

Feng Shui for a Calmer Home

Arranging a home so energy, and you, can move through it freely.

CLUTTER IS STAGNANT ENERGY

Feng shui reads a home as a set of pathways. Chi, the energy of a space, should enter at the front door and circulate to every room without being blocked, trapped, or shot straight through and out again. Clutter is the most common blockage, which is why tidying and feng shui arrive at the same place from different directions.

You do not have to believe in chi for this to be useful. Every rule below also describes a home that is physically easier to move through, sleep in and think in. Use the bagua map opposite to decide which corner of the house deserves attention first, rather than as decoration.

Wealth wood	Fame fire	Love earth
Family wood	Centre earth	Children metal
Knowledge earth	Career water	Helpers metal

Stand in your main doorway looking in. The bottom row is your front wall.

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The checklist

THE ENTRYWAY IS THE MOUTH OF CHI

start here, it affects everything

- ☐ The front door must open fully, nothing stored behind it
- ☐ Clear the floor completely, shoes contained not scattered
- ☐ Good light at the entry, replace any dead bulb today
- ☐ Something living within sight of the door, a plant works
- ☐ No mirror facing the door directly, it pushes energy back out

THE COMMAND POSITION

for the bed, the desk, the stove

- ☐ You should see the door from where you sleep and work
- ☐ Not directly in line with it, offset to one side
- ☐ Solid wall behind you, never a window at your back
- ☐ If the layout forbids it, a mirror showing the door will do

LET ENERGY MOVE

pathways, not obstacle courses

- ☐ Every walkway clear to at least shoulder width
- ☐ No furniture corner pointing directly at a seat or bed
- ☐ Doors should open fully without striking anything
- ☐ Round or soft-edged pieces in the rooms you use most

SLEEP AND STORAGE

the bedroom rules that matter most

- ☐ Under the bed stays clear, or soft items only, never paperwork
- ☐ No work materials or exercise equipment in the bedroom
- ☐ Screens and chargers out of the room overnight
- ☐ Pairs of objects on bedside tables rather than single ones

THE FIVE ELEMENTS, IN BALANCE

aim for one of each in a main room

- ☐ Wood: a living plant, or something green
- ☐ Fire: a candle, or a warm red accent
- ☐ Earth: ceramic, stoneware, a flat square shape
- ☐ Metal: something round, white or grey, a metal frame
- ☐ Water: a mirror, glass, or anything dark and reflective