

INTRODUCTION

Due to the nature of my work, I see a lot of different people from all walks of life. As well as clients, this includes friends, vendors, neighbors, and new people I have the opportunity to meet throughout the course of a day. If they happen to ask me what is keeping me busy, I usually mention that I am in the midst of writing a book, because when I am in writing mode, it consumes so much of my time and energy that it's all I can think or talk about.

In the course of conversation, they invariably ask me what I am writing about. When I tell them my topic is “how to feng shui your life,” immediately almost everyone exclaims some variation of, “Oh, my goodness, that is exactly what I need!” or “That’s just what my husband/friend/boss needs!” We all have a good chuckle, and even if the words are said in jest, at some level there is a part in all of us that desires a life that is “better” in some way than what it is.

These days, practically everyone knows that feng shui has something to do with shifting your environment in order to create balance, harmony, and flow in your life. I rarely run across anyone who hasn't heard of it. People who are open to trying something different in their lives are drawn to it because they hope that shifting things around in their environment will make positive shifts in their lives.

As a feng shui practitioner, consultant, and teacher of this amazing philosophy, I have seen firsthand how a more balanced environment can impact its inhabitants in a tangible way—everything from improved finances and an increase in business clients to new love relationships and better health. What drew me to feng shui was the possibility that I could help to positively affect someone's life experience by realigning the unseen energetic vibrations of the environment in which that person lived.

Over the course of consulting for clients and following up on the results, however, I have noticed that the environment can change someone's life circumstances only up to a given point. After that, it is up to the person to take the next level of responsibility in creating the changes they desire. Whenever I am asked, “Can feng shui help influence positively what's going on in my life?” my answer is a wholehearted yes. However, I discourage those who seem to be holding on to a fantasy that feng shui will magically “cure” their hardships—because they will be disappointed.

In feng shui, there is a maxim: “as within, so without.” When I go to a home or business, I can immediately see how the people living or working there are energetically experiencing the environment and in what area they are likely having challenges. To a trained practitioner, the expression of an environment can be easily read, because the symbolism of what is going on within a home mirrors what is going on in the occupants' lives.

Using feng shui to make changes to an environment can help to create supportive energy that will aid in balancing the perceived challenges and bringing more ease and flow to a person's life. However, there is a limit to what feng shui can do. The occupants must be willing to participate further by making necessary changes within themselves in order for true change to occur.

As an example, a woman I'll call Jennie asked me to work with her to create a more peaceful home environment. At the consultation, I found out that a “peaceful home environment” really meant that she wanted to reduce her husband's yelling and temper tantrums. After she made some balancing feng shui changes to her home, she noticed that he seemed somewhat “calmer,” but he was still yelling—just not as often.

She called to ask me what “advanced” feng shui advice I could give her to minimize his yelling. My answer was that she should encourage him to seek therapy. I explained to her that the environment could not do all the work for him; for change to happen, he had to want to change. Likewise, I advised her that it was also important for her to focus on herself and her own choices: what was she willing to put up with?

What I want to emphasize is that you can feng shui your environment and it will definitely create a better source of visual and energetic support, but it will not change your life. To change your life, you will have to make different choices. You can use your environment to help you get started, but when it comes down to it, you are the only one who can alter the reality of your life.

To help you with this, each chapter includes Lifework that addresses the balance and alignment of your body, mind, heart, and spirit—or what I call your “inner feng shui.” Asking yourself specific questions and becoming aware of how you are aligned within is a vital component to understanding how to live a life filled with heartfelt dreams, desires, hopes, and visions.

Our challenges sometimes feel like random happenings outside ourselves, things that are caused by the people or circumstances in our lives. While it is natural to blame these outside situations for the physical, emotional, or mental chaos we experience, in reality it is our own lack of clarity that causes us to perceive our lives as we do and make them what they are.

If you don’t take the time to empower yourself by defining what it is you want in your life, the Universe helps you along by bringing situations that challenge you to awaken to a new path or perspective.

We all have challenges. That is how we grow and evolve as human beings. However, it is so much easier to face challenges when you are on a path you choose to be on instead of one you are living by default. The more uninspired you are, the more disempowered you are, and the more challenges you perceive you have. This is because you have moved away from living your life according to the authentic “you.” Your “inner feng shui” is out of alignment with your true self.

I hope you will use this book as a guide and devote countless hours to creating a supportive environment for yourself using “outer feng shui” while you are discovering who you are using “inner feng shui.” Put your heart and soul into finding all aspects of who you are. Look without, look within, and make conscious changes: this is what it means to “feng shui your life.”

When you are true to who you are, you operate from your heart. When you step forth from your heart, the Universe moves heaven and earth in order to create opportunities to help you fulfill your purpose and your destiny. When you have a clear vision, your inspired actions will produce amazing results.

Feng Shui Your Life is an entry point to the pathways you will take to your desired destinations as you journey through life. There is nothing better than getting inspired about yourself and creating an environment that supports you in making the changes you want. Get ready for a journey of commitment to you, and let’s “feng shui your life” together!

As we begin, you are about to meet someone: Molly Malone, a woman who decided to step on the path of empowerment and make changes in her life in order to master her own destiny. We will follow her journey throughout the book and see how she uses the information presented here to create a life that is more authentic to who she is.