



# 10 Ways to RAISE Chi-Energy

## CHI-ENERGY is part of your life force.

Chi-energy is apparent through the breeze coming in the windows, a gale-force in a storm or the birth of a baby chick. It is alive, abundant and necessary for us to live!

Some refer to this as a vibration or frequency; as everything has a life-force or a vibration in order to survive. In Feng Shui, we talk about 'raising the chi' or even manipulating things (in a good way) to make change in order to thrive!

## 10 Ways to Take Charge and Raise CHI-ENERGY

1. **Lighting:** The sun is our greatest life energy to embrace each day. Open the curtains; natural light is the first choice. Use mirrors to bring light into your space and then, choose proper task lighting where needed. We need to 'see', in order to grasp opportunities coming our way.
2. **Fresh Air:** Our second greatest energy to embrace each day; open the windows! Even at below-freezing temperatures, our space needs fresh chi-energy to help clear things out! Make a habit to open the windows wider (even for 10 min) whenever you are changing sheets, cleaning the house and especially your desk area.
3. **Function and Flow:** It's imperative to be able to glide through your space without trip hazards and side-steps. Be sure each piece of furniture has a function and remove items that are not needed. Use appropriated sized bins or trays to store and organize your day-to-day needs.
4. **Plants:** The gift of life-energy can come right into your home! Place an orchid, bamboo or jade plant near your computer to counter-act any Wi-Fi energy. If you are able to nurture more auspicious plants, check out a money tree, peace lily or any flowers or flowering plants.

*In order to make change in your life,  
you need to change something!*

5. **Chimes:** 'Make a joyful sound unto the world'. Metal chimes, and their energy, can announce a storm ahead, as well, bring tranquillity with a soft breeze. Check out Woodstock Chimes for properly tuned items that won't aggravate tinnitus.
6. **Crystals:** Feng Shui crystals are leaded, glass balls that can redirect light energy into your space. They can light up a dark entrance, or, bring rainbows through a sunny window. Quartz natural stone crystals have their own vibration and create grounding energy in a room.
7. **Colour:** Each colour has its own qualities to bring joy, calmness, warmth and healing energy into a space. Chances are, you are already wearing your favourite colours and purchased things around the house that bring you joy! Observe what makes you happy and surround yourself with MORE!

***Your immediate space CAN bring you joy and love!***

8. **Water:** Water helps us sustain life, and is highly recommended as a beverage. It often provides a calming factor in our day as a pleasant view for the senses. Ideally, a fish tank, bird bath or fountain are fun, and yet, may seem impractical to many. (Cut flowers need water, too!) Hang up an image of a sea scape, or favorite vacation spot to lift your mood.
9. **Space:** Horizontal surfaces are notorious for clutter-catches. It's called 'life'; we live, eat, grow and also cultivate stuff! Try for a 50-50 rule with your collections on shelves and desks. When cleaning up, try to leave 50% of your 'real estate' open to attract new things and fresh opportunities coming your way!
10. **Other:** Everything that has a pulse and/or frequency has the ability to influence you and your space. Take note of your surroundings and the support-items that share your day. Many things in our homes send cryptic messages through colour, shape and previously-owned karma. Take the time to review everything in your home to ensure that everything supports you in a positive way.

***Live Your Life & Love your Home!***

