

The top feng shui do's and don'ts for creating a mindful, calming home brought to you by Dorothea Healing

San Diego, California Jan 26, 2022 ([IssueWire.com](https://www.issuewire.com)) - Top feng shui do's and don'ts for creating a mindful, calming home brought to you by Dorothea Healing

Since you're likely getting very familiar with the interior of your home, and sometimes you cannot take an objective assessment of how it feels or looks, it's a good idea to use an energy balance. Enter feng shui, the ancient Chinese practice that charts the balance of energy, or chi, via scientific calculations. The goal of feng shui is to invite positive chi into your home so that your life feels both energized and balanced, and it's a relatively simple way to improve the vibes of your space. Also the art of releasing negative energy so there is balance and harmony.

Place your bed, desk, and stove in a command position.

In feng shui, one of the most important principles is the commanding position. Essentially, this is the position of some important pieces of furniture: the bed, the desk (it represents your career), the sofa, the stove and other pieces of furniture that can block energy or allow it to move freely. Though you may not be able to move some pieces of furniture, we can use props to adjust those obstacles and enhance the balance of your home. All this comes into play so you can receive optimal positive energy.

Go vertical

No, you don't need to add a climbing wall or ladder to your decor, but integrating some vertical shapes and lines in your home represents growth and expansion. You can make this happen in a variety of ways. Add some lighting where the light travels upward. Add a tree to a corner to make the space feel taller. If you have the room, put in some tall bookshelves. Work with the parameters you have to create the feeling of height.

Pay special attention to your entryway and keep your home clean and clutter-free

If you can just declutter the whole house you will feel an amazing change.

Your entry and front door represent the way you face the outside. It's how the world sees you, like a first impression, so be sure to keep the area clean and clutter-free.

This does not mean the entry must be completely empty; rather it's about keeping only what you need there. So if it's winter, it makes sense to hang your scarf, hat, and coat.

The interior and exterior entry should also be well lit (get some bright bulbs on a dimmer!) and the door number should be clean, hung straight, and easily visible. Auspicious opportunities need clear signage to find you!

Remove obstacles

Are the most frequent routes in your home—say, from the bedroom to the bathroom—free from tripping hazards? Is there an end table you bump into every day? Think about how you move through your space and try to make the paths as clear as possible. If this inspires a major rearrange, you probably

needed it. Efficiency is everything in feng shui, so it's important to clear obstacles from your path and make your flow as easy as possible.

Balance out your bedroom.

We spend many hours sleeping in our beds, so the feng shui of our bedrooms is of the utmost importance. It is the healing space and the "you" time.

Once you get the bed in the commanding position and choose a calming color for the room, it's also important to have space available on both sides of the bed. This means that you've made space for your partner (or future partner). Believe me: Nobody likes to sleep on the wall side! This also allows for a nightstand on each side of the bed. The nightstands do not have to match; however, it's better if they are similar in size.

If possible, there should be at least 2 feet of walking space on the left and right side of the bed, with the headboard against the wall. Yes, you do need a headboard! A solid headboard without bars or holes, fastened securely to the bed, creates stability and harmony.

Be mindful of color choice.

The use of color in feng shui relates to the five elements of earth, metal, water, wood, and fire. The five elements are found in nature and are used to bring in energy to create balance. So if there's an elemental energy that you require a bit more of, you can add that color to your space with paint, accessories, or even clothing.

Incorporate Wood

In the Chinese calendar starting February 1st, 2022, we are about to enter the year of the tiger and the element is wood. The wood element is great to incorporate into your home office as it helps with clarity, sharpness of thought, calming and balancing energies, it is grounding and stable, it can help with productivity as well. (This couldn't be more timely to incorporate into your home as we all navigate new working schedules and spaces during the coronavirus outbreak.) Bring in some decorative bowls, statues, small sculptures or even a branch from your nature walks.

I am here to inspire some good energy for making your at-home time as pleasant as possible.

Visit [Dorotheahealing.com](https://www.dorotheahealing.com) and click this link to learn more about my Feng Shui services:

<https://www.dorotheaessences.com/collections/current-sales/products/home-office-feng-shui>

Media Contact

Dorothea Healing

info@dorotheahealing.com

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