

# Happiness is ... Homemade

Feng shui is the ancient Chinese belief that the way that you arrange your home can affect your success, health and happiness. Zoe Hubbard, Designer at Maison Interiors, explains the principles of capturing positive chi, or energy, to increase your sense of vitality and joy

## Five Simple Steps to Feng Shui

### Make an Entrance

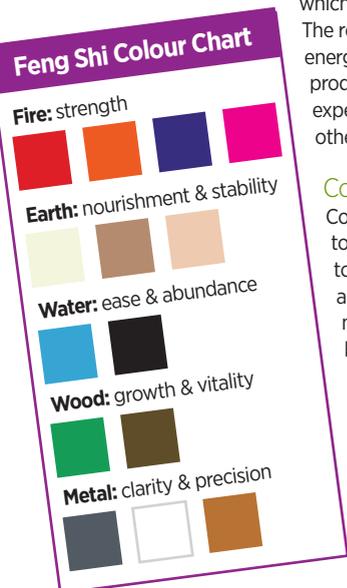
Your front door is your face to the world and how people, energy and opportunities reach you. Clearly name or number your door so you can be found and make sure your doormat is clean, then use beautiful accessories such as an outdoor mirror, sculpture or water fountain to enhance the approach to your property. Don't overdo it though, or you could prevent positive energy from entering your home.

### Eliminate Clutter

Too much clutter can attract or trap negative energy, so start by clearing the spaces where you spend the most time - bedroom, bathroom, living room - as these have the most impact on your energy. Get rid of things you don't like, including unwanted gifts and reminders of past failures, as well as anything broken which is unlikely to ever be fixed. The results of this rebalanced energy might be seen in improved productivity and positive experiences and interactions with others.

### Colour Therapy

Colour is one of the easiest ways to shift the energy in your home to create good feng shui. Yellow, a colour connected to happiness, might look great on you but can be depressing in your home. Avoid yellow in your bedroom as it is too harsh on the eyes. Instead look to the 5 elements or energies of Chinese astrology for your interior inspiration.



### Outside In

Indoor plants are an important feng shui tool to activate positive energy and purify the air. Introduce a new plant into your home at the beginning of a new month or New Year, when it symbolises a healthy beginning for you and your family. Consider bamboo, a money tree plant or peace lily to compliment your decor or hopes for the future.

### Fish to Water

A feng shui aquarium is a powerful way to draw auspicious chi into your living space. Water symbolises the flow of life, of growth and the activities of living things. The motion and sound of bubbling water increases positive energy to bring good fortune, wealth and abundance. A properly positioned and cared for aquarium offers a perfect combination of harmony and balance. Or you could start by simply introducing a fish theme into your bathroom with aquatic tiles, prints or accessories.



Images: Maison Interiors