

# Feng shui

FOR  
LOVE AND  
RELATIONSHIPS



**Cultivate and Revive Your Passion**

## Cultivate and Revive Your Passion

**Balance and harmony in long term relationships do have their ups and downs, manoeuvring through life's changes. Just like unconditional love, respect for each other is timeless.**

Regardless of mistakes in the past, you can still cultivate and repair misunderstandings and grow together into the next chapter of life.

At any time, of any day, can you look at your significant other with respect? What about when you are tired? Or, when your partner is worn out from a long commute? Can you love and respect each other *enough* to be pleasant, kind and understanding? (If not, try to remember the reason you got together in the first place.)



## My own story has it's ups and downs too!

I married young. In fact, I married the first guy that told me he loved me. Looking back, it was not the best decision, but then, it was a way to mom and dad that you were all grown up.

Sadly, when the baby came a few years later, it was clear that my first husband wasn't responsible enough to be a family man. Once that trust factor is broken, in any shape or form, it can be very difficult to move on. Single parenting is tough on everyone.

Several relationships over the next few years resulted in me wondering if 'Mr. Right' was out there.

It wasn't until my son was in his teens that I met the man that I am still in love with 25yrs later. It is possible to be married for a long time and still be respectful, considerate, compassionate and patient in order to find the balance. We never fight. We only discuss, listen, comment... and then, sometimes choose to change the subject for another day.



*If you want something to change,  
You need to change something...*

**Knowing what you have to bring to table, as well as what you need from a relationship will cultivate a tight connection for life. Good relationships are solid.**

**When you have someone that stands by your side through thick and thin, you'll never be alone!**



## Cultivate and Revive Your Passion

Long term relationships have their nuances of gold as well as some tarnished silver in the closet. You know each other so well; you can predict a frown, a comment, a chuckle... and determine how well they will handle the next crisis.

In mature relationships, love and sex are the same - but different.

As time passes along, a couple should be able to rely on the *quality* of love between you, not necessarily the quantity. The passion may not be as intense, but the flame is still there.

~You've grown-up, and hopefully grown together. ~



# The Balance

**Finding the balance in a relationship is always the challenge; not just personalities, but a balance of energy throughout the day.**

Yin energy is required for rest. This feminine side of the equation is necessary to bring soft, calm energy into play. Use softer earth-tones for your main colour when you decorate the master bedroom; such as tan, cream and taupe, or a bit of pink. Earth tones are relaxing and soothing.

Yang energy, vibrant and active, is not what you need to prepare a cozy 'nest' in your bedroom. Choose softer prints rather than loud themes. Think about slowing down the tempo of the day: work is finished, the kids are in bed... and the time is yours.

Red can bring vibrant yang energy into the room, but use this 'fire colour' in small doses. It is best used as an accent with pillows, candles and smaller details.

Finding the right balance of energy with your partner will make some of life's challenges unfold much smoother. Remind yourself that you have chosen a wonderful partner that fits with you! Enjoy each day together! ~



## The Power of 'TWO'!



### **There should be only two of you in the bedroom:**

- Remove any family or kid's pictures from the master bedroom.
- Use the number two in your choices for décor: two lamps, two end tables, two candles, two mugs, two hooks for the bathrobes, two sculptures, etc.
- Bring the symbolism of two into the images on the wall: two birds or two pictures of birds, two people enjoying themselves on a beach, two things that signify the intimate time and space you want together. A recent picture of the two of you is an awesome symbol. Both parties should agree on these items.

If you have a fabulous picture of a sunset with only one person walking down the beach, this image could backfire. If you can see yourself walking alone in life, this image can harbour plans for actually walking alone.

Make sure you both love the soft blankets and colours of the sheets; the feel, the smell and comfort.

**Remember to make your bed every day as this reflects how you respect the relationship; and how you choose to take care of it. ~**



# The Royal WE!



**It is easy to fall into a routine when we are comfortable in a relationship. I think that is part of the ‘beauty’ of a long term relationship.**

We already know what to expect, how the chores are divided up, who is in charge of the garbage and who takes care of the laundry. But, after a while, resentment can set in. Someone else can be perceived to have a ‘better deal’ or your work schedule no longer coordinates with the laundry or garbage pickup.

The unity of ‘we’ can be transformed to separate ‘you’ and ‘I’. We could blame our sub-conscious to accuse the other person for our trauma or step into self-righteousness. Situations like these:

- “It is your turn to take out the garbage.”
- “I’m busy tonight AND I have to shop for groceries.”
- “Why did you buy this bug spray? You know it is poison!”

If we adapt our vocabulary just a bit, we can still maintain control in a harmonious way, without blame or disrespect. Turn the issue into a statement rather than an accusation or a dictatorship. Try using the ‘Royal WE’ in these situations to diffuse the issues.

- “We need to remember to take the garbage out this evening.”
- “We are both busy tonight, but someone needs to shop for groceries.”
- “Oh dear, we bought the wrong bug spray. I think this one is poisonous!”

Change these words to re-work one of your own scenarios. You’ll find that altering your vocabulary to include the ‘Royal WE’ can be a great peace keeper. ~



# Good Vibrations!

**We all know how ‘sacred’ the master bedroom is; but is it getting the attention it really needs for a solid relationship? Often, the master bedroom is the last room to get any attention!**

In feng shui, the main objective of the ‘relationship area’ is to have this area balanced in order to maintain an equal partnership. The master bed should be large enough to support both parties, without a crack or division in the mattress. One side should not be ‘better’ than the other. And, both people should be able to get in and out of bed from their respective sides.

## **Energy Mood Zappers: Things to Do Today!**

- Get the dirty laundry out of view, take out the trash and clear the dust bunnies.
- Clean any clutter and unwanted items off the tables and dressers.
- Cover any large mirrors, glass tables and the hard shiny surfaces. (Too much yang energy bouncing around.)

Make this space into a special spot to connect! Bring in a little fire! If you choose, light two candles to help ‘light’ the way..

The intention you set is very important: Couples need to cultivate the right energy to connect with each other on an equal basis. Clean up, get rid of distractions, fluff the pillows and give yourselves an opportunity for new vibrations. (!)

~Whatever that may mean to you! ~



# The Author



Kathryn Wilking is an Author, Stager and Feng Shui Consultant. She has worked in the decorating and home improvement industry for more than 25 years; a specialist in paints and coatings.

Kathryn began to study feng shui in 1998 when she remarried and tried to balance a blended family. Feng shui helped her pull all the dynamics together to find the balance in her home, and in herself. Adopting feng shui as a lifestyle, she is still happily married all these years.

Now offering home and office services with feng shui, Kathryn has *Practical Solutions* to help others with their life's challenges!

Currently residing in Ontario, Kathryn has a monthly newsletter and *Blog* that focuses on Stress-free Living and related topics. Join in to receive tips and tricks to help you navigate through life and pick up your FREE gift. (upper right side on the website: [www.kathrynwilking.com](http://www.kathrynwilking.com))

As an active Professional Member of the International Feng Shui Guild, Kathryn is available for private consultations, talks and workshops. Check out more information on her website:

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\*\* This booklet was intended to provide positive insights to help couples cultivate a closer connection. Use these tips and ideas at your discretion.