it—even if only in your imagination.

If you believe that having more money will make you happy, or help you feel more secure or more relaxed, then the most powerful thing you can do to turn your financial situation around is to find ways to start feeling happier, or more secure, or more relaxed right now, rather than putting it off until you have the money you want. Figure out how you want to *feel*, and use the power of your imagination to start feeling that, and you will attract the outer circumstances that support it.

The saying, "to be happy, act happy" is another trite phrase that is actually full of wisdom. You can experience this yourself, by pretending that you are in an acting class and that you have been asked to model someone who is depressed and anxious about money. Try doing this right now. See if you can convey through posture and facial expression that your life is hard, you feel worn down, and you've lost all hope that tomorrow will be any better. Stay with this for a minute or so, then notice how you feel.

If you just tried this, you probably noticed that after adjusting your posture and expression to *appear* discouraged, you started to feel that way a little, too.

Now take a moment to model a happy optimist. Life is good, your wallet is crammed with \$100 bills, you just got a fabulous new car, and tomorrow is going to be even better! How does your posture change? What happens to your head and arm positions, your facial expression? What happens to how you feel?

Standing tall with your shoulders back, head held high and a big smile on your face triggers changes in your brain chemistry. That's right: smiling, even when you don't feel like smiling, can actually lift your mood biochemically.\*

"Acting as if" means that to be prosperous, you need to feel prosperous! (If that's too much of a stretch, aim for feeling that it is possible for you to someday be prosperous.) This doesn't mean to run out and buy a house, car, or clothes you can't afford. It means to walk, talk, and feel as though everything is okay, that all your needs are met, all your bills paid, and every aspect of your life is provided for, no matter how much or how little of that is actually present for you today.

If feeling prosperous—or even the possibility of being prosperous—is very difficult for you, you may have to start by monitoring how you think, which means paying attention to the words you use, both in your self-talk and in what you say to others.

## Talk Yourself Rich

Your words help to create your reality. Does your language reveal a belief that money is hard to get, or that you'll never get enough of it? What do the casual comments you make throughout the day reveal about your expectations from life? Watching what you say about money is just as important as watching what you think or what you do.

Pay attention for the next few days to how people around you talk—about sports, about health, about love, about money, about anything. Happy people are not optimistic talkers because they are happy; they are happy because they think and talk positively. People whose language reveals a "poor me, life is hard" outlook are not negative *because* they are unhappy; they are unhappy at least in part because they are in the habit of thinking and talking and feeling down.

\* If you've been feeling down lately, I suggest setting a timer or the alarm function on your watch to ring once an hour as a reminder to sit (or stand) tall, shoulders back, and relax into a smile for a few minutes.

Take a moment to mentally review the past week. When someone asked, “How are you?” or “How are things in the marketing department these days”—or whatever fits your situation—how did you respond? Did you say something like: “We’re swamped,” “It’s a mad-house around here these days,” “Same old, same old,” or “As well as can be expected,” or did you say: “I’m doing great, thanks!” or “Life is good!” or even, “Can’t complain!”?

If you are hoping for better than “same old, same old” in your life, use the power of your words to claim constant improvement. Next time someone asks how you are, try saying, “I’m doing great, thank you!” instead.

Here’s a favorite phrase we use in my house whenever one of us (usually me, I admit) slips up and says something less than prosperous: “It’s a good thing we’re rich!” It’s used like this:

“Wow, our electric bill is really high this month.”

“It’s a good thing we’re rich!”

or

“I can’t believe we just spent \$185 on one cart of groceries... It’s a good thing we’re rich!”\*

Ever since we’ve been using this phrase it’s just a little harder to worry about money, and however high our grocery bill gets our income somehow rises to support it.

Try this yourself next time you have a moment of sticker shock or money panic. Your logical brain may know it’s not true, but your subconscious brain is easy to fool. And if using it seems absurdly ludicrous, that’s fine too, because anything that makes you laugh will lighten your mood... an important step to experiencing increasing abundance.

\* Credit goes to Mike Dooley for this wonderfully affirming phrase. For more of Mike’s inspirations, I recommend his audio program, *Infinite Possibilities: the Art of Living Your Dreams*.

## Experiencing the Inner Aspects of Kan Gua

If you have not yet connected with a sense of purpose about what you are doing with your life, here's a meditation to help you open to intuitive guidance.

First, see if you can identify a place in your body where you feel lack of purpose or frustration as a physical sensation.

Use the Heart Calming method to inhale white light either into the place where you feel blocked or to fill your entire body, and exhale your tension, frustration, or sadness.

Remember to take long, slow inhales through the mouth, and to exhale in eight short puffs followed by a final long ninth puff until your lungs are completely empty. Repeat for a total of nine breaths.

Continue to sit comfortably with your eyes closed, breathing naturally through your nose. Place your attention on your heart center, and ask to be guided to your right path, or for clarity about your purpose, or to be shown a sign of what direction you should take—whatever request or question feels right to you right now.

Pay attention to any ideas or images that come to you: they may be pieces of your answer.

If nothing notable arises, that's fine too. Answers may take time to appear. Pay attention to your dreams and to any synchronicities that happen over the next few days. You may not know what they mean right away. For now, it's enough to be alert to whatever clues may come your way. When your purpose is clear, you will know it. If you aren't sure, it's not clear yet.

Repeat this meditation as often as you want, and allow information to come to you in its own time.

### SCRIPTING: "A PERFECT MOMENT"

The visualization exercise for *ken gua* had you imagine having received or achieved something that you desire. This time I want to you to imagine your scene again—or choose a different one—and write it down as a mini-story. Pretend you are writ-

ing in a diary, or that you are writing a letter to a dear friend describing how wonderful your life is now. Your scene can be short—a paragraph is fine—but it should:

- ◆ Be written in the present tense
- ◆ Describe your surroundings and actions in great detail
- ◆ Include references to all five senses (taste, touch, sight, sound, smell) as well as emotions.

For example:

*I am sitting at the desk in my office in our new house [location]. It feels good [emotion] to have an office of my own at last, instead of having to write at the dining table! It's late afternoon [time of day], and the setting sun is peeking through the curtains on the french doors, making a section of the shiny hardwood floor glow [sight]. I am looking forward [emotion] to picking out the perfect rug for this room, and make a note [action] to shop for one next weekend. I get up and open the doors to the patio [action] to enjoy the coming twilight. The gentle breeze feels good on my skin after the heat of the afternoon [touch], and I can hear a dove cooing [sound] at the bottom of the garden. I take a sip from my glass of cool white wine [taste], and realize the jasmine must be in bloom; I can smell its rich, exotic fragrance on the air [smell]. The cat comes in from the yard and twines against my shins [touch] with a purr [sound] that seems to say, "I like it here, too."*

When you have written your perfect moment, read it aloud, then close your eyes for a moment and focus on how good it makes you feel.

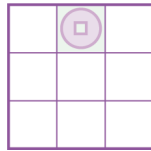
I encourage you to repeat this exercise as often as you like—even daily, if you can. You may wish to purchase a separate notebook just for describing all of your imagined perfect moments.



## Action Steps for Kan Gua

- ◆ Go on a “complaining fast.” For one entire week, don’t complain about anything, and especially don’t complain about money. Be attentive to what you say, and make sure your language reveals a belief in abundance! Get your spouse or partner to join you, so you can watch your language together, and impose a small fine for any negative or complaining comments. If your husband shakes his head while reading the sports page and mutters, “They haven’t got a chance this year,” tell him to pay up! At the end of the week spend your complaint fees on something fun.
- ◆ Whenever anyone asks how you are, say “I’m doing just great, thank you!” and SMILE!!!
- ◆ Go through each day as though you are lucky. What kind of behavior change will that require in how you think and talk?

When you go through each day acting and speaking from belief that you are prosperous and lucky, other people will start to see you this way, too. You’re taking important first steps in turning your luck around.



## Li Gua ~ Fame

### Step 6. OBSERVE

*Li* is the area of “fame” and “reputation.” When applying feng shui to our homes, we look to *li gua* to improve how we are perceived by others and to ensure that we get the recognition we deserve.

The element of *li gua* is fire, which adds “illumination” as another meaning for this area. Candles and lights are good additions to *li gua*, as are plants and flowers, which represent the wood element that nourishes fire. Avoid having too much water energy in *li gua*, as it will put out *li*’s fire. Earth and metal are also not recommended here.

Would enhancing your reputation or increasing your visibility—or that of your company or product— help you achieve your financial goals? If so, look for creative ways to enlist the energy of *li gua*, such as:

- ◆ Hang a bird feeder in *li gua* of your yard. Birds visiting the feeder will stir up the energy of this area.
- ◆ Put a telephone or your fax machine in *li gua* of your office to help “get the word out” about your products, services, or business.
- ◆ Place an image, object, or award in *li gua* that represents what you want to be known for: reliability, great service, innovation, etc.
- ◆ Add real or symbolic money to *li gua*, to help you become known as someone with money.

*Li gua* is a key area for vigilance against clutter (unless you want to be known as a slob), and anything outdated. It was great that you won that journalism award—back in 1985. Get some attention for what you’re writing today by making up a new award on your computer, with next year’s date on it. Put it in a red frame and hang it in *li gua*.

## Look for Signs of Abundance

Symbolically, *li gua* represents how we envision our lives and perceive the world through the filter of our beliefs and attitudes. One of the most powerful—and simple—ways to make your daily life experience more positive is to consciously choose where you place your attention. If you want to experience greater abundance, get in the habit of noticing the abundance that is already all around you, rather than focusing on signs of scarcity that may also be present.

For example, from my lanai in Hawaii I can look at the guava tree, which was laden with fruit two months ago, and now has none (scarcity), or I direct my attention to a crop of late-season mangos ripening on the mango tree (abundance). I can also notice that the little green birds eating those mangos are truly experiencing abundance by sinking their beaks into a sweet, juicy fruit about 10 or 12 times their size. Their thoughts, if they have any, must be something like, “Mmmm... mango!” not, “Uh oh, where did all the guavas go?”

Choose to see abundance all around you every day, no matter how inadequate your financial means may be right now. Each time you feel lack, look for something that you can enjoy instead. Here are some ideas for learning to place your attention on abundance, rather than scarcity:

Instead of focusing on...

How much it will cost to fill your car’s gas tank.

Choose to see...

The abundance of gas stations and choices available to you, and how easy it is, when you need more gas, to get it.

How much you just spent at the grocery store

The abundance of fresh, healthy foods available at your local supermarkets.

Your credit card balance

All the wonderful things and services you have been able to enjoy on credit.

The meager size of your bank account

The dollars that do flow into your life, in the form of your paycheck, discounts, gifts, and rebates on items you purchase.

## NOTICE WHEN MONEY SHOWS UP

Have you ever seen a coin on the sidewalk and decided not to bother picking it up because, well, it's just a penny (or a dime, or quarter)?

I used to do that. "I'm doing all right," I would think. "I don't need to pick up a dime. I'll leave it for someone less fortunate than me to find." I thought I was making a small gesture of generosity and affirming my own prosperity. But what I was really doing was rejecting a small gift of abundance from the Universe, and sending a message not to bother putting more money my way.

Now that I have a better understanding of how prosperity really works, I make a point of noticing *any* kind of money that comes to me. A penny in the parking lot, great! An email telling me I've earned a 25-cent commission on a website referral, wonderful! A \$5 gift certificate to Amazon.com, fabulous! My favorite brand of toothpaste on sale this week, terrific!

No matter how small the amount, whenever any kind of money comes to me, expected or not, I take a moment to appreciate it and to say "thank you!"

The more you notice and appreciate all the different ways money comes to you, from a dime on the sidewalk, to your regular paycheck, to free time left on a parking meter or winning \$2 on a lottery ticket, the more prosperous you will feel. And the more prosperous you feel, the more you encourage more abundance to come your way.

My grandmother was fond of sayings like, “Find a penny, pick it up, and all the day you’ll have good luck.” This little bit of folk wisdom explains the truth that when you gladly receive even the smallest of gifts, you position yourself to experience more and greater lucky moments. People who choose to view the world as abundant and supportive are more open to luck and opportunities, because they have no resistance to good things coming to them in unexpected ways. When you see events and people with pessimism and low expectation you will see and experience more reasons to feel the world is a hostile and difficult place.

Choose to perceive yourself as someone to whom money flows and to whom lucky things happen, and you will see and experience more and more reasons to feel happy and prosperous.

## Acting As If

When you see someone on the street, or in a restaurant, or on TV or in a movie, and you know that person is rich, how do you know that? What are the visual clues that to you mean someone is wealthy? Your list will probably includes:

- ◆ Drives an expensive car
  - ◆ Wears designer clothes
  - ◆ Eats in fine restaurants
  - ◆ Lives in a fancy house
  - ◆ Take expensive vacations
- and so on.

Can you to think of at least three ways that rich people live that you can emulate in a small way—without spending money you don’t have? Note your ideas in your Prosperity Journal. Here are a few examples to get you started:

- ◆ Observation: *Rich people drive expensive cars, and those cars are clean and well-maintained.*

Emulation: If you have a car, keep it clean, polished and well-maintained. Don't wait until you have a fancy car to act like you have a fancy car. By taking excellent care of your budget-mobile, you show the Universe that you can take care of a luxury car.

- ◆ Observation: *Rich people are well-groomed and nicely attired.*

Emulation: We may joke about Donald Trump's hair style, but at least it is always neatly brushed. Pay attention to grooming, and dress as well as you can within the limits of your budget. Hot young actors may get away with looking grubby and unshaven for their appearances on the Late Show, but I suggest you model your style after Jay Leno or David Letterman instead: they always look "like a million bucks." Even if you wear jeans and T-shirts every day, you can wear clean, unwrinkled, jeans and T-shirts that are in good condition.

- ◆ Observation: *Wealthy, successful people tend to be slim and fit.*

Emulation: So what if you can't afford a personal trainer and a private chef? Do what you can to look as good as you can with what you've got. If you've been thinking about losing a few pounds or getting into better physical shape, why not start now? Think of it as your "I'm gonna look like a millionaire" plan, rather than "going on a diet" or "working out." Looking better will help you feel good physically and feel better about yourself. And feeling good—about how you look, about how you feel, about anything—helps you succeed in life.

- ◆ Observation: *Rich people live in expensive homes—clean, tidy, uncluttered expensive homes.*

Emulation: You may not be able to afford a maid, but that's no reason to live in an untidy or unclean house. Show the Universe that you can keep the Formica™ in your tiny kitchen sparkling, and you're one step closer to having a marble countertop in a fancier house someday. If you absolutely hate to clean house, see if you can find room in your budget for a few hours of maid

service twice a month. It may not take much more than brown-bagging your lunch instead of eating out, and cutting back on DVD rentals.

## Free Yourself From Limiting Beliefs

If you do not believe that you deserve to prosper, financial well-being will elude or desert you. Many people want to prosper, but are burdened by feelings of guilt, shame, or embarrassment that prevent them from believing that they deserve success. When you feel guilt or shame about past experiences—whether related to money or not—it is very difficult to achieve the high-energy states of trust and receptivity that we have talked about in previous chapters as being keys to a prosperous life.

Money issues having to do with self-worth are often hidden to our conscious awareness. You may think you deserve to prosper, while your subconscious mind has other ideas. Here's how you can use a simple muscle-testing method to discover whether your subconscious beliefs are aligned with your conscious goals and desires.

### VERSION A: WITH A PARTNER

1. Hold one arm out to the side at shoulder height, parallel to the floor. State something about yourself that is true, such as "My name is Kelly," or "I weigh 135 pounds," or "I drive a blue Corolla."
2. Your partner presses down on your arm while you resist. The idea is not for your partner to force your arm down, but to enable both of you to gauge your strength.
3. Rest your arm for a moment, then hold it out again in the same position. Now, make a statement about money, such as "I want to be rich," or "I deserve to be wealthy."
4. Again, your partner presses down on your arm while you resist. If your subconscious mind agrees with your statement, your arm will stay strong,

similar to the “true” statement you first made. However, if your subconscious mind does *not* agree, you’ll discover that your arm strength has weakened. The results may surprise you!

### VERSION B: ON YOUR OWN

1. If you don’t have a partner, use a free weight as we did in the “Weight of Money” experiment on page 76. Holding a moderately heavy weight in one hand, first make a true statement about yourself, then lift the weight to gauge how difficult (or easy) that is for you.
2. Rest your arm for a moment, then make a test statement (“I want to be rich,” “I deserve to have money,” etc.) and lift the weight again.
3. If you can lift the weight as easily the second time as you did the first, your subconscious beliefs are in agreement with your test statement. If your arm feels weaker, though—or the weight much heavier—that’s a sign of conflict between what you say and how you really feel.

If you uncovered a subconscious block with this method, there’s no need to be discouraged. Awareness is the first step to changing your beliefs. You may even want to repeat the muscle testing for other test statements, such as “I really want the promotion,” or “I am ready to be wealthy.” Notice that just changing one key word in a statement can change the muscle-test result. The more disconnects you can uncover between your conscious goals and subconscious beliefs, the more progress you can make in clearing them.

### Experiencing the Inner Aspects of Li Gua

At some point in your past, something happened to establish that limiting belief. It’s likely to be something that your logical mind would dismiss as unimportant—a minor incident that was not worth remembering. And yet your subconscious mind learned something that has been affecting your experience ever since.

Journaling, meditation, and emotional release work can all help deepen your understanding of the roots of limiting belief systems. One simple technique that



can be very helpful is to sit or lie comfortably, relax, and quiet your mind with the Heart Calming breathing technique for a few minutes.

When you are relaxed, ask your subconscious to provide you with a memory of where this limiting belief started. Don't try to figure out what this is; just allow an image or idea to come to you. Stay with this for a few minutes, and if nothing arises, let that be okay and try again tomorrow.

For example, a memory might arise of when you were eight years old and your mother gave you some money to take to your boy- or girl-scout troop meeting after school. Sometime before you got to the scout meeting, you misplaced the money. When you got home, your mom responded with annoyance, anger, or disappointment.

"Not a big deal," your logical adult mind says, as you think back on this experience. "These kinds of things happen when you're eight. It's part of growing up. You learn to pay attention and be more responsible."

But that's not what your subconscious mind learned. Your subconscious learned, "I can't be trusted with money," "I can never have a lot of money, because I'll lose it," or "If I have money, someone ends up being angry with me. It's not worth it."

Once you have remembered a root incident, write a paragraph in your Prosperity Journal describing what happened, including how other people reacted and what emotions you felt. Also make note of the sub-conscious belief statements that may have come out of it.

Now you can use the scripting and visualization techniques you've learned in the previous chapters to rewrite this incident so that you only learn positive messages from it. For example:

*I'm eight years old, and Mom gives me a \$20 bill to give to my scout leader for our field trip next weekend. I feel very grown up being trusted with so much money. I put the bill in my pocket, and notice that it feels worn and soft.*

*Original memory: But when I get to the scout meeting, it's gone! I can't find it! I feel panicky and embarrassed. The other kids laugh at me and I have to try really hard not to cry. When I get home, Mom is upset and yells at me. I hate money!*

*Rescript: At the scout meeting, I give the money to our troop leader, and learn all about the field trip. It's going to be really fun! When I get home, Mom asks if I remembered to give them the money and she tells me I did a really good job. "You're a good money manager, honey," she tells me, and gives me a hug.*

The purpose of rescripting is to write an idealized scene that leads to an outcome in which you feel good about what happened. This may require imagining the other people involved doing and saying things that might never happen in real life; that's okay.

Now make up one or more affirmations that turn the original negative beliefs around, such as: "I am an excellent money manager," "I can be trusted with vast amounts of money," or "I enjoy having lots of money."

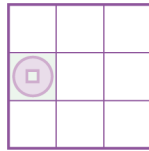
Read your new scene aloud, then take a few minutes to visualize it in your mind, focusing on feeling good about how it all turned out. Finish by reading your affirmations aloud.

Repeat this reading, visualization, and affirmation process every day for 30 days to reprogram your subconscious beliefs about money. If more key memories arise during the 30 days, use the rescripting method to revise them into positive experiences. Every day, choose one of your scenes to practice with for five minutes or so. You don't have to go through every scene every day, one is enough.

## Action Steps for Li Gua

- ◆ Challenge yourself to see how many coins you can find in a week. Set up the expectation in your mind that you will start finding money in unexpected places. It can help to focus on finding one kind of coin, such as a dime or a quarter. Every time you find a coin, pick it up and say, "Thank you! I am a money magnet. I love finding more money every day!"
- ◆ Be alert to judgmental thoughts you may have about yourself, whether about money or other things. Note them in your Prosperity Journal, so you can start the process of re-programming how you think about yourself and your capabilities.
- ◆ Make a collage of images and words that represent what prosperity and abundance mean to you... a gorgeous house, new car, a boat, artwork, luxury travel, other activities that you may wish you had time/money to do: yoga classes, gardening, a ski or spa vacation, or a week at the beach with your kids. Place this across from your bed where you will see it first thing in the morning and last thing at night. (This is a "virtual" *li gua*, because it is in the *li* position relative to you when you are lying in bed). Take a few moments in the morning and at night to look at these images, then close your eyes and imagine that you are really doing/experiencing these things... Use all your senses, and remember to end with a few moments of heart-felt gratitude for all of these blessings.

*Li gua* reminds us to be alert to beliefs and assumptions that may distort our observations and interfere with an experience of abundance. In the next step on our journey to prosperity, we take a closer look at the details of our household finances, represented by *jen gua*.



## Jen Gua ~ Family

# Step 7. BEGIN

*Jen gua* is the area traditionally associated with family life and, to a lesser degree, with health.\* “Family” in this context includes your family of origin as well as the family unit created by yourself, your spouse, and your children. In a broader sense *jen gua* encompasses close friends, roommates, significant others, and your community. The *jen* area of your living room, family room, or dining room is a good place to display family photographs and cherished mementos of previous generations.

If you think about it, you’ll see that *jen gua* governs those aspects of our lives that are most likely to drive our desire for prosperity, and where we spend the bulk of our income. We want to provide a nice home for our family, educate and indulge our children, care for our elders, and pamper our pets. And health care can be a significant source of debt and financial stress. Take a look again at your list of 108 Desires. Which of these are associated with the home and family qualities of *jen gua*?

*Jen gua* is where we confront the mundane, housekeeping aspects of our lives, such as getting our bills paid on time, and it is where we often find that our lives have slipped out of balance. For example, perhaps you are working two jobs in order to pay the bills, and no longer have much energy or quality time left to spend with your family. Medical bills or elder care could be adding to your stress level,

\* Health is also governed by the *tai chi*.

causing increased irritability and impatience with your spouse or children and undermining your future health.

Compared to the “fortunate blessings” aspects of wealth that are associated with *hsun gua*, *jen gua* has a strong influence on household finances and the day-to-day tasks of earning a living and paying the bills. While we look to *hsun gua* to help us create an experience of abundance and prosperity, if your immediate challenge is to make ends meet and keep creditors from your door, *jen gua* deserves your attention. You may wish to go through the power spot steps on pages 23-25 again to identify the key *jen gua* areas of your home.

When we orient the *ba gua* to the compass directions, *jen gua* is in the east, associated with morning, springtime and new beginnings, whether of a major life cycle or a short-term project. *Jen gua* is associated with the wood element in its youthful form of young plants and trees. Its colors are the paler shades of green, and light blues are also used here. Water imagery and colors (black and dark blues) are good accents for *jen gua*, as they nourish wood. Metal, fire, and earth influences should be minimized here.

Look for a place in *jen gua*—preferably in the living room, family room, dining room, or kitchen—where you can create a focal point with potted plants and/or a table-top water fountain. Place a large mirror on the wall behind the plants/fountain so that they are reflected in it. Use three or nine small houseplants grouped together for best effect; lucky bamboo and jade plants are especially auspicious here. Use the IVAG empowerment method (pages 15-16) with this cure to support regeneration of your cash flow or to attract new sources of income.

## New Beginnings

On the inner level, *jen gua* has to do with caring appropriately for ourselves, our families, and our money. When highly successful people announce that they’re giving it all up to spend more time with their family or attend to their health, they are heeding the call of *jen gua* to return to essentials and bring their lives back into balance.

Mastering the inner aspects of *jen gua* involves exploring how you can initiate a new era in how you handle money, by drawing upon what you've learned in the previous six *guas* and taking action.

In the section on *kun gua*, we talked about the importance of nurturing and showing respect for your money. Wealthy people take good care of their money, and you should, too, no matter how little of it you have. In *jen gua* terms, that means paying attention to the details of household financial management: creating a budget or spending plan, tracking your expenses, having a plan in place for paying down your consumer debt and building up a savings or investment account, and so on.

These simple but important tasks enable you to cultivate and grow your prosperity. Just like the tender young plants represented by *jen gua*, your finances require regular—even daily—attention, in order to thrive. What seeds of prosperity can you plant by developing the daily habits that will increase or solidify your fiscal responsibility and security?

## Fear Drives Procrastination

The core aspect of *jen gua* most relevant to mastering the inner path to prosperity is this quality of initiating new money habits. Understanding the practical value of having (and sticking to) a spending plan, saving wisely, and getting out of debt, for example, does you little good if you don't take action on it.

Most often, when we know what we should be doing, declare our intentions to get moving on it, and continue with our old habits anyway despite our knowledge and good intentions, what stops us is some form of fear. When your financial situation is precarious, taking a good look at the details can be very scary—no wonder so many people procrastinate on this important task.

If you are carrying a lot of consumer debt split among multiple credit cards, for example, you may put off adding up your total indebtedness because you don't want to face that number. If you know that impulsive shopping is your downfall,

you may resist tracking what you spend because that would force you to confront this irresponsible habit.

These kinds of feelings are understandable—and very common—but in the long run they disempower you. You can't gain control over your finances if you don't know what the size, scope, and nature of the problem really is.

When you avoid facing the details of your money situation, vagueness tends to permeate all aspects of your financial life. People who don't manage the details of their money are more likely to be late paying their bills, to radically underestimate what they really owe, to overspend without awareness, and to convince themselves that everything is (or will be) okay. In reality, the situation is slipping further and further out of control.

## Facing the Details

Open your Prosperity Journal, or get a pad of paper, and answer the following questions:

- ◆ What money-management tasks do you most often put off until later or ignore completely? (*making or sticking to a budget, tracking expenses, paying bills, balancing your checkbook, saving regularly, etc.*)
- ◆ What reasons do you give to yourself for doing this? (*lack of time; I'm too tired; it's not important; I'll do it this weekend; I'll start next month*)
- ◆ What are the *real* reasons you procrastinate on or ignore these tasks? It may help to sit quietly, relax, take a few deep breaths, and ask yourself, "Why do I really put off taking care of my money?" Observe your thoughts and any physical sensations that come up. You may notice that you feel scared, threatened, rebellious, impatient, or sleepy if these or similar issues are true for you:

*I'm afraid I'll never get out of debt.*

*If I know how much I really owe, the stress will be overwhelming.*

*I'm ashamed of how little I earn.*

*I feel embarrassed that I'm not more successful.*

*I feel guilty that I've handled my money so badly.*

Recognize that sleepiness, shortness of breath, stomach tension or a sudden headache are signals that there are powerful emotional issues involved in your financial life. When you find the courage to acknowledge these issues, instead of avoiding them, handling your money well will become much easier.

- ◆ In what ways, if any, are family issues involved in your financial procrastination? (*not wanting your spouse or parents to know how much debt you are carrying, for example*)
- ◆ If you are carrying consumer debt (credit card and store accounts), do you know how much the total amount you owe is, for all your accounts? If you don't know, make a guess (without looking at your latest statements), and write that number down.

Now get out your credit and store account statements (or check them online), make a list of all of the amounts you owe, and total them up. Was this total higher or lower than your guess?

- ◆ If you are carrying consumer debt, don't know within a hundred dollars or so how much you owe, but didn't complete the previous question, what stopped you? What are you feeling right now?
- ◆ Are you secretly hoping that by reading this book your financial situation will magically change for the better, and you will be able to prosper without facing your debt, changing your spending habits, or taking responsibility for your financial future into your own hands?

I'm sure you are not alone if this is true, but it is my task to remind you that you can't keep doing things the same old way and expect to see a lasting improvement in your situation. The most effective feng shui in the world might bring you lots more money, but that is no guarantee that you will be able to manage it well and prosper from it in the long run if ineffective money-management or spending habits have not been corrected.



These questions, whether or not you've taken the time to answer them, may bring some issues and insights to the surface. Be sure to note them in your Prosperity Journal, and don't be in too much of a rush to put them behind you. Working through and releasing money issues is a lot like peeling off the layers of an onion: the same stuff keeps on coming up over and over again, and it takes a while to get to the center.

## Experiencing the Inner Aspects of Jen Gua

The Heart Calming method with which you are now familiar is a good way to release the discomfort or stress that may have come up as a result of the preceding questions.

If you did not notice a specific physical sensation in answering the journaling questions, take a moment to return your attention to your most-dreaded financial-management task. See if you can identify a place in your body where your desire to avoid that task becomes a physical sensation. If you can't pick up any physical clues, that's okay, too, just focus on your entire body as you do the next exercise.

## RELEASING

Sit comfortably with your hands in the Heart Calming *mudra* (palms up, left hand on top of right, the thumbs touching). Inhale white light either into the place where you feel blocked or to fill your entire body, and exhale your tension or fear. Remember to take long, slow inhales through the mouth, and to exhale in eight short puffs followed by a final long ninth puff until your lungs are completely empty. Repeat for a total of nine breaths.

## VISUALIZATION: "PERFECT SPENDING PLAN"

Imagine that you are out of debt, your family is well-cared for, you live in a comfortable home, and you have \$1,000 of extra money available to spend on anything you want each month. ("Spend" in this case includes saving or investing, if you

want to do that.) Using the *ba gua* template below as your guide, think about all the different ways you might like to spend that money. Try to think of at least one thing for each area of the *ba gua*, although it's likely that you will have many more entries for some areas than for others.

Write your answers in the grid or in your Prosperity Journal. Don't worry about how much each item might actually cost, or whether they all add up to less or more than \$1,000. This is a list of *potential* indulgences, and some of them can wait until next month. If you feel stuck, look at your list of "108 Desires" for ideas. When you've got at least one entry for each *gua*, find the three items that you think will bring you the most satisfaction, and list them in your Prosperity Journal.

Hsun ~ Wealth	Li ~ Fame	Kun ~ Partnership
Jen ~ Family	Tai Chi ~ Health & Life Balance	Dui ~ Creativity & Children
Ken ~ Knowledge & Spirituality	Kan ~ Career	Chien ~ Helpful Friends & Travel

Use the scripting and visualization methods that you've learned in earlier chapters to develop a multi-sensory, detailed scene for each of your top three items. For example:

- ◆ If you put "weekend getaway with my wife" in *kun gua*, write a paragraph or more describing where you would stay, the romantic dinner you'd like to have, and so on.
- ◆ If you put "take a qigong class" in *ken gua*, describe what you'd like to experience during your first class, what the instructor and other students are like, and how you expect feel while doing the exercises and after the class.

Remember to include details that evoke all of the senses. The more specific your scene is, the better. If you've chosen to write a scene, also read it aloud when you are done, and take a few minutes to close your eyes and visualize it as well. When you close your eyes and imagine the details of your scene, it should make you feel very happy. If your scene doesn't make you smile, see if you can identify what's off or missing, and either revise or add to it before focusing on it again.

These scenes—and the other items on your 108 Desires list—can help you stay motivated to make the lifestyle and/or financial habit changes that will help you reach your prosperity goals.

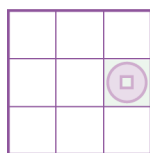
## Action Steps for Jen Gua

- ◆ *Jen gua* reminds us that "someday" is not an eighth day of the week, and that the best time to start practicing good money habits is right now. If you've been lax in tracking your expenses, making (or sticking to) a budget, or keeping up with your bills, it's time to make a fresh start. Challenge yourself to tackle one neglected money task and to stay on top of it for an entire month. Next month, add another one. Use your Prosperity Journal to record any issues and insights that may come up for you.
- ◆ Tithe to Yourself. If you are not yet setting some money aside on a regular basis, start tithing to yourself with your next paycheck. Choose an amount from 1%-10% of your net income to set aside.

Most personal finance advisors recommend having an emergency fund equal to six months of basic living expenses. If you don't have any savings yet, that can seem like an impossible amount. Don't let that stop you from getting started. Just do what you can, one day at a time.

- ◆ If you are in debt, make a commitment to figure out how you are going to climb back out. Without a specific plan, you are less likely to succeed in paying off your debts. This may be as simple as making some adjustments to your spending plan so you can set a little more aside for debt reduction every month, or you may need professional debt counseling. Some excellent books and resources are included in the Resources section at the back of the book.

Making a fresh start to practice new money habits is just that, a start. Your success will also depend on sticking with these tasks until they are done, represented by the final step in our prosperity journey, *dui gua*.



## Dui Gua ~ Creativity & Children

### Step 8. COMPLETE

*Dui gua* is associated with “creativity” and “children.” Any creative endeavor is a form of giving birth—to an idea, a novel, a new recipe for coconut cake—and bringing a baby into the world is the most purely creative thing anyone can do. Because it is in the west according to the compass orientation of the *ba gua*, *dui gua* is also associated with afternoon, autumn, and bringing things to completion, such as when a crop that was planted in the spring (*jen gua*) matures and is ready for harvest.

The element for *dui gua* is metal, represented not only by metallic objects and colors, but also by white and by round and oval shapes. Six white votive candles in *dui gua* can bring light to your creative process, but in general it is wise not to add fire energy to *dui*, as fire destroys (melts) metal. Water and wood will also deplete *dui gua*, but earth will support it, so all kinds of earth colors and ceramics are good here.

Coins are a natural choice for enhancing *dui gua* to support greater prosperity through creative work, and all kinds of natural and man-made crystals can be used here as well. Hang a faceted crystal ball in *dui gua*, or over your head as you work at a desk in a *dui gua* office, to enhance creativity. A mobile featuring white, yellow, or metallic colors will stir up new ideas here.

## Taking Care of Unfinished Business

On an inner level, mastering *dui gua* has to do with taking care of unfinished business. Think of any kind of unfinished business as a cosmic glue trap that keeps you stuck in the past energetically, so it becomes harder to adopt new habits and make other important changes in your life. This is as true of that pile of clean laundry you've not yet folded and put away as it is of overdue bills and un-filed tax returns. Unfinished business often leads to feelings of guilt, shame, or embarrassment. These low-energy states undermine your self-esteem and make it even harder to get the things on your "to do" list done.

You can gain a sense of how unfinished business is affecting you by doing a quick survey, room by room. Go through each room, including closets and under the bed or wherever you tend to stash things "temporarily" and then forget about them, and make a list of all the unfinished projects you find. This includes creative projects, like that baby-sweater you began to knit when your sister was pregnant (for a niece who is now 12) or the stripped-but-never-repainted dresser in the garage. Include tasks that you began with the best of intentions but for some reason dropped before they were done: cleaning out the fridge, weeding the garden, getting new curtains for the dining room, mending that rip in your jacket pocket, and so on. Unfinished business encompasses anything awaiting your attention, such as action step items from previous *guas* that you have not yet taken action on, unreturned phone calls, backlogged emails, and that pile of magazines you've been meaning to read someday.

As you go on your unfinished business hunt, you may be amazed—possibly even appalled—by how long your list grows. Lessening your burden of unfinished business will free up more of your energy for pursuing prosperity and adopting new habits.

If you have many items on your "unfinished" list, it's a good idea to prioritize by sorting them into the categories suggested on the next page.

- ◆ *Who am I kidding?* — Things you have postponed for so long that there's no longer any point to them (last year's unsent holiday cards, for example, or plans for a garden project for last season). You might as well just cross these off your list.
- ◆ *What was I thinking?* — Projects that you no longer have any interest in pursuing (a half-finished needlepoint pillow for which you still have yarn and instructions, for example, or those scrapbooking supplies you are never going to use). Toss these, give them to a friend, or donate them to a thrift store.
- ◆ *Hey, I remember this!* — Things you put away some time ago and may have forgotten about, but that you would still like to get done. You may want to further sort this category by how long it will take to complete the project (less than 30 minutes; a couple of hours; a month's worth of free time if you ever have any, etc.).
- ◆ *I've been meaning to get to that* — These are often household chores that you've fallen behind on (cleaning out the freezer, sweeping the patio, doing the ironing). Again, sort out the stuff that will take less than an hour from the more time-consuming chores.
- ◆ *Unfinished financial business* — These are the tasks mentioned throughout this section of the book, such as creating a livable budget, balancing your checkbook, and setting up (and using) a system for tracking expenses. All of your debts are also in this category, including what is sometimes called "good debt" (your mortgage, for example, or student loans) as well as consumer debt (credit cards, store accounts), and any other monies you may owe.

Unfinished financial business, of course, deserves regular attention until you've caught up. If you haven't been doing anything in this category yet, give yourself a couple of weeks to figure out what tasks will most help you get a grip on the details, decide how you're going to tackle them, and get your system into place.

## Moments of Appreciation

One good way to approach a money-related task that you usually dread (paying bills, for example) is to change both the inner and outer environments in which you usually tackle that chore.

Changing the inner environment means adjusting how you think and talk about that task. For example, at the end of the previous paragraph, I used the phrase “tackle that chore” to describe whatever it is you need to get done. In our discussion of *kan gua*, you learned how important it is to be conscious of the language and self-talk you use about money. So, instead of thinking of paying your bills as “tackling a chore,” choose to see it as a gesture of appreciation for the goods and services you have received.

For example, when you are paying your cable bill, take a moment to think about the benefits you’ve received from having cable service this past month, such as entertainment for your family or the convenience of a high-speed internet connection. Write “Thank you!” on the check or on the payment stub. As you place your check in the envelope (or click to complete an online payment), consciously focus on having completed that transaction, even if it is only a partial payment of what you owe.

You might like to invest in a self-inking “PAID” stamp—available at any office supply store—and stamp your receipts as you pay each bill. If you doubt that using a “PAID” stamp will give you much of a thrill, you might be in for a surprise—especially if your bill-paying procrastination is driven by a rebellious inner child. Give any two-year-old an ink pad and something to stamp with and watch how much fun is had. Why deny yourself that pleasure? Stamping your bills “PAID” is satisfying in a very tactile way, more so than any click of a computer mouse could be.

Improve the outer environment for money management tasks by creating a pleasant space in which to do them. Arrange for a little peace and quiet, put on some relaxing music, and pour yourself a glass of wine or a cup of your favorite herbal



tea. Instead of rushing to get it done as quickly as possible, make this a special moment of appreciation for all that you do have, regardless of how much you might owe.

## JOURNAL QUESTIONS

Prosperity coach [Joan Sotkin](#) points out that taking care of our money means that we have to grow up, and that on some level many people, no matter how old they are, don't want to do that. She blames the "rebellious Inner Child" for hard-to-change behaviors and beliefs that may be keeping you in debt or earning less than you deserve.

- ◆ In what ways might your own financial habits be driven by a rebellious Inner Child?
- ◆ What new behaviors or habits will put your inner Responsible Adult back in control of your money?
- ◆ What are three things you are doing now that you would need to do less of?
- ◆ What are three things you would need to start doing that you aren't doing yet?
- ◆ Review your list of unfinished financial business: What three items on that list cause you the most stress, guilt, or embarrassment? Why?

## Experiencing the Inner Aspects of Dui Gua

Mastering the challenge of *dui gua* to take care of unfinished business requires willpower that is stronger than your urge to procrastinate. The emotions that interfere with the *jen gua* task of getting started in the first place (guilt, fear, shame, and embarrassment) also keep you from getting things done... which leads to more guilt, fear, and shame in the long run.

To get a sense of how these emotions may be affecting you energetically, sit in a comfortable but not-too-cushy chair (your back should be straight), and con-

sciously relax by taking several slow, deep breaths. Now think of a time when you felt guilt, shame, or embarrassment about a money. Allow yourself to feel this emotion until it becomes a physical sensation in your body. Most likely this will be a contraction or feeling of congestion around the solar plexus at the middle front of your torso just beneath the center of the ribs. Your shoulders may slump forward, curving your torso to protect this area.

This is the *chakra* or energy center associated with willpower. When your will and determination are strong, this area will feel light and open—the opposite of how it feels when you are experiencing guilt, fear, shame, or embarrassment.

You can use the by-now-familiar Heart Calming method to help release tension and congestion from your will center.

Hold the Heart Calming *mudra*, and remember to take long, slow inbreaths through the mouth, and exhale in eight short breaths plus one long one. As you inhale, bathe your solar plexus area in bright yellow light, and imagine that it is absorbing all negativity in that area.

As you exhale, visualize all guilt, shame, fear, or embarrassment about money evaporating. After nine breaths, check to see if you feel more relaxed in the solar plexus area. You may notice that your posture has improved, and that you no longer hunch over.

The key issue of *dui gua*, getting unfinished things done, requires you to step into action. Instead of a visualization or scripting exercise for this *gua*, jump right into the recommended Action Steps, below.

## Action Steps for Dui Gua

- ◆ For one week, pay for all of your daily expenses with cash. Electronic transactions such as debit or credit card purchases and online bill-paying make it easy to lose touch with how much we really spend. Paying for everything with cash for a week can help put you back in touch with your money and how much of it you are spending.

Start by estimating how much money you need to get through the next seven days, paying for all of your daily expenses—coffee, train tickets, picking up the dry-cleaning, meals, movies, groceries, and so on—with cash. Withdraw that amount from your bank account, and use it for all your purchases this week, paying attention to how it feels to spend cash instead of using a credit or debit card.

Each time you pay for something with cash, notice that this transaction has been completed. There's no debit card receipt to save, nothing to record in your checkbook, no new charge to appear on your next credit card bill. Just hand over the cash and you're done. How simple!

And guess what: your next checking account and credit card statements will be simpler as well. In our rush to embrace the convenience of paying with plastic, we've lost touch of the very simple pleasure of paying for the things we need with cash.

If you run out of cash before the end of the week, was it due to an unexpected expense, or did you underestimate your expenses? If you have not been tracking your expenses, you'll probably be surprised at how much money you spend, and at how quickly smaller purchases add up.

- ◆ Commit half an hour a day to tackling your Unfinished Business list until you've caught up. You may find that many tasks are things you could finish while watching TV (sewing on a loose button, for example, or catching up with the ironing). Each time you finish something, take a moment to congratulate yourself on completing that task before moving on to whatever you are going to do next.
- ◆ Instead of a "to do" list, create a daily "what I got done" list. If doing this makes you feel like you aren't accomplishing as much as you thought, perhaps you are not claiming credit for enough small things, like getting a load of wash into the machine, or remembering to call a friend who's been ill to see how he or she is doing. Or it could be a sign that too many time-wasters are nibbling away at your day, whether that's unnecessary meetings or computer solitaire. Take another look at your schedule with an eye to freeing up a few more productive minutes every day—at least until your Unfinished Business is under control.

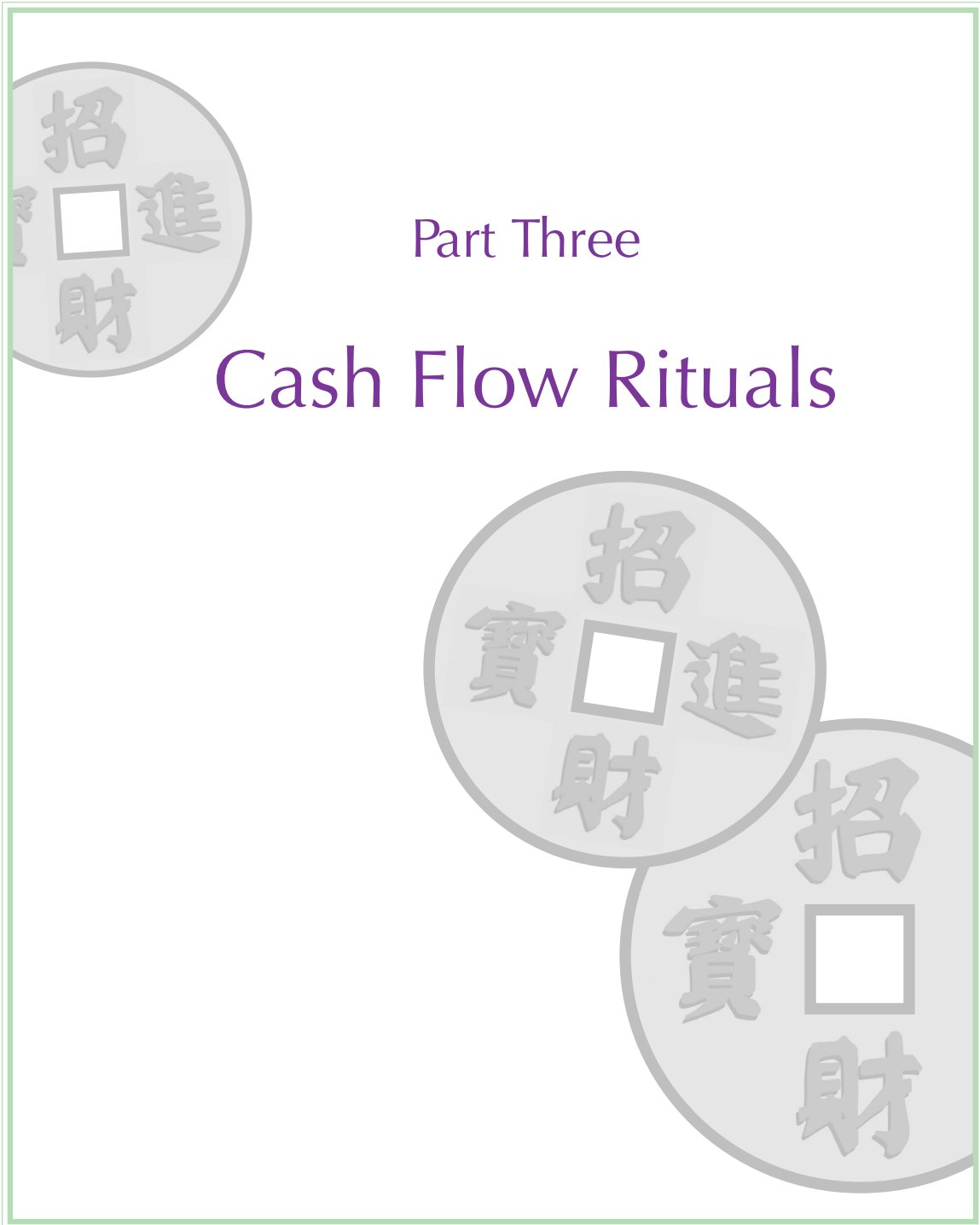
- ◆ Rank all of your debts according to how much you owe, from smallest to largest. Make minimum payments on the larger amounts and focus on paying off the smaller amounts first. Some financial advisors say to pay off your highest-interest-rate debts first, to minimize your total finance charges. My feng shui take on this is to encourage you to pay off your smallest debts first so you can feed your soul by being able to say, “I’m done with that one.” Transferring the bulk of your higher-interest-rate balances to lower-rate accounts, so your smallest-balance accounts are also the highest-rate ones, allows you to enjoy the benefits of both approaches.

As you complete more and more of your unfinished tasks, you will discover how reliably this provides you with a feeling of satisfaction and control. Each small unfinished task that you complete frees up a little more of your psychic energy for getting on with the unfinished business of fulfilling your destiny. As you master this inner work of *dui gua*, you will start to feel lighter, happier, and less pressured—all characteristics of that state of mind we call “abundance.”



I often describe the *ba gua* as a map of the energetic qualities of a space. These chapters have shown you the *ba gua* as a map of your own interior world, as you have explored the conscious and unconscious beliefs and behaviors that support (or distract) you on your path to prosperity. You have discovered why and how to allow money to flow into and through your life, surrender control to a higher power, recognize and appreciate the abundance that is all around you, and overcome procrastination to take—and complete—appropriate action.

These are the steps that enable you to embrace your own power, discover what it means to live at your highest potential, and explore the nuances of what a life of abundance means to you. And they help to make the cash flow cures that you’ll learn in **Part III** infinitely more effective.



## Cash Flow Rituals

This section provides detailed instructions for conducting six different feng shui rituals to help increase your cash flow:

- ◆ COLLECTING COINS (page 146)
- ◆ COLLECTING WATER (page 151)
- ◆ WEALTH VASE (page 155)
- ◆ MONEY TREE (page 160)
- ◆ SEED MONEY (page 162)
- ◆ MONEY SPIRAL (page 165)

The **Collecting Coins** and **Collecting Water** rituals are based on BTB\* feng shui methods; you will find variations of these cures in other sources. The **Wealth Vase** method is widely used, with many variations. The **Money Tree** and **Seed Money** rituals are contemporary methods used by Western practitioners, and the **Money Spiral** is a new method—based on feng shui principles, color theory, and number systems—that I created especially for this book.

The key factors in each ritual are your commitment to following through on a daily basis for the required time (nine or more consecutive days) and your strong intention to attract more prosperity into your life. Which ritual you choose is less important than your consistent, daily, attentive repetition of the prescribed steps. Skipping or rushing through the empowerment process for each ritual would be like washing your hair without shampoo: you emerge from the shower feeling somewhat refreshed, but without having made a significant improvement.

\* Black Sect Tibetan Buddhist

## General Guidelines for Cash Flow Rituals

### KEEP IT SIMPLE

I do not recommend that you try to use more than one of these methods at a time. Each ritual requires a certain amount of daily focus and attention; trying to do more than one at a time will divide your attention and weaken the process.

Cash flow cures can be very powerful, but that does not always translate into instantaneous results. Be patient as you are waiting for results, and don't assume that nothing is happening. Often the energy shifts start to happen invisibly long before there is any noticeable change in your circumstances.

Allow at least a month or more before trying another method (if you wish to do so). Rushing to start a new method as soon as one is completed implies that you don't trust the first one to work. And if you don't trust it to work, it probably won't. Six different methods are provided here so that you have a good variety of techniques to choose from; that doesn't mean you need to do them all.

### TIMING

Good times to begin a cash flow ritual include:

- ◆ On the day of or shortly after the new moon
- ◆ Timed so the ritual will end on the day of a full moon
- ◆ On Chinese New Year
- ◆ Your birthday or business anniversary
- ◆ Any other auspicious day as determined by either Chinese or Western astrology, if you follow either of those systems.

Do not do these rituals when Mercury or Mars is retrograde, as these influences tend to make a positive outcome less likely. (Astrological information is widely available on the Internet, or you can pick up a pocket guide for the year at most bookstores.)

## ATTITUDE

As in all other feng shui methods, your attitude of confidence in a positive outcome is essential to the success of these cures. Be alert to thoughts or feelings of doubt or discouragements, and use the Heart Calming method and the visualization and scripting techniques that you learned in [Part II](#) to maintain your enthusiasm and detailed focus.

## SPONTANEITY

Taking your ritual seriously doesn't mean you can't have fun with it. Doing a cash flow cure provides you with a daily opportunity to get into that state of mind and heart where you feel very positive about your future. Allow yourself to be guided by your intuition. If you feel moved to add something new in the middle of the ritual, or adapt it to your specific needs or goals in some way, feel free to do so.

## COMMITMENT & CONSISTENCY

Each of these rituals requires specific daily actions to be performed every day for a certain number of days. If you miss a day, you will need to start over again from the beginning, with fresh supplies. (You may want to wait until a new moon cycle before starting again.)

Missing a day means that you lost your focus. This could be due to external demands or situations that have distracted you, or from some inner resistance, doubt, or hesitation about manifesting a dramatic change in your financial circumstances.



If it's late at night and you are almost asleep when you realize you didn't complete the day's ritual yet, are you going to get back out of bed and do the ritual (with attention and focus, not just going through the motions so you can go to sleep!), or are you going to not bother with it because you are too tired? Perhaps you are simply not yet ready to fully commit to seeing the ritual through. That's okay. If you discover that you are not as ready to stick with it as you thought you would be, recognize that that's where you are at right now. Forcing yourself to continue when your heart is not in it is unlikely to lead to good results.

## Collecting Coins

This is a slightly more detailed version of the BTB-inspired cash flow cure that I described in my first *Fast Feng Shui* book. Both versions are effective, as are other variations you may come across from other sources. With any ritual, the prescribed actions serve to focus your attention and intention on your desired outcome, and simple rituals can be just as effective as complex ones.

The Collecting Coins method requires making cash transactions daily. When we use debit and credit cards to pay for most things, the act of spending becomes rather vague and insubstantial. Instead of counting out and handing over cash, all you do is sign your name, or punch a few buttons on a keypad—actions that we often take in other contexts, such as signing a letter or making a phone call. I've updated the original ritual in ways that will help you pay a little more attention to cash and to your spending habits, and get you back in touch with the act of spending—and appreciating—your money.

### Materials

- ◆ A new “piggy bank” or other container, preferably one that evokes wealth or prosperity in some way. This container must be new and purchased specifically to be used in this ritual. It should be large enough to hold a good quantity of coins.
- ◆ A 6" or 9" circle of red felt, velvet, or other fuzzy fabric (the nap helps money *chi* stick). Metric system users, 18 cm (multiple of nine) is a good size.
- ◆ Round mirror, slightly larger than the base of your bank or other container, 6" is usually a good size.

- ◆ A new red envelope, small enough to fit inside your container (it's okay to fold it, if necessary)
- ◆ A new pen with red, green, or purple ink, purchased specifically for this ritual.
- ◆ A recent photograph of you, small enough to fit inside the red envelope (it's okay to trim the photo to fit); "recent" means it was taken within the past 60 days. A casual snapshot is fine. If possible, choose a picture that shows you smiling and happy!

## Preparation

- ◆ Place the mirror on top of the fabric and the bank or container on top of the mirror.
- ◆ Take the pen, inhale deeply and, while holding your breath, write on back of the photo: "Abundant prosperity comes to me now!" Add your signature (still holding your breath!) and slip the photo into the red envelope. Once the photo is in the envelope you may breathe normally again.
- ◆ Put the red envelope into the container
- ◆ Place the fabric-mirror-box set in *hsun gua* of your prosperity altar, in *hsun gua* of your bedroom, or under your bed in the *hsun gua* position (the *hsun-li-kun* side of the *ba gua* is at the pillow end of the bed; *ken-kan-chien* is at the foot). If you share a bed, place the box where it will be under the base of your spine while you sleep (most people move around a little while sleeping, so this will be an approximate position).

## Daily Procedure

Every day, for the next 27 days, you must *pay cash for all your normal daily transactions*. Do not use a credit or debit card to pay for: lunch, parking, movie tickets, groceries, haircuts, dry-cleaning, dinner, things from the hardware store, etc.

This “cash-only” policy does *not* apply to paying regular monthly bills: rent or mortgage, phone, utilities, making payments on your credit accounts, etc. It does apply to all other expenses, including impulse purchases. If you stop at an antique store during your weekend getaway to a friend’s country home, and see an adorable console table for the bargain price of just \$1700, pay in cash or don’t buy it!

In addition to paying for your daily purchases with cash, you must also *save all the coins you receive in change for your purchases*. Do not spend any coins that you receive in change from a cash transaction. (Paper money received can go back in your wallet.) It’s a good idea to carry some kind of change purse to collect these coins in every day.

Every night, for the duration of this ritual, you will add the day’s coin harvest to your “piggy bank” or box. This must be done *before midnight*. Try to make at least one cash transaction every day, so you will have something to put in your bank/box. If you are unable to gather any coins on a particular day (such as if you are home with the flu), that’s okay. Just do the IVAG empowerment process anyway:

#### INTENTION

As you place each day’s coins in the container, focus on your intention to experience an increase in your cash flow.

#### VISUALIZATION

Take a moment to visualize your income steadily increasing, just like the quantity of coins accumulating in your box/bank.

#### AFFIRMATION

Say: “My cash flow is increasing steadily every day,” or a similar statement that affirms prosperity to you.

#### GRATITUDE

Focus on feeling appreciation for all of the transactions that you were able to make today, using the money that has already come to you. Give thanks in advance for all the future prosperity that is on its way to you.

These four steps, including gratitude for the blessings you expect to receive, are a very powerful process and an essential part of the ritual. Do not skip or rush through them.

After the 27th day, count up your coins, and make a donation to a charity of that exact amount (you can write a check, but don't use a credit card unless you pay your balance in full every month). By giving away what you've saved, you create a flow of money that continues to pull more in after you've finished the ritual. If you have done this ritual diligently, you could have a fairly sizable pile of cash by the time you are done. Go ahead and give it all away. You can use the **IVAG** method as you write and mail your donation check, to reinforce your intention that what you give comes back to you multiplied.

Leave your ritual container in *hsun gua* with nine or 27 coins in it (you can recirculate the other coins), and empower it to continue to attract a substantial flow of money into your life.

## SUMMARY OF STEPS

1. Set up your container as described on page 147, and place it in your selected *hsun gua* location
2. Every day, for 27 days, pay cash for all your daily transactions.
3. Collect the coins you receive in change; do not spend them!
4. Each night, before midnight, add the day's coins to your container and use the **IVAG** empowerment method.
5. After the 27 days are completed, give the money away to charity (it's okay to write a check), with the intention that even more will continue to flow in.
6. Keep the container in a place of honor in a *hsun gua* power spot.

## Notes

- ◆ You can do the set-up steps in the evening, and start Day 1 the next day. It's a good idea to mark Day 27 on your calendar so you will know when to stop.
- ◆ After set-up is complete, you can use the pen for any other purpose... except for doing this ritual again, in which case you will need a brand new pen.
- ◆ Be very clear and specific with your intention! The first time I did this cure, I just focused on more money coming in. It worked like a charm, and over the next few months my income increased by over 70%. The problem was that the new income came from a huge increase in my workload, so I was exhausted and stressed all the time. If there are limits to the hours you are willing to work, the number of clients you want to attract, and so on, be sure to include in your IVAG empowerment that the money comes to you with ease and in perfect ways.
- ◆ The original BTB method on which this variation is based instructs that at the end of the ritual the coins you collected must never be spent. I feel strongly that this creates a vibration of hoarding, which (as you know from Part II) can dry up your prosperity faster than anything. Also, in my view, money that you can't use is literally useless, so what should be a source of power instead becomes merely clutter—another feng shui no-no. Giving the money away at the end of the ritual is energetically far more powerful.
- ◆ You can make this ritual even more powerful by adding a 27-day follow-up period immediately after it. For 27 days (*i.e.*, days 28-54), give away some amount of money anonymously every day. If you choose to do this, you can give away the same coins that you collected, a few a day over 27 days, rather than giving one lump sum away.
- ◆ I believe this particular ritual becomes much more powerful if you keep it secret. I don't mean you can never tell anyone about it, ever, but do refrain from talking about it until you have completed it.
- ◆ Remember, *if you miss a day, you have to start all over again*, with new supplies (bank, pen, red envelope, etc.)!

## Collecting Water

In this ritual you bring water—symbolizing money—from prosperous businesses into your home every day for nine consecutive days.

### Materials

- ◆ New small bottle with a tight-fitting cap, 2- to 4-ounce (50-100 ml) capacity, purchased specifically for this cure. You will carry this bottle with you for nine days, so it should not be too large, heavy, or fragile.
- ◆ Vase with a narrow neck, large enough to hold 8-12 ounces (250+ ml) of water. This vase also should be new, purchased for this ritual. Green, dark blue, or purple are the best colors.
- ◆ 6" or 9" circle (18 cm) of purple fabric.
- ◆ 2" or 3" square (9 cm) of green or gold (metallic, not yellow) fabric.
- ◆ Piece of purple or red satin ribbon: 9" or 18" length (18, 27, or 36 cm), enough to wrap around the neck of the vase and tie a knot or bow.

### Preparation

The vase represents your financial resources: income, investments, and bank accounts. The purple circle, with the green fabric square centered on top of it, goes underneath the vase. A square within a circle is the shape of a Chinese coin, and adds additional money energy to the cure.

Set up the vase in *hsun gua* in your living room or home office. I have seen a variation of this ritual that says to place the vase in the kitchen next to the stove. I do not recommend this because the stove represents fire element. Fire and water

have an adversarial relationship, and you do not want your experience of prosperity to include conflict or arguments.

## Daily Procedure

Each day, for nine consecutive days, go to a successful business location and collect an ounce or so of water, using the bottle you purchased for this ritual. When you get home at the end of the day, pour the water into the vase, following the IVAG steps:

### INTENTION

As you pour the water into the vase, focus on allowing a strong flow of money into your life.

### VISUALIZATION

Take a moment to visualize your financial resources steadily increasing, just like the water level rising in the vase.

### AFFIRMATION

Say: "My financial resources are increasing steadily every day," or a similar statement that affirms prosperity to you.

### GRATITUDE

Imagine that an abundant flow of money is already enriching your life in very specific ways. Experience a feeling of gratitude for all of the blessings that you are about to receive, even though they have not manifested yet.

On Day 9, after adding the day's water to the vase, tie the ribbon around the neck of the vase with the intention that it seals the money *chi* in the vase. This is so the vase will retain its symbolic power even after the water has evaporated.



## Notes

The success of this method is in the details. Here are some important considerations:

- ◆ A small amount of water is enough; more water does not equal more money. Pay attention to the capacity of your vase, and don't collect so much water that the vase fills up before the ninth day.
- ◆ Transfer the water from your collection bottle to the vase as soon as possible after you return home.
- ◆ It's a good idea to collect water from several different types of businesses, unless you are a business owner, in which case you may target businesses in your industry
- ◆ Banks, hotels, restaurants and stores are all appropriate places from which to collect water, as are successful small businesses such as yoga studios, beauty salons, etc.
- ◆ Do not collect water from bathrooms, religious institutions, hospitals or doctor's offices (unless you are a physician, in which case a doctor's office of hospital is okay).
- ◆ Try not to attract attention as you collect the water.
- ◆ You may not *purchase* the water. Remember, your intention is to *attract* money, not spend it. If the waiter in a restaurant pours you a glass of water without being asked, you may use that water for this cure. If you *ask* for the water, it counts as a purchase.
- ◆ Drinking fountains are an easy source of water. Unfortunately, they are often located near bathrooms, which is less than ideal.
- ◆ Keep in mind that while the appearance of prosperity is a good clue, it can sometimes be misleading. Use your local knowledge to target businesses that you know are doing well.

- ◆ If you hear that a business from which you collected water within the past six months has gone out of business or filed for bankruptcy protection, it would be a good idea to toss out any water remaining in your vase and do the ritual again. Use a new bottle, vase, colored cloths, and ribbon if you repeat the ritual.

As you can see, this simple ritual is not so simple to do well. Plan to scout out potential water sources before starting the ritual, and be sure to locate one or two back-up locations, too. Careful planning, attention to detail and a certain degree of flexibility are all necessary, not only for this cure but for long-term financial success as well.

## Wealth Vase

Many cultures have a tradition of keeping a wealth vase in the home to encourage financial abundance. Whether you create your own wealth vase or use one of the many wealth vase kits available, a wealth vase is easy to assemble. While a kit of course offers great convenience, I believe that going to the extra effort to seek out, select, and purchase the individual components yourself creates the opportunity to imbue all of these elements with your personal energy and intention.

### Materials

**Wealth vase kits** come with all the materials (and instructions) included. The items included in the kit, as well as the instructions, are likely to vary somewhat from the information here. There is no one correct method, as multiple variations have evolved over the many centuries that wealth vases have been in use. As with all other feng shui cures and rituals, your own focused, dedicated intention is the key factor to success.

If you choose to create your own wealth vase without using a kit, you will need to acquire the materials listed on the next page, or similar items that have strong personal meaning of wealth and success for you. You do not have to use all of the items listed here, but you should include both real and symbolic money, a lucky figurine of some kind, real or symbolic gemstones, and several kinds of grains.

Another option would be to purchase a kit and customize it with additional items that have personal significance for you.

That said, here's a list of power items that you could include in the ultimate wealth vase. If you don't have a local source for these items, visit the product pages at [www.fastfengshui.com](http://www.fastfengshui.com), where we have links to a variety of online vendors of feng shui supplies and accessories.

- ◆ A ceramic vase, preferably with a design that includes good luck symbols of some kind. (Many wealth vase kits include a blue and white vase with the Chinese double happiness symbol, but you can use a different design if you like, so long as the vase is attractive to you. Don't use a vase you don't like!) Some Asian vases come with a domed lid, but this is not required. Your vase should be at least 9" tall, in order to hold all the other ingredients of the cure, without being completely filled up (space in the vase allows room for your money to grow). Do purchase a new vase to use just for this cure.
- ◆ A small handful of soil from the garden of a wealthy friend (kits won't include this, but if you can get some, use it). Exact amount doesn't matter.
- ◆ Money: some loose coins in your local currency, plus some foreign currency (to represent money coming to you from many places).
- ◆ A piece of yellow or gold fabric—preferably something elegant and rich-looking such as a brocade—a little larger than the width of the vase (9" or 12" square—27 cm—should be big enough, unless your vase is very large).
- ◆ Small figurine of a Chinese Wealth God, **Laughing Buddha**, Ganesh, **Lakshmi**, or other lucky deity of your choice.
- ◆ Chinese "gold" ingots: most often 1 large one and 6 smaller ones; 3, 6, or 9 small ones can also be used.
- ◆ Chinese coins (round, with a square hole in the middle and Chinese characters on one side; reproductions of ancient coins are widely available and acceptable to use here): 3, 6, 9, or 27 loose ones
- ◆ A few faux gemstones or crystals, or a piece of costume jewelry (such as a faux diamond bracelet), or a piece of quality jewelry (such as a gemstone ring) that you don't wear and are willing to donate to the cause.
- ◆ A set of three Chinese coins, tied with a red or gold ribbon, placed in a red envelope.
- ◆ A small globe (crystal is best, but not required).

- ◆ At least three different kinds of grains (five or six is better), such as rice, barley, millet, amaranth, dahl (split yellow or white mung beans), lentils, quinoa. A large spoonful of each is enough.
- ◆ Sandalwood incense (6 small cones is best, or break a stick of incense into 3 pieces), or sandalwood chips or dust.
- ◆ Semi-precious stone nuggets in colors that represent each of the five elements: (dark blue or black, green, red, yellow, and white). See pages XX for suggestions.
- ◆ A *ba gua* (or *pa kua*) coin: this has the same pattern of eight trigrams as the *ba gua* mirror shown on page 43. A Chinese zodiac coin can also be used; this includes the trigrams as well as representations of the 12 Chinese zodiac animals.
- ◆ 6-inch (18 cm) squares of fabric, one each of the five element colors: (dark blue or black, green, red, yellow, and white). These should all be the same size, and large enough to cover the top of the vase and be tied around the vase neck.
- ◆ Narrow ribbon or heavy thread in the colors representing all five of the elements (dark blue or black, green, red, yellow, and white); length must be long enough to tie around the neck of the vase (preferably in a multiple of 9 inches or centimeters).

## Assembly

1. Clean your vase inside and out with a damp cloth. If you can, place the vase in direct sunlight for a few minutes between 11am and 1pm to symbolically purify and energize it.
2. Chant *om mani padme hum* into the vase 9 times.
3. Place the soil (if you are using it) in the bottom of the vase, and add your local and foreign currency.
4. Cover the soil and money with the larger piece of yellow/gold fabric.

5. On top of the fabric, place the other ingredients that you have chosen to use, in the order listed above, except for the set of five squares of colored fabric and the five-color thread or ribbon, ending with the *ba gua* or zodiac coin.
6. Chant *om mani padme hum* into the vase 9 more times.
7. If your vase has a lid, put it on.
8. Place the five pieces of colored cloth over the top of the vase, in this order: dark blue or black first, followed by green, red, yellow, and ending with white on top.
9. Tie the five colors of thread or ribbon around the neck of the vase, while chanting *om mani padme hum* 9 times. Fasten securely by knotting or braiding the ends together.

## Placement

The wealth vase is a precious treasure, and should be kept in a place where visitors to the home will not see it, such as inside a cupboard or armoire. The best place for your vase is in *hsun gua* of the living room, to bring prosperity to your entire family. If that is not possible, choose a *hsun gua* power spot in the back half of the house. Do not keep your wealth vase near the front door.

## Empowerment

### INTENTION

As you position your Wealth Vase in its special spot, focus on your intention to experience a life filled with abundance.

### VISUALIZATION

Visualize the Wealth Vase radiating prosperity *chi* to fill your entire home, with the result that you always have more than enough money to support and nurture yourself and your family. Think of specific details of what this will mean in terms of your daily experiences.

### AFFIRMATION

Say: "I always have more than enough money to meet my needs," or a similar statement that affirms prosperity to you.

### GRATITUDE

Stay with your imagined prosperity for a few more moments, focusing on feeling gratitude and appreciation for the new level of abundance the Wealth Vase will bring to you... even if it has not manifested yet.

Repeat this empowerment method every day for the a total of nine days, to complete the ritual.

### Maintenance

Once you have assembled your wealth vase, it should never again be opened! Take it out once a year on the Chinese New Year to dust or clean the outside, then return it to its place (unopened!) and re-empower it with the **IVAG** method.

## Money Tree

If you don't have the time or attention to perform one of the more complex cash flow cures, here's a simpler method. *Hsun gua*, as you know is associated with "mature wood" as well as with money, so a money tree is an excellent addition to your *hsun gua* power spot.

### Materials

- ◆ An indoor tree, such as a ficus, real or good quality artificial. Get the largest one you can afford. It should be in an attractive basket or pot, preferably black, dark blue, green, or purple. Avoid red, brown, yellow, or white.
- ◆ If you wish to improve active income from your work or business, a living tree is best. An artificial tree can be effective if you wish to encourage passive income (such as from investments).
- ◆ 27, 36, or 108 pieces of new paper money, in the denomination(s) of your choice. \$1 is fine. Mixed denominations can be used (*i.e.*, the money does not have to be all of the same value).
- ◆ Lots of red string or narrow red ribbon: 9 inches (18 cm) for each day that you plan to do this cure. You may cut all the pieces before you begin, or cut a new piece each day.

### Procedure

1. Place the tree in *hsun gua* of your living room or office. Make sure that it is not exposed to any **secret arrows**. If a good *hsun gua* location is not possible, place the tree where it will be reflected in a mirror in *hsun gua*. (The mirror should be large enough to reflect all of the tree's branches.)



2. Every day, for 27 days, roll up one of the dollar bills (or whatever money you are using), tie it with a 9" length of red string or ribbon, and hang it from a branch of the tree.
3. Use the IVAG empowerment process daily:

#### INTENTION

As you hang money on the tree, intend that your prosperity will grow and multiply, like the branches of a tree.

#### VISUALIZATION

Take a moment to visualize a specific scene of financial abundance, in as much detail as you can.

#### AFFIRMATION

Say: "All of my efforts now bear the fruit of abundance," or a similar statement that affirms prosperity to you.

#### GRATITUDE

Imagine that an abundant flow of money is already enriching your life in very specific ways. Experience a feeling of gratitude for all the blessings that you are about to receive, even though they have not manifested yet.

### Maintenance

- ◆ If you use a living tree, make sure it gets the water and sunlight that it needs. If your tree does not stay healthy, your cure will be affected. If you use a living tree and it sickens or dies, use some kind of **space clearing** method in that area and start again with a larger tree or switch to an artificial one.
- ◆ If you use an artificial tree, dust it from time to time.
- ◆ If any of your money falls off, replace it with a new bill, using a new piece of ribbon, rather than rehang the old one.

## Seed Money

This cure is more powerful than you might expect, given its simplicity. I like this one because it so strongly incorporates an attitude of appreciation and gratitude, which is one of the most essential aspects for living a life of abundance.

### Materials

- ◆ 36 small red envelopes (these must be new, purchased especially for this cure)
- ◆ 36 pieces of money (coins or paper, in your local currency, any denomination)
- ◆ 36 sheets of paper (and a pen); any kind of paper will do, but why not use something a little special?
- ◆ Uncooked rice or birdseed (a half cup or so)
- ◆ A new houseplant, attractive artificial plant, or a plant to go in the ground. (This is for day 36, so if you are planning to use a living plant wait until close to that time to purchase it.)

### Procedure

1. Every day, for 36 consecutive days, make a list of 9 things that you would like to have or receive. Write this list by hand on a piece of paper. Do not use your Prosperity Journal for this (unless you want to tear the pages out), and don't type it on the computer; it should be hand-written.
2. Turn the paper over and on the other side list 9 things that you are grateful for having or experiencing.
3. Put the list in a red envelope.

4. Add a coin or piece of paper money to the envelope; the amount does not matter.
5. Place the envelope in a *hsun gua* power spot. You may wish to use a bag or box to collect the total of 36 envelopes. Take a moment to imagine that you have received the items on your wish list, focusing on specific details and with a feeling of appreciation and gratitude.
6. At the end of the 36 days, collect all your red envelopes and take out the notes and money. Set the money aside, and read through your lists. If you received anything that was on one of your lists, cross it out and write “thank you!” beside it.
7. Tear the lists and the red envelopes (not the money!) into very small pieces. If this is physically difficult for you, you may use scissors, or run them through a shredder (be sure to catch all the pieces), but it is best to do this by hand if you can.
8. Mix the envelope and list bits with the rice or birdseed, and bury it in *hsun gua* of your back yard. Either plant a living plant on top of the paper/seed, or place a potted living or artificial plant over it.
9. Use the IVAG empowerment method:

#### INTENTION

As you plant your money seeds, have the strong intention to experience all of the things that you wish to receive.

#### VISUALIZATION

Take a moment to imagine that the things you desire have already manifested for you. Focus on specific details that will make it seem real to you.

#### AFFIRMATION

Say: “The money seeds I have planted bring me a bountiful harvest of financial abundance,” or a similar statement that affirms prosperity to you.

## GRATITUDE

Focus for a few moments on the gratitude you feel for blessings that you have already received, and for those that you are about to receive.

10. Give all the money away anonymously within three days.

## Notes

- ◆ You do not have to come up with all new items for your lists every day, but if you think of new things be sure to include them.
- ◆ Your daily lists do not have to include everything you want or are grateful for, but they must each have nine entries.
- ◆ If you live in an apartment, put the paper shreds/birdseed mixture into the bottom of a potted plant (living or artificial) in *hsun gua* of your apartment or living room.

## Money Spiral

Three pieces of paper money and a length of satin ribbon create a Money Spiral to attract an ever-increasing flow of prosperity into your life.

### Preparation

For this ritual, you will be using three pieces of paper money of three different values, such as: \$1, \$5, \$10; \$5, \$10, \$20; or \$1, \$10, \$100. The last option is the most powerful, because each increment multiplies by 10. This implies fast growth for the next numbers in the sequence. (If you live outside the U.S., use your local currency in whatever increasing amounts are appropriate for you.)

Choose amounts that will be a bit of a stretch for you. For example, if you often carry \$20 bills in your wallet, but only rarely have \$50s or \$100s, choose one of those larger amounts as your highest number.

You will be acquiring this money during the first three days of the ritual; do not use money that you already have. On Day 1, you will acquire one piece of your smallest amount of currency. This can be through payment received, change from a cash transaction, cashing a check, ATM withdrawal, etc. On Day 2, you will acquire the middle value of currency, and on Day 3, the third value. Plan in advance what amounts you are going to use and how you will obtain them.

The only other item you will need for this ritual is a 27" (63 or 72 cm) length of red satin ribbon; 1" (3 cm) is a good width.

## Procedure

### DAY 1

During the day collect one piece of paper currency in the smallest amount you have planned to use.

In the evening, lay the ribbon out on a table with one end in front of you (if your ribbon has one smooth and one dull side, the smooth (satin) side is face down). Place the money the long way on top of the ribbon at one end. Roll up the money so the extra ribbon wraps up around it. Tuck the end of the ribbon under so it won't unroll, leaving a little tail an inch or so long hanging loose.

Use the IVAG empowerment method to focus on your intention to attract ever-increasing amounts of money into your life:

#### INTENTION

Hold the rolled-up money in your hands for a moment and focus on the extra ribbon acting like a symbolic "red carpet" welcoming a steady flow of prosperity into your life.

#### AFFIRMATION

Say aloud: "Ever-increasing abundance comes to me now!"

#### VISUALIZATION

Imagine in as much detail as possible what it will be like to have more money coming in.

#### GRATITUDE

Once you have shifted to a feeling of "this is so great, this feels so good!," take a few more moments to express or just be with your gratitude for having received this abundance as though it has already come to you.

These four steps, including gratitude for the blessings you expect to receive, are a very powerful process and an essential part of the ritual. Do not skip or rush through them. When you are done, place the rolled-up money on your prosperity altar or in a power spot overnight.

## DAY 2

Take the rolled-up money with you in your purse or pocket as you go about your business for the day. If you work at home, place it in *hsun gua* of your desk while you are working, and take it with you if you leave the house.

During the day you will need to collect one piece of the middle value of currency you have chosen to use. In the evening, unroll the ribbon and place today's money next to the first bill with the edges touching or overlapping slightly. Now roll up both bills and tuck the end of the ribbon under with a little bit hanging out just as you did on Day 1.

Repeat the IVAG empowerment steps from the previous page, then place the rolled-up money on your home altar, or in a prosperity power spot overnight.

## DAY 3

Take the rolled-up money with you in your purse or pocket as you go about your business for the day. During the day you will need to collect one piece of the highest value of currency you have chosen to use. In the evening, unroll the ribbon and add the money that you acquired today, placing it next to the second bill with the edges touching or overlapping.

Roll up all three bills and tuck the loose end of the ribbon under with a little bit hanging out. You now have a spiral of money, getting larger and larger from the inside out. The extra length of ribbon provides space for even greater amounts of money to manifest for you. (You won't literally be adding to the spiral; this is a symbolic space!)

Repeat the IVAG empowerment steps, then place the rolled-up money on your home altar, or in a prosperity power spot overnight.

## DAYS 4-12

Each morning, take a moment to hold the strong intention that the Money Spiral will attract money to you during the day. Carry it with you throughout the day.

When you get home at night, place the Money Spiral on your altar or on a prosperity power spot. Do the IVAG empowerment in whatever way feels good to you. You can use the same mental imagery and affirmation every day, or vary them as inspiration guides you. If some financial good fortune came to you during the day, be sure to include that specific incident in your gratitude focus.

After Day 12, you can continue to carry the Money Spiral with you during the day if you desire, or place it in a position of honor in a *hsun gua* power spot. You can also repeat the IVAG empowerment for a few minutes each day for as long as you want.

## Other Considerations

- ◆ If you have to travel during these twelve days, or spend a night away from home, leave the Money Spiral in your pocket or purse at night. Do take a few moments at the end of the day to visualize that you attract more and more money everywhere you go, and to do the empowerment process.
- ◆ If you miss a day, unroll the spiral and spend the money. Burn or discard the ribbon, and start over.
- ◆ If you lose the Money Spiral or it is stolen from you, something about your energy, beliefs, or expectations is not in alignment with attracting money. Take some time for inner work if necessary before beginning the ritual again.



## Closing Words

Whether this is your first venture into the exciting world of feng shui, or you are an experienced veteran, I hope this book has opened up new ways of understanding your inner and outer realities and the effects they have on your life experience.

Approaching feng shui as a path to self-discovery and transformation has enabled me to co-create my own life experience in ways that ten years ago I could barely have imagined. I hope that in some way this book will do the same for you, and that your feng shui adventures will be as extraordinary, delightful, and empowering as mine have been.

There is only so much that an author can fit between the covers of a book, and you may have questions about feng shui that were not answered here. I recommend a visit to the [FAQs](#) pages at [FastFengShui.com](#). While there, you may wish to subscribe to my [newsletter](#) and receive twice-monthly feng shui information by email. We are also expanding our product pages to include a great collection of [feng shui products and accessories](#) that I have personally selected from many separate vendor websites, so you can access them all from one convenient source.

One of the things I like best about the Western style of feng shui is the flexibility it provides for using creative and personal cures and empowerments. If you have come up with your own quirky ritual or a fun way to activate a prosperity power spot, let me know. If you have an idea for a unique activation or cure, but aren't sure if it's a good one, I'd be happy to offer my opinion. And if you'd just like to share with me what you thought of the book, I want to hear that, too.

You may contact me by email at [Stephanie@FastFengShui.com](mailto:Stephanie@FastFengShui.com), or by mail at Lotus Pond Press, 415 Dairy Road #E-144, Kahului, HI, 96732. (I often receive more email than I can answer promptly, so please be patient as you wait for a reply.)

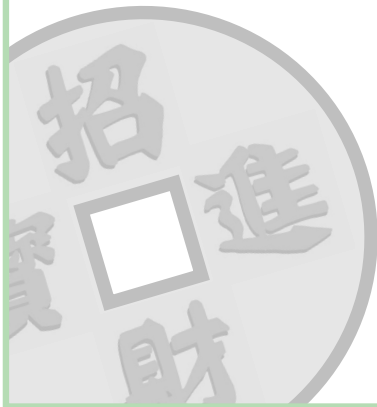


## Your Feng Shui Toolbox



### APPENDICES

- A. The Ba Gua
- B. The Five Elements
- C. Lucky Numbers
- D. Wealth Symbols
- E. More Feng Shui Cures & Accessories

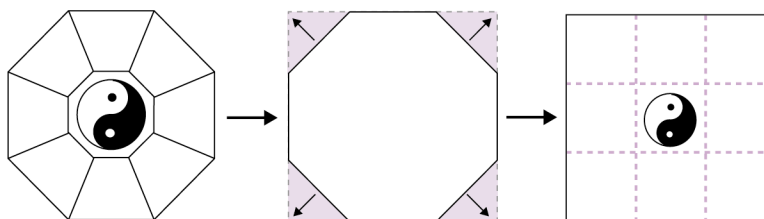


## Appendix A.

# The Ba Gua

The *ba gua* (*ba*: eight; *gua*: area) is a map of the energetic influences in your space. It is traditionally shown as an octagon with eight sections surrounding a central area called the *tai chi*.

For practical use, we extend the corners of the *ba gua* to form a square, then divide it into nine equal sections:



The *ba gua* divides any space into these nine areas, each of which corresponds to a different aspect of your life (see diagram next page). Whatever is going on energetically—good or bad—in each section of your space will affect the related area of your life.

Every space has a *ba gua*. There is a *ba gua* for your plot of land, a *ba gua* for your house or apartment, and a *ba gua* for each room within your home. You can even apply the *ba gua* to your desk, bed, or stove.

## Meanings of the Ba Gua

The *ba gua* is rich with meanings and associations. The primary meanings of the *guas* are shown in the chart on the next page. You do not need to memorize the

Chinese names, but they are a good reminder that each *gua* has many meanings. For example, many people think of *hsun gua* as just the “wealth corner.” The more appropriate name for this *gua* is “Fortunate Blessings,” which implies that prosperity and abundance are about more than money. Anything that you consider to be a blessing is related to this area. *Hsun gua* also has to do with your ability to receive and enjoy those things that come into your life.

When we apply feng shui to increasing our prosperity, *hsun gua* gets a lot of attention. However, all of the *guas* are important, and each has a role in helping you attract and appreciate prosperity, as is explored in detail in **Part II** of this book.

<p><b>WEALTH</b> (<i>hsun</i>)</p> <p><b>Abundance</b> <b>Fortunate blessings</b> <b>Ability to receive</b></p>	<p><b>FAME</b> (<i>li</i>)</p> <p>Your reputation What you are famous (or infamous) for</p>	<p><b>RELATIONSHIPS</b> (<i>kun</i>)</p> <p>Marriage Partnerships Everything feminine Your mother</p>
<p><b>FAMILY</b> (<i>jen</i>)</p> <p>New beginnings Your ability to initiate Health Community</p>	<p><b>HEALTH</b> (<i>tai chi</i>)</p> <p>Life balance (whatever happens here affects all <i>guas</i>)</p>	<p><b>CREATIVITY</b> (<i>dui</i>)</p> <p>Your children Your ability to complete things</p>
<p><b>SELF- UNDERSTANDING</b> (<i>ken</i>)</p> <p>Knowledge &amp; learning Your spiritual life Self-awareness</p>	<p><b>CAREER</b> (<i>kan</i>)</p> <p>Your life path Communication Social connections Wisdom</p>	<p><b>HELPFUL FRIENDS</b> (<i>chien</i>)</p> <p>Benefactors/mentors Support systems Travel Your father</p>

## THE BA GUA AND COMPASS DIRECTIONS

Sometimes you will see the *ba gua* labeled with compass directions, with north at *kan* (career), and south at *li* (fame). In the Chinese system north is at the bottom, and south at the top, which is the opposite of how most of us in the West are accustomed to seeing maps.

This makes sense when you understand that north is associated with winter, darkness, stillness, cold, and midnight, and that south is associated with summer, brightness, movement, heat, and midday. When energy is cold and still, it settles; warm, active energy rises. East is at the left side of the *ba gua*, associated with springtime, increasing light, warmth, growth, and morning. West, on the right, is associated with autumn, lessening light, cooling, decay, and twilight. Thus the *ba gua* describes the ever-changing, never-ending cycle of birth, growth, decay, death, and rebirth.

In traditional Chinese feng shui, the *ba gua* is aligned according to the compass directions:

COMPASS	GUA	MEANING
North	<i>kan</i>	career, social connections
Northeast	<i>ken</i>	self-understanding, spirituality
East	<i>jen</i>	family, community, health
Southeast	<i>hsun</i>	wealth, fortunate blessings
South	<i>li</i>	fame, reputation
Southwest	<i>kun</i>	relationships, romance
West	<i>dui</i>	creativity, children
Northwest	<i>chien</i>	helpful friends, travel

This is a source of confusion, for two reasons. For one thing, in the Southern Hemisphere the attributes of South—sun, summer, heat, and so on—should more accurately be assigned to North, while the northern qualities of cold, darkness, winter, etc. more rightly belong to South in lands below the equator. Even feng

shui experts can't seem to agree on how to treat the compass directions for locations in the Southern Hemisphere.

The other reason for confusion is that in modern feng shui we align the *ba gua* with the main entry to a space, not to the compass directions. Practitioners and followers of the traditional compass methods argue that the magnetic fields of the earth exert a consistent influence, reflected in the orientation of the *ba gua* to the compass. Contemporary practitioners recognize that modern factors such as steel construction beams, underground utility lines, electrical wiring, appliances, and even the lighting in our homes and offices can significantly alter electro-magnetic fields and distort compass readings.

Fast Feng Shui follows the modern practice of placing the *ba gua* according to the doorway because our physio-emotional experience of a space is determined by how we enter and move through that space, not by the compass directions. With this method, every time you step into a space you will know exactly where *hsun gua* (wealth) is: the far left corner relative to the doorway. When you use the compass to place the *ba gua*, on the other hand, *hsun gua* might be in the front of one room, the back of another, and off to the right (or left) in a different space.

Another compass method assigns "lucky and "unlucky" directions based on a person's gender and year of birth. Unfortunately, unless your home was custom-designed and constructed based on this data, it's frequently difficult or impossible to follow "lucky direction" guidelines without creating as many feng shui problems as they supposedly solve. The modern style of feng shui concentrates instead on creating the best possible arrangement of furniture and accessories in a space based on the flow of *chi*, or life energy, through that space.

Practitioners of the contemporary methods of feng shui recognize that culture, society, and technology have changed dramatically over the many centuries since feng shui first evolved in ancient China, and have embraced a form of the practice that has evolved to more effectively meet the needs of a contemporary audience.

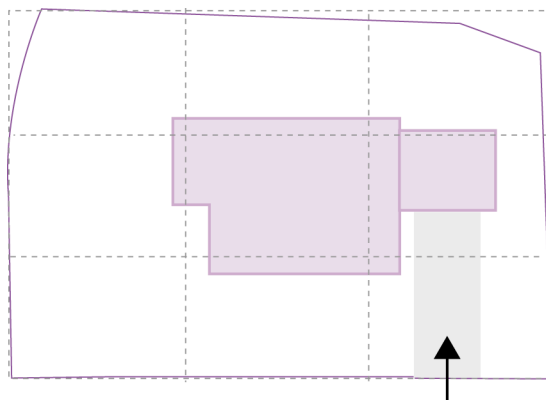
If you have used the compass placement of the *ba gua* in the past, I suggest that you give the contemporary method a try to see what additional insights you may

gain about your space. Think of the compass directions as adding a second layer of understanding to your *ba gua*. For example, if your *hsun gua*—determined by the doorway—happens to be in the western corner of the room, that’s a great place for feng shui enhancements to support prosperity through creative work.

## Placement of the Ba Gua

### YOUR PROPERTY BA GUA

The *ba gua* for your property is aligned so the bottom edge is along the street side of your yard, because your driveway is the entry or “doorway” to your property. The street end of your driveway will be in the self-understanding (*ken*), career (*kan*), or helpful friends (*chien*) area.

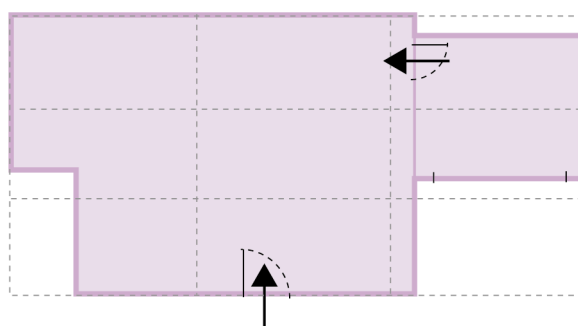


Stretch the *ba gua* sideways and lengthwise to cover the entire property. It’s likely that parts of your property will not match the edges of the *ba gua* neatly. That’s okay; aim for the closest match you can, and we’ll address what to do about the untidy bits a few pages further on.

## YOUR HOUSE OR APARTMENT BA GUA

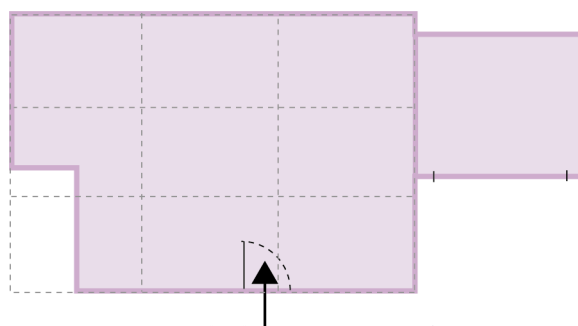
To apply the *ba gua* to your home, align the bottom edge with the front door. For an apartment, this is the door to your unit, not the building entrance.

Even if you usually enter your home through the garage or a back or side door, always align the *ba gua* to the front door. Now, stretch the *ba gua* to cover your entire space. An attached garage which has a direct entry into the house is considered to be part of the house *ba gua*.



Attached garage included  
in the house *ba gua*

If your garage is detached or it does not provide direct access into the house through a connecting door, it is considered a separate structure—even if it shares a wall with the house—and is not included in the house *ba gua*.



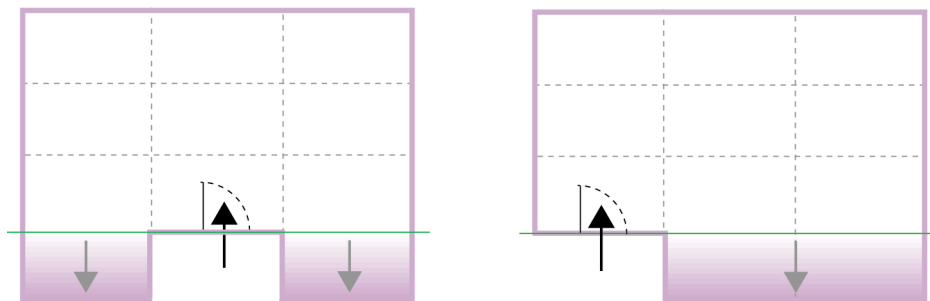
Attached garage not part of  
the house *ba gua*

Porches, decks, and verandahs are generally not included in the *ba gua* unless they are enclosed—such as a “Florida” room—for year-round use.



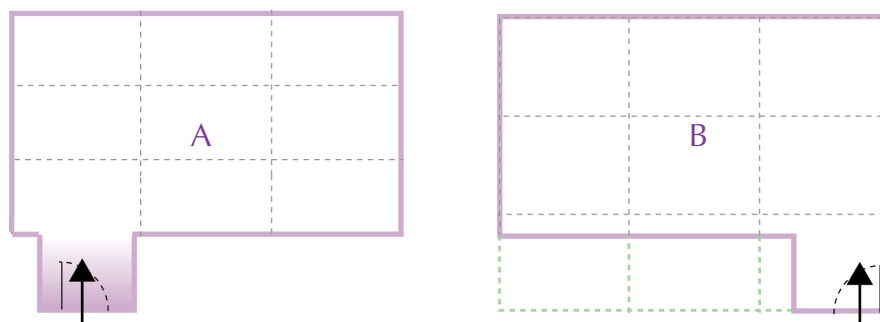
## RECESSED ENTRY

Where part of the structure (often the garage) is closer to the street than the front door is, the entry is “recessed.” This is fairly common in suburban homes, and is sometimes found in apartments as well. Areas in front of the line of the door are extensions of *ken* (self understanding), *kan* (career), or *chien* (helpful friends) *guas*.



## PROTRUDING ENTRY

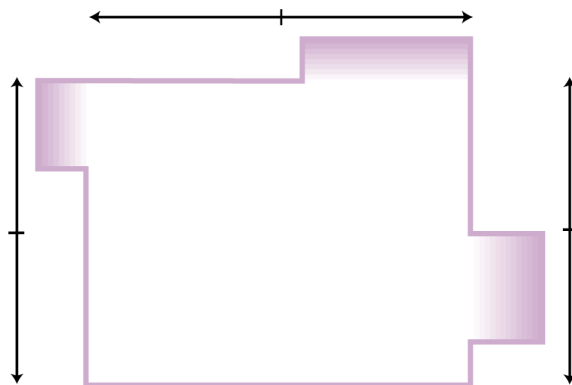
Sometimes the entry itself sticks out from the main structure. If it seems “tacked on” to the house (such as a small mud room on the side of a two-story house), place the *ba gua* over the main body of the house, with the entry as an extension (diagram A).



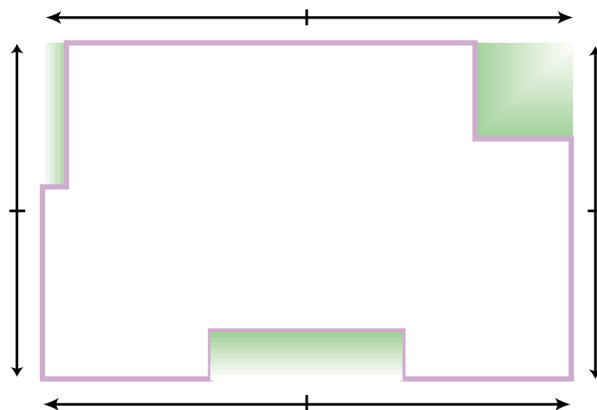
In some apartments, the front door opens onto a hallway that leads to the rest of the unit. In this case, the front door marks the beginning of your private space, and the *ba gua* should start at the door. This creates a gap along rest of the front of the *ba gua* (diagram B), which should be treated as a “missing area” (see next page).

## EXTENSIONS & MISSING AREAS

An extension is a part of the home that sticks out from the rest of the structure. The part that sticks out must be less than one-half the total length or width of that side of the house or room to be considered an extension.



A missing area is a place where there is a “bite” out of the floor plan of your home. This gap must be less than one-half the total length or width of that side of the house or room to be considered missing.



An extension increases the energy of that *gua*. An extension in *hsun gua* is a good place for feng shui enhancements.

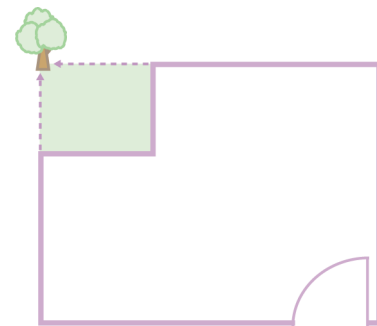
A missing area weakens the energy of the affected *gua(s)*. If your home is missing part of *hsun gua*, your finances are likely to be adversely affected.

## IRREGULARLY SHAPED HOMES

If your home has a very irregular shape, it may be difficult or impossible to tell whether you've got missing areas or extensions or both. Very irregularly shaped homes always have unbalanced *baguas*, so if a particular area of your life seems unsupported (such as your prosperity), it's a good idea to work with the *baguas* for the major rooms in the home—the kitchen, living room, bedroom, and home office. Look for ways to strengthen and enhance *hsun gua* of those areas (see Principle 7, pages 53-58 for suggestions).

### EXTERIOR CURES FOR A MISSING AREA

You can correct a missing area by placing a light, flag pole, bird bath, large stone, statue, or tree in the exact spot where the corner of the building would be if the area were complete. You can also use a floral border, hedge, or fence to complete the area. For a missing area in *hsun gua*, a tree, hedge, floral border, flag pole, or water feature will be most effective.\*

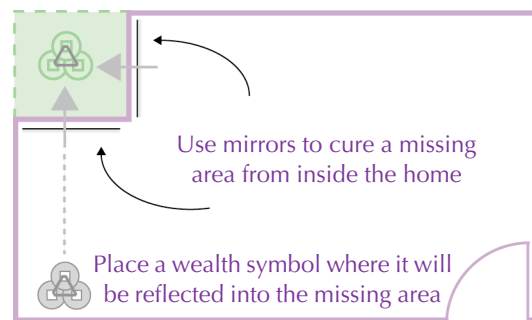


Your placement must be very accurate for the cure to be effective. A few inches out of alignment will make a difference! If a porch, deck, or patio fills the missing space, use lights or plants to define the outside edges of the space.

### INTERIOR CURES FOR A MISSING AREA

Where an exterior cure is not possible, you can correct a missing area from inside the home by using mirrors to virtually expand the interior space into the missing area. For even better effect, place something with symbolic imagery related to your goals—such as one of the wealth symbols from Appendix D—where the mirror will reflect it into the space (see diagram, next page).

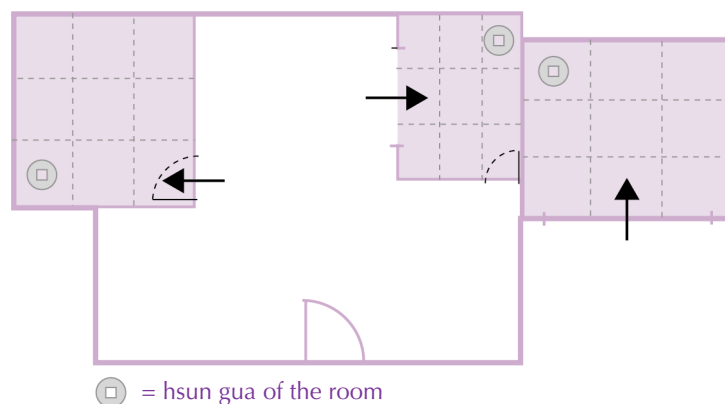
\* These are wood- and water-type cures that will support the wood energy of *hsun gua*. For more information on the element energies used in feng shui, see Appendix B.



Another good way to balance a missing *hsun gua* is to place wealth imagery or objects (see [Appendix D](#) for ideas) in *hsun gua* of each major room within the house.

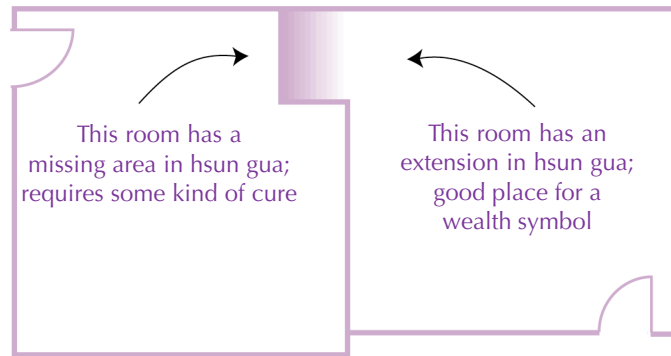
### THE BA GUA FOR A ROOM

To apply the *ba gua* to a room, place the bottom edge at the doorway wall, and adjust the size to fit the space. As you stand in the doorway facing into the space, *hsun gua* is always to the far left.



If there is more than one way to enter a space, orient the *ba gua* to the most prominent entryway architecturally. If the entries are equal, choose the one that is used more frequently. If you still aren't sure, use the doorway that opens into the more active area of the home.

Sometimes you will find an extension or a missing area when you look at the *ba gua* of a particular room.



This will strengthen or weaken the affected *gua(s)* within that room, but does not affect the entire house.



## Appendix B.

# The Five Elements

The five elements describe five essential qualities of *chi*, which you can use to enhance, control, or balance a space, depending on your needs:

- ◆ **Wood**—the quality of upward growth, easy progress; too much can make you aggressive or impatient, lacking in compassion
- ◆ **Fire**—the quality of excitement, expansion, quickness; too much can leave you stressed out and anxious
- ◆ **Earth**—the quality of settling down, being receptive; too much leads to depression, sluggishness, feeling stuck or weighed down
- ◆ **Metal**—the quality of contraction, sharpness, focus; when too strong, can make you sharp-tongued and critical
- ◆ **Water**—the quality of flowing, making connections; too much can make you “wishy-washy” and indecisive

Each element can help shift your energy and the energy of your space, and you can use this when you address prosperity issues:

- ◆ Metal helps you concentrate and reassess matters when you need to move on from a situation that is no longer working for you.
- ◆ Water is helpful when things have been stuck for a while (think of ice melting), and for improving communication, so it’s helpful for networking and creating opportunities.
- ◆ Wood energy is associated with new beginnings, and it can help you make smooth progress with a new job, project, or career.
- ◆ Fire creates heat and action, and is the energy to use when you want to increase excitement and intensity.

- ◆ Earth energy is good when you need more stability in work situations or business relationships, or with issues of commitment and integrity.

## Element Shapes and Colors

Each element is associated with specific shapes, colors, and materials. For example, green colors, tall shapes, and house plants all add the “easy growth” energy of wood to a prosperity power spot.

- ◆ Wood—greens and light blues; tall narrow shapes; plants and flowers
- ◆ Fire—reds, purples, bright oranges; triangles, flame shapes and other pointed or angular shapes; candles and lights
- ◆ Earth—browns, yellows, beige; low, flat, square shapes; ceramics
- ◆ Metal—white, gold, silver, grey; round and oval shapes, arches; coins and metallic objects
- ◆ Water—black, dark blue; curvy, irregular, and wave-like shapes; water features, fountains, and fish tanks

Sometimes it is not obvious which element(s) an item represents and brown in color. In energetic terms, then, it has more earth energy than wood energy, because the wood is no longer vital and growing, and the table’s shape and color are associated with earth. A candle is a good example of the fire element, but a tall green candle also has a wood shape and color.

Many items have a combination of qualities, so use your judgment about how much of what kind of influence it will have on your space. If it’s not clear right away, then chances are good it combines several different qualities and will not have as strong an impact on your space. Keep in mind that function, placement, and your own intention are important, too. If you worry so much about choosing the right elements that you no longer enjoy your possessions, you’re trying too hard! Feng shui should be easy, graceful, and fun. If you love something, it has good *chi* for you.



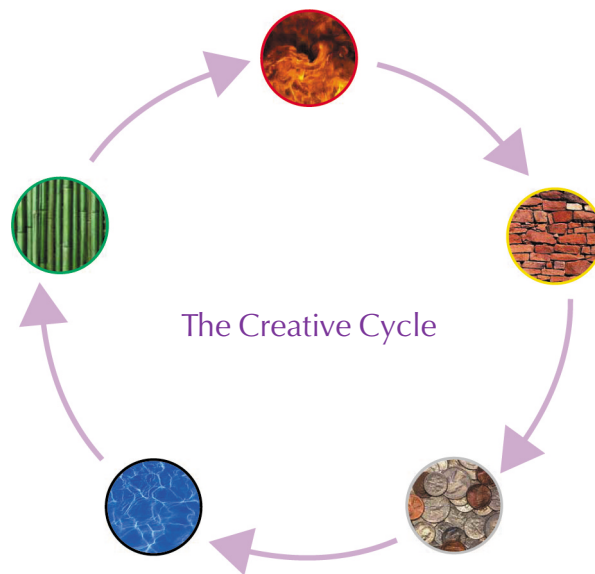
## Element Cycles: How the Energies Interact

The five elements interact with each other in very specific ways, as described below and on the following pages.

### THE CREATIVE CYCLE

Each of the five elements is nourished, supported, or “fed” by one of the other elements. This forms a sequence called the Creative (or Productive) cycle, as shown in the diagram below. Use the Creative cycle when you want to increase the effect of an element in a particular space. Here’s how it works:

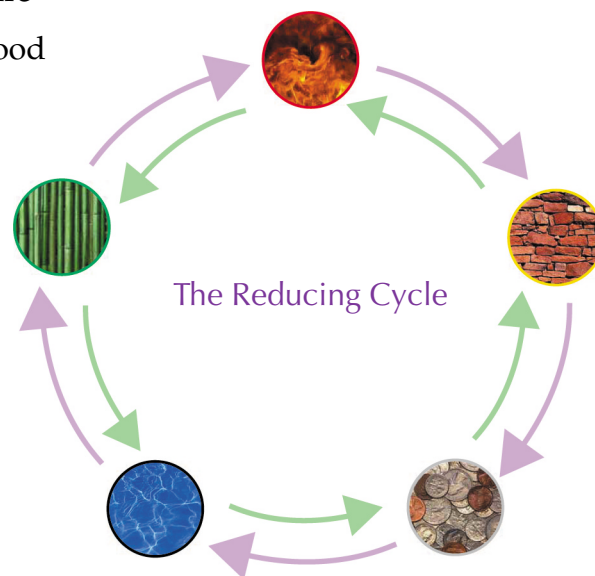
- ◆ Wood feeds fire (without fuel, fire cannot burn)
- ◆ Fire creates earth (as the fire burns, it produces a pile of ashes; think of a volcano creating a mountain)
- ◆ Earth produces metal (metal is extracted from the earth)
- ◆ Metal produces water (think of moisture condensing on a cold can of soda on a hot day)
- ◆ Water nourishes wood (without water, wood will die)



## THE REDUCING CYCLE

As each element feeds or nourishes the next in the Creative cycle, its own energy is reduced by the effort. For example, you can counteract the strong water energy in a bathroom by adding wood energy to the space (green towels, for example). This gives the water something to do (feeding wood), reduces its strength, and helps bring things back into balance. Here's how the Reducing cycle works:

- ◆ Wood reduces water
- ◆ Water reduces metal
- ◆ Metal reduces earth
- ◆ Earth reduces fire
- ◆ Fire reduces wood

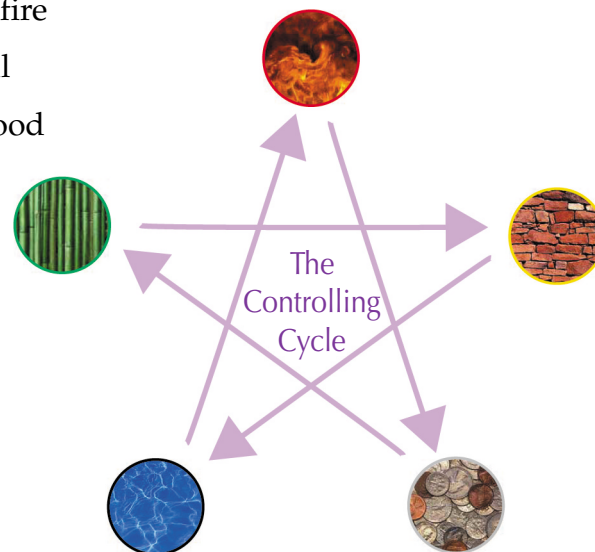


Use the Reducing cycle when you want a gentle way to bring a situation into better balance. It's easy to remember the Reducing cycle if you know the Creative cycle; just keep in mind that when one element nourishes another one, its own energy is reduced by the effort.

## THE CONTROLLING CYCLE

When one element is very strong, you may need something stronger than the Reducing effect to bring it back into balance. This is where the Controlling cycle comes in handy. The Controlling cycle works like this:

- ◆ Wood disrupts earth (think of new grass pushing up through the soils, or of tree roots reaching down into the earth)
- ◆ Earth dams or muddies water
- ◆ Water puts out fire
- ◆ Fire melts metal
- ◆ Metal chops wood



Make sure the controlling element is strong enough to do the job. If you try to put out a bonfire with a tea-cup full of water, the water will evaporate without having much effect. Keep in mind that:

- ◆ Too much wood can take the edge off metal
- ◆ Too much metal can overwhelm fire
- ◆ Too much fire evaporates water
- ◆ Too much water can wash earth away
- ◆ Too much earth can smother wood

## PUTTING IT ALL TOGETHER

The key to working with the elements is to focus on which effect you want to have in a specific space or situation.

If you want to increase the strength of an element, add the two elements that come before it in the **Creative cycle**. For example, to increase fire energy, add water and wood to the space. The water will feed the wood, which will enhance fire. You don't have to worry about the water reducing fire, because its energy is being diverted to create wood:



If you want to decrease the strength of an element, the most obvious solution is to add the **controlling** element. To control fire, add water. However, a more advanced approach is to add the two elements that follow it in the Creative cycle. For example, where fire energy is too strong, instead of (or in addition to) adding water, you could also add earth (reducing) and metal energy to the space.




This is a subtler way to bring the overall balance of elements in a room into better harmony. Using three elements in this way is more powerful than just using one or two. Get in the habit of thinking in threes when you work with the elements, and your feng shui cures will be much more effective.

## The Elements and the Ba Gua

Each *gua* is associated with an element, as shown below. There are three earth *guas* (including the *tai chi*), two wood and two metal *guas*, and one *gua* each for water and fire. The element of each *gua* determines the color or colors associated with it.

The colors for *hsun gua* are green for wood and purple because it is symbolic of great success and wealth. *Jen gua* (family) is associated with lighter shades of green. *Kun gua*, the relationship area, is red, pink, and white, because it is located between *li gua* (fame; red) and *dui gua* (creativity; white), and because pink is the color of romance. *Chien gua*, (helpful friends; metal) is grey, because it is located between the pure white *dui gua* and the black of *kan gua* (career). Browns and other earth tones are appropriate for *ken gua* (self-understanding) and blue can also be used here here.

<p>WEALTH (<i>hsun</i>)</p>  <p>green &amp; purple</p>	<p>FAME (<i>li</i>)</p>  <p>red</p>	<p>RELATIONSHIP (<i>kun</i>)</p>  <p>pink</p>
<p>FAMILY (<i>jen</i>)</p>  <p>green</p>	<p>HEALTH (<i>tai chi</i>)</p>  <p>yellow</p>	<p>CREATIVITY &amp; CHILDREN (<i>dui</i>)</p>  <p>white</p>
<p>KNOWLEDGE (<i>ken</i>)</p>  <p>brown &amp; blue</p>	<p>CAREER (<i>kan</i>)</p>  <p>black</p>	<p>HELPFUL FRIENDS (<i>chien</i>)</p>  <p>grey</p>

Each element is naturally strong in some *guas* and weak in others, information that you can use to fine-tune your feng shui adjustments. See the [Five Elements Reference Chart](#) on the next page for details.

FIVE ELEMENTS REFERENCE CHART

	WOOD	FIRE	EARTH	METAL	WATER
					
QUALITIES	uplifting growing initiating	active radiating empowering	settling grounding stabilizing	focused internal analyzing	flowing connecting communicating
COLORS	greens, light blues	red purples hot oranges	browns yellows beiges	silver & gold other metallic white, grey	black dark blues
SHAPES	tall narrow upright striped	triangular pointed sharp jagged	square rectangular flat hollow	round oval curved arcs	wavy irregular sinuous
STRONG IN	jen hsun kan	li jen hsun	ken kun tai chi li	dui chien ken kun	kan dui chien
WEAK IN	dui chien li	kan ken kun	jen hsun dui chien	li kan	ken kun jen hsun
CREATES	fire	earth	metal	water	wood
REDUCES	water	wood	fire	earth	metal
CONTROLS	earth	metal	water	wood	fire
CONTROLLED BY	metal	water	wood	fire	earth

## Appendix C.

# Lucky Numbers

As you may have noticed already, feng shui cures and rituals very often use three, nine, or multiples of nine for quantities, measurements, or repetitions. Incorporating these lucky numbers into your feng shui cures and rituals helps increase their power and ensure their effectiveness.

- 3 The number three has special meaning in virtually every culture, symbolizing transcendence of the division of unity (one) into duality (two). Three is the number of trinity in all its forms: heaven, earth, and man; mother, father, child; mind, body, spirit; as well as the sacred trinity of Christianity's Father, Son, and Holy Spirit, to name a few.
- 9 Nine symbolizes completion and achievement. It is the highest single-digit number, as well as deriving special power as the result of  $3 \times 3$ . Nine is the most-commonly used number in feng shui for repetitions of mantras and other empowerment methods. All multiples of nine are considered powerful numbers for feng shui purposes, as the individual digits making up these numbers also add up to nine:  $18 = 1+8 = 9$ ;  $27 = 2+7 = 9$ ;  $36 = 3+6 = 9$ ; etc. When measuring string or fabric for feng shui cures or rituals, cut to a multiple of nine whenever possible. Whether you count inches or centimeters doesn't matter; the power comes from a multiple of nine units of measure.
- 27 Twenty-seven is even more powerful than nine because it multiplies the power numbers of 3 and 9 together. Feng shui rituals are often performed for a total of 27 days to ensure the best effect.
- 108 One hundred and eight is a number of great spiritual power. Malas and other prayer beads usually have 108 beads, often divided into four groups of 27. Mantras and rituals performed for 108 repetitions demonstrate your deep commitment to transformation.

## Appendix D.

# Wealth Symbols

This section provides an alphabetical guide to common wealth symbols from both Asian and Western cultures, along with suggestions for how to use them for best effect. In fact, any object or image that represents prosperity, abundance, ease, or success to you can be a powerful wealth symbol for your home or office.

Whatever wealth symbols you choose to use should be aesthetically and energetically appealing to you. If your dream is to own a sleek black Jaguar sedan, place a photograph of this car in *hsun gua* to inspire you. However, if you have no interest in luxury automobiles, this image would not have much power for you.

The more prominently your wealth symbols are displayed, the more important it is that you are satisfied with how they look in your space. If you like an eclectic decorating style, then adding Asian cures will not be a problem, so long as you have some understanding of what the image represents. If you wish to use a traditional cure but don't like how it looks with your decor, one option is to use a smaller size that can be placed inconspicuously on a shelf or inside a drawer.

Always be guided first by your intuition when choosing feng shui cures. If you are strongly attracted to a particular image, then it will be a powerful addition to your home regardless of the style of your décor. For example, if you live in a classic center-hall colonial home with very traditional furnishings, a lucky money frog could look quite out of place at your front door and you may want to choose something else instead. However, if a lucky money frog strongly appeals to you in spite of your home's décor, then go ahead and use it. It may be a sign that the traditional style of your home doesn't truly reflect who you are, and that you've been too firmly guided by convention in your life choices until now. Sometimes what you need is to try something really different, rather than doing things the same old way.



## Acorns

The tiny acorn, from which a huge oak tree grows, is a symbol of great potential. Real acorns have strong natural energy, or you could purchase wooden ones from a craft store and paint them gold for money luck. Place three or nine acorns in a small bowl in *hsun gua* of your office to represent a long future of steady growth for your business.

## Boats

The image of a ship under full sail on calm seas can be used to symbolize prosperity and “easy sailing” through life. Fishing boats hauling in full nets are another good wealth image. Avoid images of boats in stormy seas, engaged in naval battles, or that have empty nets.

## Coins & Currency

Money in any form is a great addition to *hsun gua*, which makes it a good place to keep your checkbook and account statements. When you receive a check, place it in *hsun gua* overnight before depositing it in the bank. Keep your loose change in a bowl or jar in *hsun gua*.

Chinese coins, especially when tied with red string, are a very popular feng shui cure. Oversized versions of a Chinese coin can be used alone in *hsun gua* as a wealth enhancer. Cures made of multiple Chinese coins come in many styles and designs, from simple to ornate.

- ◆ A set of three coins tied together can be carried with you wherever you go in your pocket, purse, or wallet.
- ◆ A string of ten coins, representing the emperors of the ten dynasties, is a particularly powerful cure for *hsun gua*.
- ◆ A small bell added to a three-coin cure and hung on the outside the main door symbolizes that good fortune and prosperity will come knocking.

## Dragons

The dragon is an important symbol of power, success, and prosperity to the Chinese. A golden dragon holding a pearl is a popular symbol of prosperity. Placed near a door or window in *hsun* or *kan gua*, it represents financial wealth as well as wisdom and happiness. Dragons carved from green jade are a good luck cure for the east sector of the home.

## Dragon-Headed Money Turtle

This Chinese symbol is thought to enhance both wealth and longevity and to bring wisdom into the home. Display the dragon-headed turtle in your front hall or in *hsun gua* for long-lasting money luck.

## Eggs

Eggs, like acorns, represent future potential. The term “nest egg” is often used to refer to a savings account that provides future financial security. Three, six, or nine eggs (real or decorative) in a bowl in *hsun gua* can be used to represent future prosperity. The Easter season is a good time to shop for egg-shaped objects to use as feng shui cures. Or decorate wooden or plastic eggs with paper or paint in purple, green, and gold colors. Chefs, here’s a clever way to use your feng shui knowledge in the kitchen: many recipes require that eggs be at room temperature before use. When you take the eggs you plan to use out of the refrigerator, place them in a green or purple bowl in *hsun gua* of the kitchen (or on the rear left burner of your stove if it is not in use) while they warm up.

## Fish

Fish are symbols of abundance and prosperity in many cultures. Fish images and figurines are displayed in the home at Chinese New Year to attract abundance throughout the coming year.

## CARP

Carp are a Chinese symbol of great achievement and success. In Chinese legend, carp meet each year at a gateway called the Dragon Gate. Any carp that can jump over the Dragon Gate will become a dragon and live in luxury and honor in Heaven. Carp that fail to clear the gate will try again year after year until finally succeeding. Place a carp image in *hsun gua* to encourage long-term success and prosperity.

## FISH TANKS

The motion of fish swimming in an aquarium is thought to activate money and luck *chi*. The best place for a fish tank is in *hsun gua*. For best effect, add nine coins to the tank, and have eight orange goldfish and one black one. If any of your fish die, this is thought to indicate that they absorbed a great quantity of *sha chi* on your behalf. Thank them for their generous service, and replace them immediately with larger ones.

## Fountains

Fountains are a powerful symbol of unending prosperity filling your life. Indoors or out, a fountain is a wonderful addition to *kan* or *hsun gua*. If you use a fountain in your front hall, make sure that it is placed so that the main direction of water flow is toward the center of the home, not aimed at the door. Toss nine coins into your fountain while focusing on your intention to attract abundant money luck.

## Fruit & Grains

All kinds of bounty from the earth are potent symbols of abundance. The cornucopia, or “horn of plenty” is a conical basket overflowing with harvest wealth. Plump bunches of grapes and fat juicy pineapples are also specifically associated with prosperity, as are sheafs of wheat, rice, or other grains. Place harvest imagery in *dui gua* (associated with harvesting the fruits of your labors) of your dining room to help ensure that your family will always dine abundantly on the finest, most nurturing rewards of nature’s bounty.

## Gemstones

Gemstones are a powerful symbol of wealth. If you are fortunate enough to own diamond or other gemstone jewelry, keep it in a red or purple jewelry box in *hsun gua* of your bedroom.

Semi-precious stones and crystals can also be used as wealth cures, depending on their specific meanings. Some stones associated with prosperity are: **citric** (once known as the “merchant’s stone; place it in your cash box to increase income from your business); **green aventurine**; moonstone; **pearls**; **peridot**; **opal**; **ruby**; **topaz**; and **turquoise**. All of these stones have other qualities in addition to their association with money luck. Often one type of stone will have different meanings in different cultures. If this topic interests you, a Google search for “gemstone meaning” will lead to you lots of sites with additional information.

### AMETHYST

Amethyst is a good stone for *hsun gua* because of its purple color. This stone is thought to enhance spirituality and the ability to connect with your Higher Self. I like to have some amethyst in *hsun gua* to ensure that my prosperity will be achieved in alignment with my soul’s purpose.

### GEMSTONES FOR WEALTH BOWL

For a Chinese wealth bowl (see “Pot of Gold” below) or **wealth vase**, you will need a set of five stones in the colors of the five elements. Note that these stones are recommended for the wealth bowl based on their color, not on any esoteric meaning:

- ◆ Wood: green jade, moss agate, green aventurine, malachite
- ◆ Fire: carnelian, jasper, red aventurine, garnet
- ◆ Earth: yellow agate, yellow jade, tiger-eye
- ◆ Metal: howlite, hematite
- ◆ Water: onyx, obsidian, sodalite, lapis lazuli

## Gold Ingots

Boat-shaped gold ingots (*yuen bao*) are symbols of prosperity and ease. Replicas of this type of ancient money, widely available in feng shui shops, are a very auspicious wealth symbol. Placed in *hsun gua* of your home or office, they symbolize the accumulation of a great fortune.

## Lakshmi

Lakshmi is the Hindu Goddess of wealth and beauty. She is shown seated or standing on a pink lotus blossom, dressed in opulent clothing and jewelry, and with a shower of coins and pearls falling from her hands. Place Lakshmi in *hsun gua* of your bedroom or living room, and add some fresh flowers or jewelry around her image to honor her.

## Laughing Buddha

The laughing Buddha is a popular symbol of joyful affluence. He shows a broad smile, has a generous belly to indicate his wealth, and usually is either carrying or seated on a bag full of coins. Place this charming figure in *hsun gua* to enhance money luck and enjoy prosperity.

## Lifestyle Imagery

Anything associated with a prosperous lifestyle can be a good symbol of financial success, so long as it represents something that you personally aspire to. Magazines are a great resource for images of large homes, vacation properties, luxury cars, boats, jewelry, spa vacations, luxury travel, etc. I make collages of images that represent my aspirations, not only for prosperity and lifestyle, but also professional recognition and spirituality. I have had some remarkable experiences of collage imagery manifesting for me, sometimes in entirely unexpected ways.

## Lucky Bamboo

*Dracaena sanderana*, although it is not a variety of bamboo, has become popular in recent years as a feng shui cure. “Lucky bamboo” is most often available as multiple stalks bound together with red wire or ribbon and placed in gravel in a small porcelain pot. It grows quite well in water, and can tolerate low light conditions. Lucky bamboo is especially good for celebrating the grand opening of a new business or for other special occasions. Placed in *hsun gua* it can enhance your money luck. If your lucky bamboo dies, you should replace it immediately with a larger, more expensive plant in order to forestall financial misfortune.

## Lucky Money Frog

The three-legged toad, perched on a pile of coins with another coin in its mouth, is one of the most popular Chinese symbols for attracting success and prosperity to a home or business. It is said to appear at the full moon near the homes of people who will receive good financial news the following day. In a place of business, put the lucky money frog near the cash register, by the front door, or on the owner’s or manager’s desk. At home, the lucky money frog can be placed inside the front door (facing into the space), or in *hsun gua* of the living room. Some feng shui practitioners say that you should remove the coin from the frog’s mouth each night and return it every morning. Others suggest fixing the coin in place with a drop of glue so it won’t fall out and be lost. Since you can’t do both, I suspect it doesn’t matter.

## Money Trees

A money tree is a wonderful enhancement for *hsun gua*, which is associated with the wood element in its mature, full-grown aspect. Instructions for how to make a money tree are provided on pages 160-161. Another kind of money tree is formed from twisted wire (trunk and branches) with leaves carved from jade or other semi-precious stones. Choose one with jade or amethyst leaves to evoke the energy of *hsun gua*, and display it in *hsun gua* of the living room or in your main entry.

## Pearls

Pearls represent purity, virtue, and feminine beauty. Wearing pearls is said to attract the blessings of Lakshmi (see above) for both worldly and spiritual prosperity. Before cultivated pearls made these treasures more affordable, these gems from the sea were so highly prized that the famous Cartier building on Fifth Avenue in New York City was purchased for one strand of perfectly matched pearls! Even today a strand of top quality natural pearls can fetch hundreds of thousands of dollars. In feng shui terms, the pearl's white color and round shape evoke the qualities of *dui gua*, the seat of creativity. For those in creative professions, pearls in *dui gua* or in *hsun gua* of your office or studio will be a powerful feng shui cure for attracting financial and artistic success.

## Pi Xui

The *pi xui* (say "bee-shay") is a mythical Chinese creature similar to the western Unicorn. While its primary symbolism is purity and protection, it is also used to bring luck to gamblers. Place a *pi xui* figurine in *hsun gua*, to bring luck to your lottery tickets.

## Pot of Gold

A pot of gold is a common wealth image in both Western and Chinese cultures. The Chinese version can be a few gold ingots placed in a bowl, or a large vase or urn adorned with ingots, pearls, dragons, and other wealth symbols and inscriptions, with a laughing Buddha and his sack of gold perched on top.

## DRAGON WEALTH BOWL

The Dragon Wealth Bowl is a specific Chinese cure consisting of a ceramic bowl decorated with a five-clawed dragon symbolizing power and success. Gold ingots and semi-precious stones in the colors of the five elements are placed in the bowl.

### POT OF GOLD

The Western version of the pot of gold is usually depicted as a cauldron-shaped pot filled with gold coins. I don't recommend the image of a pot of gold at the end of a rainbow for feng shui, as this is famously elusive. You want to receive and enjoy prosperity, not chase it forever. Your wealth pot image can be placed in *hsun gua* of your home or office, or prominently displayed in your foyer or on your coffee table or dining table to announce the prosperity of your business or family.

### WEALTH VASE

A wealth vase ensures that your family will never run out of money. See pages 155-159 for instructions on how to create and use a wealth vase.

### Sacred Gourd

Hollow dried gourds were used by ancient travelers to carry water on their journeys. The gourd shape, symbolic of health and longevity, also brings luck in business. Place a sacred gourd (*wu lou*) on your desk to help you achieve your goals.


### Waterfalls

Waterfalls, like fountains, represent financial abundance flowing into your life. A painting or photograph of a waterfall is a powerful enhancement to your entryway or for *hsun gua*. An indoor water fountain can be used to represent a waterfall.


### Wealth Gods

The image of the Chinese God of Wealth, *Tsai Shen Yeh*, is a popular symbol for increasing money luck. He is usually shown seated on a tiger, with a dragon image on his robes, and carrying a gold ingot and/or string of coins. Place this image in your main hallway or in *jen gua*, and make sure that it is facing the front door in order to attract money luck to your home. Any deity associated with prosperity, from any culture (see [Lakshmi](#)), can be used as a feng shui wealth symbol.





Not sure where to shop for wealth cures and symbols?  
Start by pointing your browser to the products pages at  
[www.FastFengShui.com](http://www.FastFengShui.com)  
We've searched the web for the best feng shui products  
from top vendors worldwide, so you can shop with  
confidence through one convenient source.



## Appendix E.

# More Feng Shui Cures & Accessories

### Feng Shui Crystals

Faceted crystal balls are a popular feng shui cure. Their ability to refract a beam of light (and *chi*) and send it radiating in all directions makes it an ideal protection against *sha chi* (negative energy). Faceted crystal balls can also be used to empower and activate a space. They radiate blessings wherever they are placed, and are powerful magnifiers of your intention. Faceted crystals can be used anywhere you want to enhance *chi*. Good places to hang crystal balls include:

- ◆ In the center of a long, narrow hallway
- ◆ In front of a window through which too much *chi* is escaping
- ◆ Anywhere you'd like to activate *chi*

Crystals can be placed on a desk or table, but are most often hung from the ceiling, in a doorway or in windows. For added impact, hang your crystal ball from a red string or ribbon cut to a multiple of nine inches or centimeters. The ball can hang any distance from the ceiling; it's cutting the string into a nine-unit length that's important. Tie any extra string into a bow or knot. If you buy crystal balls from a feng shui supplier, they may come with red cord already attached.

You can wear a little crystal (20mm size) on a red ribbon around your neck to activate your personal *chi*, or hang one from the rear-view mirror of your car to enhance, bless, and protect you while you drive.

## Wind Chimes

The sound waves created by a wind chime will slow down and help disperse *chi* that is moving too quickly. If the path from the street to your front door is long and straight, hang a wind chime by the door to slow the *chi* down so it enters your home gently.

Wind chimes are also good for lifting the energy of a space. If one corner of your yard is lower than the others, *chi* may settle there. Hanging a wind chime from a tree in that corner can stir the *chi* up and keep it moving.

Wind chimes come in many sizes, from tinkly little tiny ones to great big resonant ones. Match the size of the wind chime to the size of your space. A large brass wind chime might be overwhelming indoors, while a very small chime may not be strong enough to have much effect. Metal chimes have the most penetrating tone. The most important consideration is that the sound be pleasing to you, so pick the one whose tones you like the best.

## Water Fountains

In feng shui terms, moving water brings prosperity and good luck to the home. The sound and motion of gurgling water activates *chi* and adds humidity to a dry room, helping to balance *chi*. Moving water gets things going when the *chi* has been stagnant for a while (think of ice melting in the spring). Use moving water cures anywhere you want to enhance water or wood energy. Water fountains come in many shapes and sizes; pick one that:

- ◆ Suits the style of your décor
- ◆ Is an appropriate size for the place you intend to use it
- ◆ Incorporates the materials, shapes, and/or colors of the element energies you want to add to that space

You can usually adjust the sound of a water fountain by changing the water level. Some fountains also come with an adjustable pump, so you can vary the speed with which the water flows. Experiment until you find a tone and volume that sounds right.

Place your fountain so that the water flows toward the center of your home, not toward the front door. (If your fountain flows around all sides, this is not an issue.) Be sure to add more water to your fountain as it evaporates, to avoid possible damage to the pump if the water level gets too low. Depending on your climate and the size of the fountain, this could be once a week or every day. If you will be away from home for several days, unplug the fountain while you are gone.

Some people find the sound of a water fountain distracting, and a fountain is generally not recommended for the bedroom unless you turn it off while you are sleeping. Be guided by your personal response, and choose another cure if a fountain isn't right for you.

## Fish Tanks

An aquarium can be extremely effective at increasing wealth and luck. Both the water pump and the fish swimming around in it keep the water moving and the *chi* going strong. Be sure to keep your fish tank immaculately clean. Less-than-fresh water and algae-clogged filters won't do your fish any good, and will send yucky-water *chi* out into the room.

## Mirrors

Mirrors have been called “the aspirin of feng shui” because they solve so many feng shui problems. By creating the visual experience of a larger, deeper, or wider space, mirrors energetically enhance and expand a room or *gua*. For this reason, they are the best way to correct a missing *gua* from inside the space (see pages 179-180 for details of this use).

Mirrors can also be placed to correct a **narrow or blocked entryway**, and to help brighten up any space that is too dark. Mirrors are especially useful for providing you with a view of the doorway to a room when it is impossible to place a key piece of furniture—such as your bed, desk or stove—in the **command position**. You can also use a mirror to reflect something with good *chi* (such as a beautiful pond or a lush green tree outside a window) into an indoor area, to enhance that space.

If there is a bathroom in one of your power spots, hang a full-length mirror on the outside of the door and empower it to prevent *chi* from entering the bathroom, where it may be depleted by the draining effect of all that plumbing.

If you can hang a mirror on the wall above your stove so that it reflects the burners, this is thought to symbolically double your income and prosperity.

When you choose to hang a mirror in your home, always check to see what's reflected in it, to make sure it is doubling something with positive energy. Avoid hanging a mirror so that the top of your head is cut off in the reflection; this can cause self-image problems, and may give you a headache.

Small round mirrors (1"-6" in diameter") are also useful in feng shui. Place one under a personal power object to enhance its energy.

## Light

Poorly lit rooms have dull, depressing *chi*. If your power spots are dim and dark, your feng shui cures will have to work harder to achieve the desired effect. To use light as a feng shui cure:

- ◆ Put a bright light anywhere you want to lift or activate *chi*.
- ◆ Drape a string of little lights over a large houseplant to support fire energy.
- ◆ Use a bright light anywhere you want to strengthen the fire or earth elements, or to control metal.
- ◆ Place a bright light in a *li gua* (fame; illumination) power spot if one of your goals is to understand a situation better.

- ◆ Use a spotlight to emphasize the significant imagery you have chosen for a key position in a power spot.
- ◆ Use an uplight on the floor in a power spot with a slanted ceiling, or under an overhead beam.
- ◆ Use a timer to activate a light cure each night between 11 PM and 1 AM—so long as it will not disturb you or your neighbors.

## Chi-Activators

Colorful flags fluttering in the breeze are a great way to stir up *chi*. Activate an exterior power spot with a flag, banner or whirly-gig. Flag poles, tree branches, eaves, and porch columns can all carry a flag or windsock. Choose shapes and colors based on the appropriate elements for added impact.

Mobiles and whirly-gigs can be used to enhance *chi* inside your home. Look for a mobile with imagery that supports your intentions; angels or stars are always good for blessing a space, for example. Check home and toy stores as well as feng shui suppliers for wind-powered *chi*-activators that appeal to you.

If you use this type of cure in a place where there is not much air current, set it in motion manually from time to time as you walk by.

## Plants and Flowers

You can enhance the *chi* of your garden by planting flowers that correspond to the different *guas*. For example, any flower with purple or red blossoms will enhance *hsun gua* in your garden or on your property. If you decide to use feng shui in your garden, be sure you select plants that are appropriate to your climate and landscape.

Garden feng shui is a complete topic of study all on its own. In addition to plant selection and garden layout, it includes:

- ◆ Creating a harmonious balance of sunshine and shadow
- ◆ Shape and placement of paths, trees, and flower beds
- ◆ Appropriate paving and ground-cover materials
- ◆ Selection and placement of water features such as streams, ponds, waterfalls or water fountains
- ◆ Selection and placement of garden accessories, such as bird baths, benches, trellises, and the like

Indoors, plants and flowers are among the most powerful of feng shui cures, because their living *chi* brings natural vitality into your home. Of course, they only bring good *chi* so long as the plants and flowers are healthy. Be sure to get rid of any failing plants or wilting flowers before they have an adverse effect on your space!

As you plan where to use plants and flowers in your home, look for ways to use them in multiples of three or nine:

- ◆ Place three or nine small plants or vases together in one spot
- ◆ Put three or nine blossoms in a vase
- ◆ Use three of the same kind of plant, and place one in each of three power spots

Remember that you can use artificial plants in any spot where there is insufficient light for a living plant. Avoid dried flowers, which no longer have any living energy.

## Stones and Statues

Stones, boulders, and statues are all good for stabilizing fast-moving *chi*. Place a large boulder in your front yard if your house is very close to a busy street, to keep all that rushing *chi* from draining the vitality from your property. Indoors, a heavy statue or object placed near a window can serve the same function.

## Bells

Bells are most often used in feng shui where there is a need for some kind of warning or protection. If you are unable to put your desk in the **command position**, for example, you can hang a bell on your office door to alert you when someone enters. You can also hang a bell wherever you would like to energize or enhance the space.

Bells are rung to signal the beginning and end of ceremonies and meditation practices. The sound of the bell penetrates the space, and signals a shift in the energy. Bells are also a powerful tool used in **space clearing rituals**.

Bells come in all kinds of shapes and sizes, with or without handles and clappers. The type of bell you choose will depend on how and where you plan to use it. Again, be sure that the tone of the bell is pleasing to you—the quality of the sound is more important than the design. If you are hanging a bell on a string, use a red cord, string, or ribbon cut to a multiple of nine inches or centimeters..

## Power Objects

Firecrackers, fu dogs, talismans, and images of saints or deities are just a few examples of power objects that can protect you from negative energy. In addition to the traditional feng shui power objects, any item or image that has strong protective energy for you can be used as a feng shui cure in your home. Be sure to use the **IVAG** empowerment method when placing your power object cures.





## Resources

### Websites

#### FASTFENGSHUI.COM

Our flagship feng shui website offers:

- ◆ Information about contemporary Western feng shui
- ◆ Extensive *Articles* and *FAQs* pages
- ◆ Detailed descriptions and excerpts for all *Fast Feng Shui* books
- ◆ Free e-booklets to download
- ◆ A multi-vendor resource for *feng shui products and accessories*—water fountains, wind chimes, lighting, candles, air purifiers and environmental health products, Chinese feng shui cures and accessories and more
- ◆ Free twice-monthly *newsletter*
- ◆ Extensive *Links and Resources* pages providing access to the best of the Internet for feng shui and related topics.

#### FENGSHUIEBOOKS.COM

Instant access to the *e-book editions* of our popular *Fast Feng Shui* books, other digital products not available in bookstores, and free e-booklet feng shui guides.

#### ALLABOUTPROSPERITY.COM

Everything you need for personal and financial success, including *audio programs, teleclasses, books, e-books, free articles and audio-library*, and more. Learn from the hottest names in wealth building, achievement, and prosperity consciousness: Robert G. Allen, Robert Kiyosaki, Deepak Chopra, Dr. Wayne Dyer, Suze Orman, Dr. Jill Ammon-Wexler, Lee Pulos, and many more...

#### CLUTTERFREEFOREVER.COM

Liberate your home and reclaim your life with my *Clutter-Free Forever! Home Coaching Program*. Detailed ebook and weekly lessons help you declutter from the inside out. Exclusive online support group just for program participants.

## Audio Programs & Teleclasses

(details at [www.AllAboutProsperity.com](http://www.AllAboutProsperity.com))

### *Infinite Possibilities: The Art of Living Your Dreams* ~ Mike Dooley

There is nothing you can do, nothing you can't have, and nothing you can't be. Blood, sweat, and tears are *not* what it takes to live in abundance, health, and harmony. Discover how effortless the art of living your dreams was meant to be.

### *Prosperity Partnership Program* ~ Elyse Hope Killoran (teleclass)

Experience accelerated personal evolution while magnetizing worldly success. Integrates the spiritual and material paths to prosperity in a true "best of both worlds" approach. Learn the secrets to achieving success without fear, stress, struggle and overwork. A balanced system full of wisdom, discernment, and grace.

### *Real Magic* ~ Dr. Wayne Dyer

Real magic happens when you learn to create in your life what you previously thought to be impossible. Real Magic is a blueprint for a creating a higher level of consciousness and applying it to all aspects of your life. Learn to shift your energy from doubt, negativity, and suffering, to purpose and fulfillment.

### *Secrets to Manifesting Your Destiny* ~ Dr. Wayne Dyer

Nine ancient spiritual secrets that reveal your extraordinary personal power to overcome conditioning, lift your spirit, make the impossible a reality, and manifest your dreams.

### *The Sedona Method* ~ Hale Dwoskin

The scientifically proven Sedona Method® is an elegant, easy-to-learn system that will show you how to tap your natural ability to let go of any negative thought or feeling on the spot. Get immediate relief from the effects of negative thinking and break the patterns of thought and behavior that prevent you from having what you want—including financial security.

### *SynchroDestiny* ~ Deepak Chopra

A mind-opening program that will change the way you perceive the world forever and enable you to manifest abundance in every area of your life. Much like a powerful magnet, you will begin to attract material wealth, emotional well-being, spiritual fulfillment, and a deep awareness of your life's true meaning and purpose.

## Recommended Reading

(A short list of some of my favorite books on prosperity consciousness and wealth-building; for more information on these and other great titles, please visit [www.AllAboutProsperity.com](http://www.AllAboutProsperity.com))

- The Courage to Be Rich: Creating a Life of Material and Spiritual Abundance* ~ Suze Orman
- The 11th Element: The Key to Unlocking Your Master Blueprint for Wealth and Success* ~ Bob Scheinfeld
- The Energy of Money: A Spiritual Guide to Financial and Personal Fulfillment* ~ Maria Nemeth, Ph.D.
- The Game of Life and How to Play It* ~ Florence Scovel Shinn
- The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence* ~ Doc Lew Childre and Howard Martin
- How to Get Out of Debt, Stay Out of Debt and Live Prosperously* ~ Jerrold Mundis
- The Laws of Money, The Lessons of Life: Keep What You Have and Create What You Deserve* ~ by Suze Orman
- Lucky You! Proven Strategies You Can Use to Find Your Fortune* ~ Randall Fitzgerald
- The Millionaire Code: 16 Paths to Wealth Building* ~ Paul B. Farrell
- Multiple Streams of Income: How to Generate a Lifetime of Unlimited Wealth* ~ Robert G. Allen
- 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying* ~ Suze Orman
- Rich Dad, Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not* ~ Robert Kiyosaki
- The Secrets of Wealth: The Beginner's Guide to Financial Freedom* ~ Fabio Marciano
- The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-Being* ~ Hale Dwoskin
- The Seven Stages of Money Maturity: Understanding the Spirit and Value of Money in Your Life* ~ George Kinder
- Smart Couples Finish Rich : 9 Steps to Creating a Rich Future for You and Your Partner* ~ David Bach
- Spiritual Marketing* ~ Joe Vitale
- The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence* ~ Deepak Chopra
- Your Money or Your Life: Transforming Your Relationship With Money and Achieving Financial Independence* ~ Joe Dominguez, Vicki Robin

## Glossary

- ba gua** A map of the energetic qualities of a space. *Ba gua* means “eight areas”—eight *guas* surround a central space, the *tai chi*. Each *gua* has a symbolic association with a specific life aspect or aspiration, such as wealth, career, or relationships, for example. Whatever is going on energetically in each *gua* of your home will affect the related aspect of your life.
- Black Sect feng shui** A very popular method of feng shui, especially in the U.S., introduced by Master Thomas Lin Yun. Also called “BTB” (Black sect Tibetan Buddhist) feng shui, this approach aligns the *ba gua* with the entry, rather than to the compass. Black sect feng shui emphasizes the power of intention, and incorporates many “transcendental” cures and rituals.
- chi** The life force present in all things. The practice of feng shui is based on analysis and correction of the *chi* of a space.
- chien** The area of the *ba gua* associated with helpful friends and travel. See page 172 for the qualities and location of *chien gua*.
- Compass school feng shui** A traditional Chinese method of feng shui. Analysis and diagnosis of the feng shui of a building is based on compass orientation and year of construction. More complex and often more difficult to apply than Western feng shui.
- Contemporary Western feng shui**—feng shui as it is widely practiced in America today, with the *ba gua* oriented to the main entry instead of to compass directions. Conscious intention is an important factor in this style of feng shui.
- cure** An adjustment made with the intention of removing or neutralizing a negative influence or *sha chi*, in order to improve the *chi* of a space. Sometimes also used to refer to feng shui enhancements made to enhance or activate a space, where there is no negative influence to be corrected.
- dui** The area of the *ba gua* associated with creativity and children. See page 172 for the qualities and location of *dui gua*.
- earth** One of the five elements used in feng shui. See the reference chart on page 189 for a summary of the qualities, shapes, and colors associated with the earth element.

- empowerment** The process of adding the power of your own intention to your feng shui cures and enhancements. Empowering your feng shui changes with the power of body, speech, and mind is thought to dramatically improve the outcome. The **IVAG** method, unique to Fast Feng Shui, adds the emotional power of gratitude to the intention, visualization, and affirmation empowerment steps.
- enhancement** An adjustment made with the intention of improving and activating the *chi* of a space. Faceted crystal balls, water fountains and wind chimes are popular feng shui enhancements. Objects and images that have a strong, positive symbolic meaning for the individual are also effective as enhancements.
- extension** A part of a room or building that sticks out from the rest of the structure and adds strength to that room or *gua*. See page 178 for how to identify any extensions in your home.
- Fast Feng Shui™** I created this term to describe my approach to Contemporary Western feng shui. My emphasis is on: recognizing and working with your feng shui style; targeting your efforts to your individual power spots for maximum results with minimum wasted effort; personalizing the affirmations and visualizations used to empower your changes; the importance of approaching feng shui as tool for change and personal growth.
- feng shui** The practice, originally from ancient China, of adjusting the *chi*, or life force, of a space so that the inhabitants experience greater happiness, success, prosperity, and vitality.
- fire** One of the five elements used in feng shui. See the reference chart on page 189 for a summary of the qualities, shapes, and colors associated with this element.
- hsun** The area of the *ba gua* associated with prosperity and fortunate blessings. See page 172 for the qualities and location of *hsun gua*.
- jen** The area of the *ba gua* associated with family and health. See page 172 for the qualities and location of *jen gua*.
- kan** The area of the *ba gua* associated with career. See page 172 for the qualities and location of *kan gua*.
- karma** The fate that you created for yourself in this life as the result of your actions in past lives; the effect that your current actions will have on your future existence.
- ken** The area of the *ba gua* associated with self-understanding and spirituality. See page 172 for the qualities and location of *ken gua*.
- kun** The area of the *ba gua* associated with marriage and relationships. See page 172 for the qualities and location of *kun gua*.

**li** The area of the *ba gua* associated with fame and reputation. See page 172 for the qualities and location of *li gua*.

**mantra** A sacred word or phrase used for meditation, prayer, and blessing.

**metal** One of the five elements used in feng shui. See the reference chart on page 189 for a summary of the qualities, shapes, and colors associated with this element.

**missing area** A part of a room or building that is indented from the rest of the structure and weakens that room or *gua*. See page 178 for how to identify any missing areas in your home.

**power spot** A focal point for your feng shui efforts, determined by what life issues you want to address at this time and by the unique qualities and layout of your home. Feng shui becomes easier and more effective when you concentrate on your power spots first, before working on the rest of your home.

**red envelopes** Feng Shui practitioners of the BTB school follow the tradition of asking for payment to be presented in red envelopes. The red color empowers the client's wishes and provides protection for the practitioner. Red envelopes can also be used to empower a wish or blessing written on a slip of paper and placed in the envelope.

**secret arrows** *Sha* (negative) *chi* created by sharp objects and angles.

**sha chi** Harmful *chi* that can cause or aggravate stress, restlessness, and a variety of health problems.

**space clearing** Specific rituals and other practices designed to remove stale, old, or negative energy from a space.

**tai chi** The central area of any space, especially the center of your home. Anything going on in the *tai chi* of your home will affect all of the *guas*, so it is a very important area to keep free of clutter and other negative influences.

**water** One of the five elements used in feng shui. See the reference chart on page 189 for a summary of the qualities, shapes, and colors associated with this element.

**wood** One of the five elements used in feng shui. See the reference chart on page 189 for a summary of the qualities, shapes, and colors associated with this element.

## Index

### A

- abundance, signs of 115, 116
- acorns. *See* wealth symbols: acorn
- acting as if 107, 109, 117
- actions steps
  - chien gua* (giving) 88
  - dui gua* (completing) 138
  - hsun gua* (receiving) 80
  - jen gua* (beginning) 131
  - kan gua* (expressing) 113
  - ken gua* (trusting) 103
  - kun gua* (nurturing) 96
  - li gua* (observing) 123
- affirmations 15, 16, 18, 122, 212, 148, 152, 159, 161, 163, 166
- angels 48, 57, 205
- anger 93, 94
  - effects of 93
- anxiety 12, 30, 43, 75, 80, 101
- aquariums. *See* fish tank
- arguments 13, 43, 46, 152
- artwork, use of as cure 28, 50, 51, 52, 69, 105, 114, 123
- astrology 16, 143
- attention 21
- attitude 18, 67, 93, 109, 115, 136, 144

### B

- ba gua* 14, 17, 50, 66, 67, 69, 130, 131, 140, 171, 189, 211
  - areas missing from. *See* missing areas
  - colors associated with 188, 205
  - compass orientation of 14, 25, 125, 133, 173
  - dynamic pairs 73
  - extensions of. *See* extentions
  - inner aspects of 72, 73, 140
  - mirror. *See* Mirrors: *ba gua*
  - use and placement of 23, 175
- bamboo flutes 47
- bamboo, lucky 125, 197

bathroom 25, 36, 49, 56, 68, 153, 204  
bed, position of 45, 48, 204  
bedroom 24, 25, 36, 43, 49, 55, 147, 179  
behavior patterns 14, 137, 140  
beliefs 67, 69, 71, 93, 107, 113, 115, 119, 120, 123, 137, 140  
bells 31, 40, 82, 192, 207  
bird feeder 114  
blessings 201, 205  
board of directors, personal 82  
boats. *See* wealth symbols: boats  
business, unfinished 134, 139

## C

candles 55, 90, 114, 133  
career 35, 62, 105, 212  
carp. *See* wealth symbols: fish  
carpets 40  
cars 36, 201  
cash flow 34, 37, 44, 49, 125, 204  
    rituals for increasing 17, 58, 63, 141  
        Collecting Coins 142, 146  
        Collecting Water 151  
        guidelines for success 143  
        Money Spiral 165  
        Money Tree 142, 160  
        Seed Money 142, 162  
        Wealth Vase. *See* wealth vase  
cash, paying with 138, 146  
ceiling, slanted 48, 205  
ceremonies 207  
*chi* 211, 212  
    activating 201, 204, 205, 212  
    flow of 12, 26, 35, 43, 53, 63, 92, 202  
    mouth of 27, 31, 52. *See also* front door  
    negative 25, 39-52, 53, 74, 90, 201, 207, 211, 213. *See also* secret arrows  
    personal 61, 201  
    predecessor 39, 57  
*chien gua* 82-89, 189, 211  
children 133, 211  
closets 25, 33, 68  
clutter 13, 25, 27, 31, 35, 53, 59, 63, 68, 74, 105, 115, 150, 213  
Clutter-Free Forever! Home Coaching Program 38  
coins 31, 54, 56, 64, 69, 79, 116, 123, 133, 156, 162. *See also* wealth symbols: coins & currency



*ba gua* 157  
Chinese 192  
colors 12  
  of the elements 157, 183  
  wealth 18, 54  
command position 45, 47, 204  
communication 12, 105  
community 124  
creativity 133, 198, 211  
credit card debt 76, 126, 128, 132, 140  
crystal balls, faceted 26, 29, 30, 44, 47, 48, 49, 133, 201, 212  
crystals, natural 56, 99, 133  
cures 17, 201, 211

## D

depression 12, 60  
desk, position of 45, 47, 48, 50, 204  
dining room 35, 55, 124, 125  
door, front. *See* front door  
doors 33, 50, 52  
  fighting 46  
dragons. *See* wealth symbols: dragons  
*dui gua* 133-140, 189, 198, 211

## E

earth element 56, 90, 98, 189, 204, 211  
eggs. *See* wealth symbols: eggs  
element cycles  
  controlling 186  
  creative 184  
  reducing 185  
elements  
  of the *guas* 188-189  
  reference chart 189  
elements, the five feng shui 17, 56, 157, 182-189  
embarrassment 119, 134, 137  
empowerment 15, 22, 29, 31, 32, 142, 201, 212  
  IVAG method 15, 91, 125, 148, 150, 152, 158, 159, 161, 163, 166, 167, 207, 212  
  timing of 16  
entryways  
  blocked 28, 204  
  narrow 28, 204  
  recessed 177  
envy 75, 76, 78

exposed beams 47, 205  
extensions 178, 179, 181, 212

## F

fabric 44, 48, 49, 56, 90, 156, 157  
fame 114  
family 124, 212  
fans  
    ceiling 48  
    paper 50  
Fast Feng Shui 14, 174, 212  
    principles of 17, 19, 66, 67, 74  
fathers 85  
feng shui  
    benefits of 5, 59  
    Black Sect/BTB 142, 146, 211, 213  
    compass school 211  
    contemporary western 13-14, 59, 211  
    effects of 12-13, 62  
fire element 51, 55, 56, 114, 151, 204, 212  
Firecrackers 207  
fireplace 50, 55  
fish 203. *See also* wealth symbols: fish  
fish tank 51, 54, 203. *See also* wealth symbols: fish tanks  
flags 26, 53, 179, 205  
flowers 56, 68, 114, 179, 205, 206  
    artificial 206  
fountains. *See* water fountains  
front door 27, 31, 43, 202  
fu dogs 207  
furniture, arrangement of 13. *See also* chi, flow of

## G

garage 176  
gardens 205  
gemstones 31  
giving 82  
goals 18, 21, 34, 63, 108  
god jar 104  
gold ingot, Chinese 156. *See also* wealth symbols: gold ingots  
grains, as wealth symbol 194  
grains, in wealth vase 157  
gratitude 15, 16, 63, 64, 79, 85, 116, 123, 136, 148, 152, 159, 161, 162-164, 166  
guilt 119, 134, 137

## H

hallways 25, 30, 35, 68, 201

health

    emotional 49, 61

    physical 41, 44, 49, 59, 62, 74, 124, 212, 213

HeartMath Solution 94

house above street level 26

household finances 124

*hsun gua* 23-25, 26, 33, 37, 42-43, 46, 50, 53-58, 67, 74-81, 147, 149, 151, 160, 163, 168, 172-174, 178-181, 189, 191, 212

## I

imagery 13

Intention 6

intention 14-16, 142, 146, 148, 150, 152, 155, 158, 161, 163, 166, 183, 201, 212

intuition 36, 99, 106, 144

## J

*jen gua* 124-132, 189, 212

journal, gratitude 80

journal, keeping a 18

journal, prosperity 18, 22, 63, 69, 70, 71, 74, 96, 103, 117, 121, 123, 130, 131

journal, questions for 80, 86, 93, 127, 137

## K

*kan gua* 105-113, 189, 212

karma 212

*ken gua* 98-104, 189, 212

kindness, effects of 91

kitchen 24, 25, 34, 44, 46, 52, 55, 68, 125, 151, 179

knowledge 98

*kun gua* 90-97, 189, 205, 212

## L

lack 75, 76, 78

*li gua* 26, 114-123, 189, 213

life factors 13

life path 106

lighting 13, 25, 68, 204

lights 26, 27, 34, 48, 49, 98, 114, 179, 204

living room 24, 25, 35, 52, 55, 68, 124, 125, 151, 160, 164, 179

luck 12, 54, 62, 113, 117, 202, 203

lucky money frog. *See* wealth symbols: lucky money frog  
lucky numbers 190

## M

maintenance, household 33  
mantra 15, 213  
meditation 61, 207, 213  
    Heart Calming method 61, 78, 81, 87, 95, 101, 111, 121, 129, 138, 144  
mentors 85, 86  
metal element 55, 56, 82, 133, 204, 213  
mirrors 26, 28, 45, 50, 51, 69, 125, 146, 160, 179, 203, 204  
    *ba gua* 43  
missing areas 13, 24, 179, 181, 203, 213  
    cures for 179  
mobiles 98, 133, 205  
money 114, 156, 160, 162, 165. *See also* wealth symbols: coins & currency  
money tree, as wealth symbol 197. *See also* cash flow: rituals for increasing: Money Tree  
mothers 92  
mudra, dispelling 15  
mudras 61  
muscle testing for beliefs 119

## N

networking 35  
numbers, in feng shui 190  
nurturing 90

## O

observing 114  
office 49, 82, 105, 133, 160  
    clutter in 35, 105  
    home 25  
    in the home 43, 49, 151, 179  
108 Desires list 22, 83, 90, 102, 124, 131  
opportunities 27, 35, 100, 105

## P

partnerships, business 90, 91  
pathways 27, 206  
personal finance 82, 93, 126, 132  
    neglect of 92, 98, 135  
personal growth 14, 62, 98, 212  
"pinched nose" entry. *See* entryways: narrow

plants 27, 32, 44, 53, 90, 114, 125, 162, 205, 206  
    artificial 32, 162, 206  
    house plants 29, 48, 51, 53, 125, 162, 204  
plumbing 34, 49, 204  
poverty consciousness 51, 74, 98, 109, 115  
power objects 207  
power spots 17, 23, 31, 33, 35, 41, 43, 46, 49, 51, 52, 53, 125, 163, 166, 168, 204, 212, 213  
procrastination 126, 127, 137, 140  
prosperity 11, 22, 23-25, 26, 29, 53-58, 59, 62, 73, 74, 116, 123, 125, 134, 140, 165, 172, 202, 204, 212  
prosperity altar 55, 56, 58, 147, 166  
prosperity consciousness 6, 10, 51, 67, 72, 99, 115, 116  
protection 201, 207

## R

receiving 74, 75  
red envelopes 82, 91, 162, 163, 213  
red string 44, 46, 47, 161, 201, 207  
relationships 36  
reputation 114

## S

sacred gourd. See wealth symbols: sacred gourd  
secret arrows 41, 43, 47, 74, 160, 213  
Sedona Method® 94  
*sha chi*. See chi: negative  
shame 119, 134  
shapes 183  
smells 42  
sound 13, 40, 202, 207  
space clearing 39, 40, 161, 207, 213  
spirituality 98, 99, 212  
    and money 100, 107  
stairs 25, 29, 68  
statues 26, 179, 206  
stones, as feng shui cure 206  
stones, semi-precious 157, 197. See also wealth symbols: gemstones  
stove 34, 44, 45, 56, 151, 204  
stress 12, 27, 30, 35, 43, 45, 49, 93, 137, 213

## T

"T" Intersection 42  
*tai chi* 68-69, 72, 171, 213  
telephone 114

tithing 85, 89, 131  
toilet 34, 50  
travel 83  
trees 179, 206  
trust 98, 99, 100, 106, 119

## V

visualization 15,18,22, 79, 103, 121, 144, 148, 152, 158, 161, 163, 166, 212  
"A Perfect Moment" 111  
"Circle of Light" 95  
"Money Shower" 79  
"Perfect Spending Plan" 129  
"River of Abundance" 88  
"You'll See It When You Believe It" 102  
vitality 206

## W

water, moving 54, 202  
water element 50, 51, 54, 56, 105, 189, 213  
water fountains 51, 54, 56, 68, 105, 125, 202-203, 206, 212. *See also* wealth symbols: fountains  
waterfall 56, 206. *See also* wealth symbols: waterfall  
wealth 203  
    signs of 117  
wealth gods 156, 199  
    Buddha 31, 196  
    Lakshmi 4, 196, 198  
wealth symbols 31, 54, 56, 69, 74, 179, 191  
    acorn 192  
    boats 192  
    coins & currency 192  
    dragon-headed money turtle 193  
    dragons 193  
    eggs 193  
    fish 193  
    fish tanks 194  
    fountains 194  
    fruit & grains 194  
    gemstones 195  
    gold ingots 196  
    gold, pot of 198  
    lifestyle imagery 196  
    lucky bamboo 197  
    lucky money frog 191, 197  
    money tree 197

pearls 198  
*pi xui* 198  
sacred gourd 199  
waterfall 199  
where to find 200  
wealth vase 142, 155, 199  
    maintenance of 159  
    placement of 158  
"weight of money" activity 76, 120  
weight loss 37  
willpower 138  
wind chimes 26, 27, 30, 31, 40, 54, 82, 202, 212  
windows 34, 201  
windsocks 205  
wood element 50, 51, 53, 54, 55, 56, 125, 160, 189, 213  
words, power of 109, 136  
worry 100, 104

## About the Author



STEPHANIE ROBERTS is the author of the acclaimed Fast Feng Shui book series, the *Clutter-Free Forever! Home Coaching Program*, and *The Pocket Idiot's Guide to Feng Shui*.

A native New Englander, Stephanie graduated *magna com laude* from Harvard with a degree in Art History. Throughout the 1980s and 90s, Stephanie lived in New York City, where she had a successful career developing seminars and self-instructional materials and workbooks for major Fortune 500 corporations.

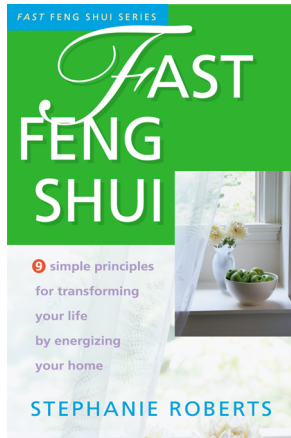
A long-time student of metaphysics, Stephanie shifted her focus in the mid-1990s to the study and practice of contemporary western feng shui. In 1999, after applying feng shui to her own life, she ended her corporate career and moved to Maui, HI, with her life partner, fastfengshui.com webmaster Taraka Serrano.

Stephanie and Taraka now dedicate their lives to writing and publishing books about feng shui and related topics, and to guiding others to release limitation and realize the life of their dreams... just like they have!





## More Fast Feng Shui books by Stephanie Roberts

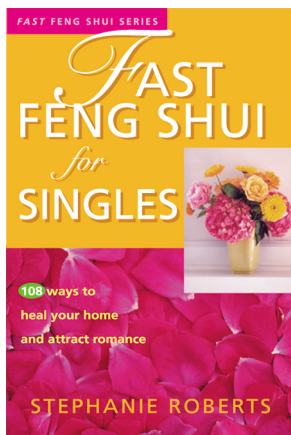


### FAST FENG SHUI 9 Simple Principles for Transforming Your Life by Energizing Your Home

A clear and accessible introduction to contemporary Western feng shui, presenting nine fundamental principles of the practice that are easy for anyone to learn and apply. Discover step-by-step methods for:

- ◆ Finding your “power spots”—areas of your home where feng shui will be most effective, based on your specific issues and goals.
- ◆ Shifting your energy by getting rid of clutter.
- ◆ Removing obstacles to money, romance, career, and opportunities.
- ◆ Improving cash flow, enhancing creativity, and reducing stress with easy changes and “cures.”
- ◆ Making changes more effective with personalized empowerments.
- ◆ Using feng shui as a path to personal growth and self-discovery

*Includes 108 Quick Tips and over 180 affirmations and visualizations for empowering and activating feng shui changes.*



### FAST FENG SHUI for SINGLES 108 Ways to Heal Your Home and Attract Romance

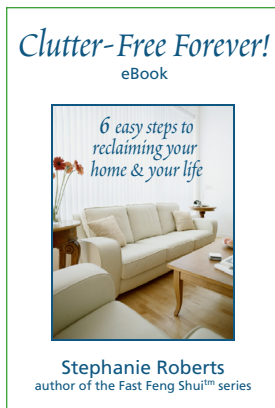
Have you been looking for love without success, for what feels like forever? Do you wonder why you can't seem to meet someone who is right for you, or why you can't build a good relationship when you finally do connect?

- ◆ Find out how the feng shui of your home—and especially of your bedroom—can undermine your love life... and what you can do to fix it.
- ◆ Learn the stages of the feng shui relationship cycle, and how you can use them to fine-tune your feng shui strategy and tactics.
- ◆ Discover a wealth of feng shui techniques for releasing old heartache, attracting someone new, and removing barriers to commitment and intimacy.
- ◆ Turn your home and bedroom into environments that encourage romance, so you can go from being alone to being in a love that lasts!

*A fun and effective guide to the secret dynamics of romance!*

## Free Yourself from Clutter!

### “Clutter-Free Forever!” Home Coaching Program by Stephanie Roberts



The “Clutter Free Forever!” Home Coaching Program is a holistic approach to clutter-clearing that guides you step-by-step through getting rid of the stuff that no longer supports in you pursuing the life you wish to live. This unique program:

- ◆ Uncovers hidden reasons we accumulate clutter, and why it is so hard to get rid of it once we’ve got it
  - ◆ Provides practical, easy ways to decide what to keep and what not to hold on to any longer
  - ◆ Teaches a simple, 6-step process for getting rid of excess and organizing what’s left
- 
- ◆ Explores the emotional needs that may be contributing to your clutter problem
  - ◆ Helps you focus on what *you* need to do to liberate your home and life from the limiting effects of clutter

The program includes:

- ◆ A 160-page ebook: download it instantly and get started right away!
- ◆ Six weekly lessons to guide you through every stage of the clutter-clearing process
- ◆ An online email support group just for program participants
- ◆ Lots of bonuses!

To learn more about this program, read what real participants have to say about their experience, or to download a free ebook/lesson excerpt, visit

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