



FENG SHUI

for LOVE & Relationships



with Kathryn Wilking



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Cultivate and Revive Your Passion

Balance and harmony in long term relationships does have ups and downs, maneuvering through life's changes.

Regardless of mistakes in the past, you can still move forwards and have FUN!

Do you look at your significant other with respect as you grow together into the next chapter of life?

Are you consciously pleasant, kind and compassionate?





My Story has it's Ups & 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, I thought that I was all grown up.

Sadly, when a baby came along 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.





My Story continued

It wasn't until my son was in his teens that I met the man that I am still in love with 25yrs later. This is Stephen and me; we sail, dance, travel and experience many things to do along the way.

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.





Staying Together for the Long Haul!

Long term relationships have their memories in 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 each other will handle the next crisis.

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

A couple should be able to rely on the quality of love between you. The passion may not be as intense, but the flame is still there. You've grown-up, and hopefully grown together.





Finding the Balance

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!**

Yin energy is required for rest. This feminine side is necessary to bring soft, calm energy into play.

Use softer earth-tones for your main color when you decorate the master bedroom such as tan, cream and taupe, or a bit of pink.

Earth tones are relaxing and soothing.



Decor is Important!

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 or moved on... and the time is yours.

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



The Power of TWO!



There should be only two of you in the bedroom; a picture of the two of you - not the whole family!

- **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 of connectedness.**





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 harbor thought about actually walking alone.

Make sure you both love the soft blankets and colors of the sheets; the feel, the smell and comfort. Both parties need to agree on items chosen for shared areas.

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 could set in.

Your partner could be perceived to have a 'better deal', or your work schedule no longer coordinates with the family routine.

The unity of 'we' can transform an issue from a separate 'you' and 'I' into a joint agreement.





- **When using phrases like these:**
- **“It is your turn to take out the garbage.”**
- **“I’m busy tonight so you’ll have to shop for groceries!”**
- **“Why did you buy this giant package of cheese? You know I’m cutting out cheese!”**

If we adapt our vocabulary just a bit, we can still maintain control in a harmonious way. 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 we need to shop for groceries.”**
- **“Oh dear, we bought the wrong cheese. It was on sale! We really have to remember to change our shopping habits.”**





My Personal Favorite:

**“Can we make a new rule?
Let’s try to _____.”**

**Introduce ‘new habits’ for the greater good!
This works very well when convincing your kids
to do their chores too! :)**

**You’ll see very quickly that altering your
vocabulary to include the ‘Royal WE’ can be a
great peace keeper for all sorts of issues.**

**P.S. My hubby has this figured out! Often, when
I mention the ‘we’ part, he asks;**

**“So, is this the ‘Royal WE’ or are you talking
about ME?” LOL!**



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 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.



NO MORE 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.

I like to freshen bedding and pillows seasonally. And, don't forget to open the window to bring in some fresh chi-energy. Then, my bedroom can look and feel fresh, as if it's a whole new space!

Clean up, get rid of distractions, fluff the pillows and give yourselves an opportunity for new vibrations. (!)



The Cycle of Love, Sex and ..



Seasons change and so do I...

The lyrics to a very popular song are SO TRUE!

Relationships change as we grow. When one partner is growing and another isn't, there can be tension. It could be circumstances, such as a layoff, a buyout or, even health and personal reasons.

It can be something unpredictable why some people thrive in their careers and others not. While it may seem like the balance is off, it's the intention to *continue to be a team*, that is necessary.

Whenever there is stress,
the bedroom is a mess!





As we grow and change, love and sex changes too!

Let me tell you about a client, I'll call her Clair. I was called in for a Home Harmony visit a few years ago. Claire was off-balance in her home due to a number of reasons. Mainly, she was trying to reconnect with her husband. They'd grown apart and they just hadn't made for each other in a while.

A devote Catholic, Claire had been praying about this and fussing to fix the disconnect. She recently bought a pair of red, satin sheets to spice up the master bedroom, and still...change happens to us all.



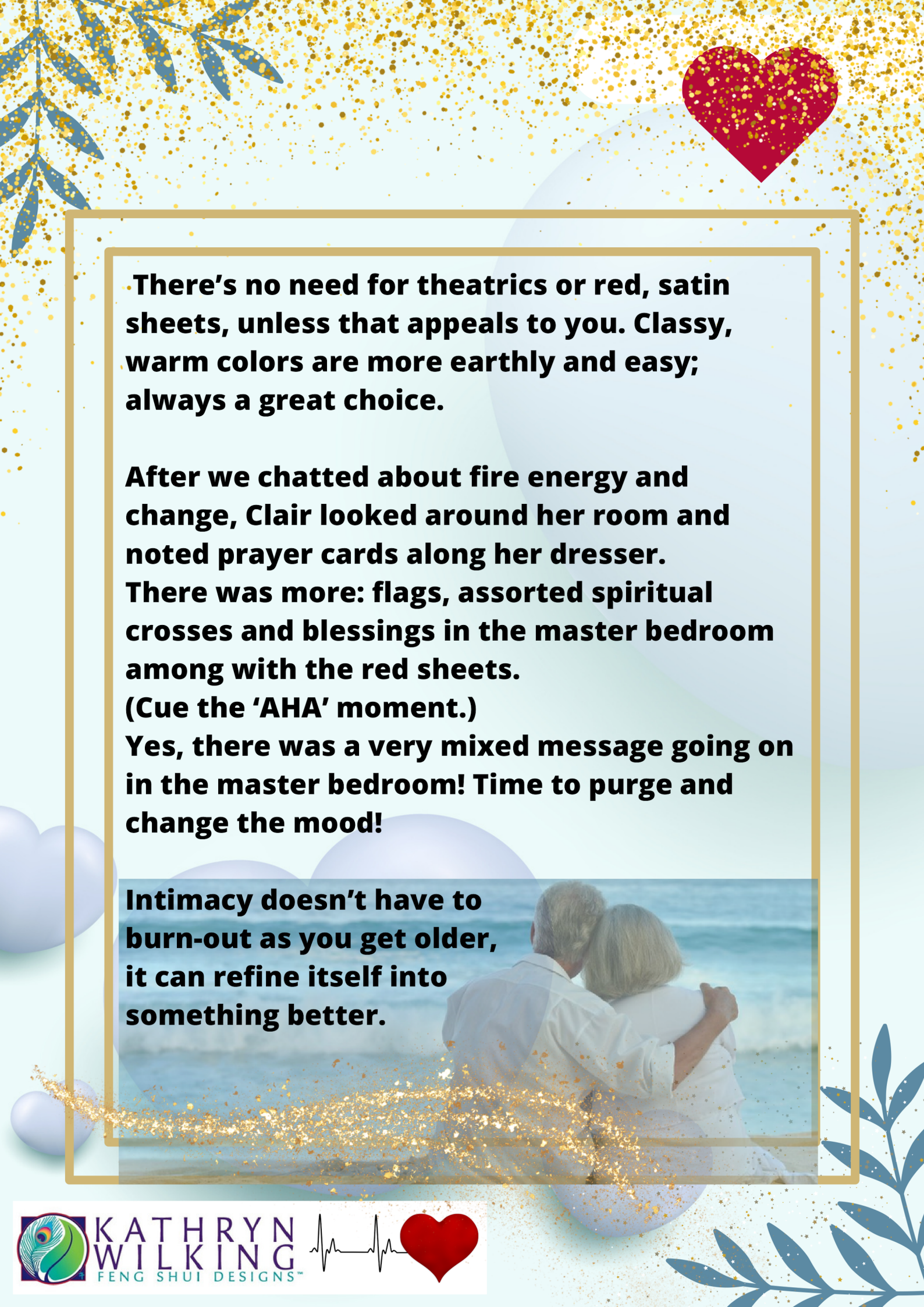
In our youth, we tend to have more energy, enjoy different recreation and require less sleep.

In feng shui we refer to this as 'fire energy'.

Love and sex in our 20's is much different that in our 40s-50s-60s+. As we grow older, yes, we slow down a bit. Young love can be more adventurous. And yet, a solid, more seasoned relationship can become closer by being quieter; comfortable, trusting in unconditional love without all the fireworks!

Every fire dies down and becomes a strong, grounded earth element!





There's no need for theatrics or red, satin sheets, unless that appeals to you. Classy, warm colors are more earthly and easy; always a great choice.

After we chatted about fire energy and change, Clair looked around her room and noted prayer cards along her dresser. There was more: flags, assorted spiritual crosses and blessings in the master bedroom among with the red sheets.

(Cue the 'AHA' moment.)

Yes, there was a very mixed message going on in the master bedroom! Time to purge and change the mood!

Intimacy doesn't have to burn-out as you get older, it can refine itself into something better.





If you're sensing a riff in your relationship...

You know something is 'off', and chances are, things could be better.

It's not too late to talk, meet halfway, and begin to form new habits.

New habits could include:

- **designated weekly date nights**
- **breakfast out on the weekend**
- **pretend you're a tourist in your own town and see what's new**
- **small gifts or gestures to show that you are thinking of each other**
- **take an updated photo together**





The Author

Kathryn Wilking is an Author, Decorator, Feng Shui Expert and Podcast Host of

'Feng Shui Your Day'!

She's worked in the decorating and home improvement industry for more than 25 years; a specialist in paints and coatings.

Kathryn began studying feng shui in 1998 when she remarried and learned to balance a blended family. Feng shui helped to find the balance in her home, and in herself. She quickly adopted feng shui as a lifestyle, cultivating prosperity and still very, happily married all these years.

Offering home and office services though ZOOM and in person, Kathryn has Practical Solutions to help others with their life's challenges!

Let's Get Your Space Working for YOU!

The Author cont...



Currently residing in Ontario on Lake Simcoe, with her husband and two collie-dogs, Kathryn has a monthly newsletter and Podcast that focuses on Stress-free Living and related topics.

Receive tips and tricks to help you navigate through life: 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: www.kathrynwilking.com

Podcast: Feng Shui Your Day

*Wishing you the best. for life!
- Kathryn*

