

## *What is Feng Shui?*

Feng Shui is known as the “art of placement.” It is a proactive and positive approach to designing a living or working environment to improve one’s quality of life. The literal translation in Chinese is “wind water.”

Feng Shui is often misinterpreted as a religion, cult or superstitious practice. Feng Shui is a very real solution today used by people from various cultures to design the best overall environments to live and work in.

The goal of Feng Shui is to achieve harmony, comfort, connection and balance in one’s home, workplace and life. Feng Shui is the study of biology, design, art, psychology and science. Feng Shui identifies the positive and negative effects an environment has on a person’s physical and emotional well-being. Feng Shui transforms spaces to be more empowering, harmonious and healthier. This makes life easier and more fulfilling. The end result is an optimum environment that supports personal and business goals.

**“Feng Shui is about creating nurturing, therapeutic environments. When an environment expresses positive messages and symbolism it is energizing.  
Positive surroundings create positive futures.”  
-Rochiel Wallers, Certified Feng Shui Consultant**

Feng Shui improvements are achieved through healthful arrangements of furnishings, home décor, decorative images that inspire and appropriate lighting and color applications that are introduced into an environment to positively affect a person’s well-being. On average, many people today spend at least 80% to 90% of their time indoors. This is why creating a healthy and supportive atmosphere to live and work in is so important.

As many psychologists have said and most people would agree, “We are products of our environments.” Our home and work environments have an enormous impact on our state of mind and overall health. Many are familiar with the Winston Churchill quote "We shape our dwellings; thereafter our dwellings shape us." This observation states a profound architectural truth that applies to all buildings, public and private. In the beginning, buildings reflect the qualities of the people who design and construct them. Once built, the people who live and work in them take on the qualities of the buildings they inhabit. Prosperity and feeling good is directly related to the flow of energy in your environment. Everything in the universe vibrates at its own unique frequency. Scientists have documented the different frequencies of sound, light and materials, just to name a few.

Energy known as “Chi” or “Qi,” in Asian cultures is best described in Feng Shui as how humans experience an environment or feel in a space. Environments can produce an energized happy feeling or a sad depressed feeling. In Feng Shui the goal is to ensure that the energy in the environment creates positive feelings of comfort, safety, harmony, inspiration and peace.