

AT HOME

{ ATTITUDE }



JUST BECAUSE YOUR HOME LOOKS AS IF YOU HIRED THE CARTWRIGHTS
OR EWINGS AS YOUR INTERIOR DESIGNERS DOESN'T MEAN YOU CAN'T ADD
HARMONY TO IT BY UTILIZING THE ANCIENT CHINESE ART OF FENG SHUI.



COWBOY ZEN

*Decorate a Western-themed home
with feng shui to find balance
and enhance life energy.*

By Anna Walters

In English, feng shui translates to wind-water, and it is the practice of arranging your environment so that positive energy, or “chi,” flows gently and smoothly through your home. The philosophy is that “your whole life is mapped out in your physical space,” according to certified feng shui practitioner Linda Ellson, who is based in the Niagara region of New York.

“Imagine lush trees and meandering pathways that lead to a serene lake, and sitting on a bench to take it all in,” Linda said.

Nature’s innate power and influence is represented in feng shui and placed throughout the home in different sectors. Feng shui displays vibrancy just like a Paint Horse’s diverse markings—and it can add a bounty of color to your life.

“Paint Horse aficionados are already tapped in to the rhythm of nature, and feng shui is a wonderful extension that can benefit an equine lifestyle,” Linda added.

The key building blocks of feng shui are the five elements: earth, fire, metal, water and wood. These are the types of energy that bring balance within a home. The Pa Qua, an eight-sided map, is used to interpret feng shui sectors in a room or space. It is a great resource to utilize when organizing your physical space, Linda says.

“Don’t let clutter hold you back and create a void,” she said. “The universe wants you to open up.”

Here are some of Linda’s suggestions on using feng shui in your home.▶

RELATIONSHIPS ▶

- A balance of the feminine (yin) and the masculine (yang) blossoms relationships. It represents a shared equality in a partnership and is achieved by displaying items in pairs such as matching bedside tables and lamps in a bedroom.
- Pairings can also be used to attract relationships. Add a second dishtowel to your kitchen rack or place two throw pillows on your leather loveseat.
- A queen bed is considered ideal in the bedroom because a king bed is cavernous. It is almost too big, as if you are separate from your partner. The queen size bed is considered to be just right. You also want to have a commanding view of your space, so your bed shouldn't be aligned with your bedroom door.
- For quiet rejuvenation, keep your bedroom dark at night and close your window treatments to create an intimate cocoon.
- Rose quartz crystal, a semi-precious stone, can be worn or carried to attract love and romance. If you love yourself and are compassionate, you are more open to attracting a relationship.



WEALTH ▶

- To attract wealth, spice up a southeast area in your home with all shades and varieties of the color green.
- Place a bamboo or jade plant on a rectangular desk or table in the southeast area of your home. They are both considered lucky or “money” plants.
- Hang photographs or artwork that displays flowers or leafy woodlands.
- Display wooden picture frames with family photographs or store your financial statements in a wooden filing cabinet.



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LIVING ROOM ▲

- Don't overcrowd your room with furniture, and always position your main couch against a solid wall.
- Multi-seating should form a circle or half-moon so that everyone who is seated is in eyeshot and can communicate with one another.
- A television shouldn't be the living room's "great altar" or the first thing you see when walking into the room. This also influences great conversation.
- Display a bookshelf with your favorite books in the northeast or framed photographs of beautiful places across the globe that you have journeyed to. Your favorite items are visually stimulating and share your story.
- Tie a lasso rope around curtain rods in the east area of the home. The style not only emits a Western appeal, it also attracts longevity.

Feng Shui

To learn how to interpret the eight feng shui sectors and its five elements, go online to:

www.mychromelife.com/attitude



KITCHEN

- Let natural light infuse and energize your kitchen space, open the blinds or drapes during daylight hours.
- Two everyday appliances—the stove and fridge—should be separated because they’re conflicting elements. A spider plant placed on the fridge can serve as a cascade and it is a wood element which allows energy to flow positively in the kitchen (the wood element feeds the fire element).
- Place a healthy plant on a kitchen table or counter.
- Display decorative pottery, such as a bright green vase. It can be used in a northeast or southwest kitchen that needs the earth element. Pottery is made of clay and represents earth. The color green is also a wood color, which is always the main element in any kitchen.

HORSE SYMBOL ▶

- The horse is a powerful animal in feng shui symbolizing success. The “proud horse,” with his head raised, should be displayed in the south area of the home.
- Number patterns are also significant in feng shui. A painting of nine horses can be placed over a mantle. The number nine signifies wholeness and luck and is placed in the south area of the home, the painting of nine horses enhances the area.
- Use embellished china that displays an image of a horse in the background. The china plates can be placed in a northeast or southwest dining room where the earth element is needed. The china, an earth element, and a horse in the background both support the element.
- Display a metal sculpture of a horse in the northwest area of the home or use a metal picture frame to show off your Paint Horse. This attracts influential guides and creativity. Gold is also considered to be the color of success and is the metal element. You can use it in the west or northwest to add brightness—like gold candlestick holders—along with adding images of your horse.
- The fire element, such as a painted red door in the south can attract a positive reputation. 🍷

