

# Feng Shui

By Sunita Sitara



I'm going to be writing longer articles about my favorite subject--Feng Shui! This is due to you my loyal readers, who have written in and asked questions. Thank you, I appreciate your support! I will be able to give in-depth explanations to your most frequently asked questions!

Let's start with the Ba-gua map. It is a nine-grid map, which is overlaid on top of your house floor plan. This is the most important part of Feng Shui. This map allows a Feng Shui consultant to know exactly how to energize and balance certain areas.

The nine sections are as follows:

The front left grid is the Knowledge and Spirituality area.

The front center quadrant is the Career area.

The front right is Helpful people and travel area.

The middle left is Family (as in extended family).

The middle quadrant is Health area.

The middle right is Children and creativity area.

The far left is Wealth and prosperity area.

The middle back is Fame and reputation area.

The far right is Love and romance area.

This map is laid on top of your floor plan as if you were standing and looking at your front door. This is a very important piece of information; because once you know where the particular areas of the Ba-Gua map are in your home you can figure out how to enhance that specific aspect of your life. Once you know the area you wish to improve there are a number of things you can do to move the energy. You can do certain "cures" to amplify your desire. For example if you wish to boost your reputation in the community, so that you are a household name; then you'd look at the fame and reputation section of your home according to the Ba-Gua map and enhance that area.

How can you improve that part of your home? There are many different cures; one is using the cure of color. Specific colors can help you achieve the desired result. You could place red flowers in that portion of your house, or a painting that has the color red prominently present. Or, better still paint the entire wall red! The color red is a powerful color; it sends out a strong vibrant message into your community. However, the color red is not a good choice for a bedroom, especially that of a child. The energy from the red is too strong for a restful night's sleep.

There are many ways to apply Feng Shui to your home and daily life. Different colors bring with them gifts as well as challenges. Paint your bedroom in soft hues of green, blue or brown; avoid vibrant colors. Paint your kitchen yellow to facilitate conversation. In the middle of your home having earth tones will help improve your health. You can accomplish this with pieces of pottery in earthen colors, or have decorative pillows in green, brown or gold. Instead of painting your home the same drab cream color, be adventurous and experiment with deeper, richer hues. It's only paint; you can always cover it with another color if you dislike it!

Feng Shui is a solution-oriented philosophy. I enjoy the challenges my clients present me with. To date I have not come across a problem I could not solve! I hope to keep my winning streak going! Please send me your question or problems and I will do my best to help you solve your dilemma! You can visit my website for more information, I will be adding the Ba-Gua map to my website this month [www.sunitasitara.com](http://www.sunitasitara.com). Please e-mail me at [Sunita@sunitasitara.com](mailto:Sunita@sunitasitara.com) until next month!

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