



# THE YING AND YANG OF FENG SHUI

Are you feeling overwhelmed at work?  
Running around in circles and getting little accomplished?  
You might need a new stove. BY DONNA LYNN RHODES

Feng Shui originated in China thousands of years ago to protect the Emperor and his land, and later as a way for people to ensure their crops did not die. It has since evolved into the science of how environments influence health, prosperity and relationships.

Feng Shui expert Judy Fritz helps Bay Area residents and businesses find harmony in their physical environments. "I look at the emotional, spiritual and physical areas of one's life and how they are reflected in surroundings. If there are issues with health, career or prosperity, they are often associated with one's environment. Your surroundings must support your goals by bringing balance to your life. From your front door to your back closet, every part of your environment needs to be Feng Shui aligned."

Fritz incorporates physics, philosophy and design to create environments that fos-

ter growth. Fire, water, earth, metal and wood all have energies that affect people. "A Feng Shui expert traces the flow of chi (energy) and determines any disturbances or breaks within the space. You have to look at all the elements – even how and where you place your furniture – to see how they influence your life," says Fritz. Color also plays an important role in Feng Shui. A red or black accent wall can be a nice element but painting an entire room red is sending the universe the wrong message.

Which brings us back to your stove. Three of the most important aspects of good Feng Shui chi are your front door, your stove and the position of your bed. "Think about it," Fritz says, "If your burner isn't working, you could be 'burned out.' Your front door relates to life, career and birth, the stove relates to money, abundance and legal issues, and the bed with control and sustaining relationships."

## TIPS TO GET YOU STARTED

**De-Clutter.** Clear your space. Clutter is a negative influence which can have adverse effects on your health and well being. It can be anything from clothes that don't fit to gifts from ex-lovers. You can't move forward if you're stuck in the past. Look around outside your house and note any negative influences. Is there a dead bush or tree? Maybe you're collecting old tires or junk? Get rid of it.

**Nighty-Night.** Your bedroom — especially the position of your bed — influences obtaining and preserving relationships. The placement of mirrors and reflective surfaces as well as headboards and accessories are crucial for positive influences.

**Welcome Home.** The walkway to your house and the front door needs to be clean, inviting and beautiful. Meandering paths are better than straight ones and landscape should be shiny and bright. Moving water creates a positive influence where narrow hallways can encourage negativity.

**What's Cooking?** The kitchen is the heart of the home. If you want to create good balance in your home, your business and your life, start with your kitchen. The overall design — especially the position and placement of the stove — has an overwhelming influence on good luck, prosperity and family harmony.

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