

LAURA MORRIS



**CREATING  
CHANGE:**

**27 FENG SHUI**

**DESIGN PROJECTS TO BOOST  
THE ENERGY IN YOUR HOME**

# Creating Change

## *27 Feng Shui Design Projects to Boost the Energy in Your Home*

By Laura Morris

### ARE YOU FENG SHUI CURIOUS?

When you think of “Feng Shui” what comes to mind? You might think of it as a mysterious, and ancient art form practiced in a far-away land. Or as a sophisticated method of organizing your home, your life, and your space, that takes years to learn and decades to master.

But you don’t have to be an expert to start using Feng Shui in your own life. In fact, the magic and insights involved in Feng Shui are more accessible than you might think.

In her new book, *Creating Change: 27 Feng Shui Design Projects to Boost the Energy in Your Home*, Laura Morris unites modern interior design with ancient Feng Shui principles to create an easy-to-use handbook for bringing more energy into your home and life.

### GOOD FENG SHUI IS GOOD DESIGN

When many people begin the process of bringing Feng Shui principles into their home or space, they often struggle with what should take precedence: aesthetics or good Feng Shui. But the reality is that using Feng Shui doesn’t mean compromising on interior design.

Good Feng Shui should be good design, and in *Creating Change*, Laura will show you how to make your space beautiful and inviting, both visually and energetically.

### LEARN BY DOING

The goal of *Creating Change* is to introduce you to the basics of Feng Shui by helping you apply them immediately to your home, property, and life. The book is broken up into 27 easy-to-implement design project that will help you to balance the energy in your home, including:

- Resetting the scent of your home
- Planting an indoor energy boosting mini-garden
- Set your dining table for health
- Creating a wealth corner vignette
- Using a bowl of lemons, apples or pomegranates to enliven a stagnant space
- Dressing up your bathroom
- Styling your bookcase
- Using potted plants to improve the flow of your space
- Balancing your kitchen

As you work on each of these projects, you’ll internalize the foundational principles of Feng Shui and start to see them at work everywhere in your life.



## A MASTERFUL GUIDE

Laura Morris is a certified Feng Shui consultant, artist, and designer. Through her articles, workshops, videos, TV appearances and consultations, Laura has guided thousands of people to shift their ch'i and revitalize their living spaces, increasing both energy flow and harmony. She believes that by combining mindfulness, Feng Shui and creativity you can transform both your space and your own personal energy. Laura practices Black Sect Tantric Buddhist Feng Shui in the lineage of Grandmaster Professor Lin Yun, a practice that not only focuses on transforming a space physically, but also emphasizes the importance of meditation, mindfulness and wisdom.

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# Introduction

When you think of “Feng Shui” what comes to mind? You might think of it as a mysterious, and ancient art form practiced in a far-away land. Or perhaps as a sophisticated method of organizing your home, your life, and your space, that takes years to learn and decades to master. Maybe you recently came across an article in your favourite design magazine or blog and now you want to learn more, and are a little Feng Shui curious.

Guess what!? Being curious is a great place to be, because it means you are open-minded and a little Feng Shui might be just what your life needs right now. This book is here to help you demystify and start using this ancient art today. Yes, Feng Shui has been practiced for thousands of years, and to become a master takes focused practice, training, and a lot of hard work, but you don’t have to be an expert to start using Feng Shui in your own life. In fact, the magic and insights involved in Feng Shui are more accessible than you might think. . .

I know what you might be thinking: *Seriously though, can Feng Shui really change my life?* The simple answer is yes, it can. But like any transformational practice, it takes commitment. Your mindset and intention will play a key role. I like to think of Feng Shui, as intentional design. Or if you like, you can think of it as yoga for your home. If you practice yoga, you know how it can make you feel lighter and more peaceful — well that’s what Feng Shui does for your home. It brings you peace, lightness, and most importantly more energy!

I wrote this book to give you a fast track into using Feng Shui in your life. I’m a big believer in “learn by doing” and in this book, I’m giving you 27 simple, creative, and easy-to-implement Feng Shui design projects that you can put into practice right away. Also, as you go through each section you will get a little Feng Shui 101 lesson introducing you to a new Feng Shui principle, system, or tool.

Fundamentally, practicing Feng Shui is a connection with, and a sensitivity to, the world around you. It is about taking charge of the energy you create and put out in the world. Make no mistake Feng Shui is a 4000-year-old practice and can be highly technical, and methodical, but it can also be an accessible, everyday way to live your life.

*Creating Change* will give you tools to adjust and activate your environment and your life by using Feng Shui. The art of Feng Shui puts you in the driver’s seat of life; and these projects will show you how to align your desires with the right energy.

What you will learn in this book:

- How to use basic Feng Shui principles and tools
- How to start practicing intentional design
- That simple changes in your home can make a big difference
- How the energy of your home will shift when you make the right changes
- That it is all about positive energy and balance
- That Feng Shui can be fun

### **Feng Shui 101: Key Concepts and Words**

You will learn about each of these as move you through the book but I thought it would be a good idea to give a little more info on some common Feng Shui words, concepts and ideas.

Chi: (Qi) is an energetic force, a life force that powers all living organisms, “the breath of cosmic life”. It has been called many things by many cultures: Ki, Prana, Pnuema, Aether or simply the breath of life.

Intention: is the intangible desire and wish that you give a particular action. In Feng Shui we use intention to ‘charge’ our adjustments and designs. This is also a key concept in manifestation and law of attraction work.

The five elements: is an energy system used to describe and delineate the characteristics of specific types of chi: wood, fire, earth, metal and water.

Bagua: is an important Feng Shui tool which you will learn more about in the section called BOOST. The bagua is the energy grid used by Feng Shui practitioners to interpret a living space; it is a tool to map a home or plot of land. It is systematic way of looking at a home’s energy field, and is made up of nine sections.

## Part I

# The Power of Intentional Design

Feng Shui is intentional design: the deliberate placement and arrangement of objects, colours, and design elements with a desired goal, intention, or outcome in mind.

Have you ever had the feeling when you walk into a space, home or building that something is a little *off*? You can't quite put your finger on what the problem is — you just can't get comfortable. Or the opposite: you walk into a room and instantly feel at ease. The space supports and nurtures you. A well-designed space can not only improve your mood but also your life — this is what Feng Shui is all about. It has the power to change not only the look of our home, but also your outlook on life.

### The magic and power of Feng Shui

- **It's all about the chi:** Feng Shui is like a big cleansing breath for your home. Improving the quality and amount of energy in your home will support, calm and create a greater sense of ease.
- **Smooths out the rough edges of life:** Feng Shui is about aligning your own energy with the chi that circulates in our spaces, homes and in nature. It is about correcting misalignments, and vibrational pulls on your own energy. Simply put, Feng Shui is about creating harmony.
- **Let's you take control when \$#%@ happens!** Complaining, hoping and bitterness will not change bad luck or unforeseen circumstances but by using the power of the universe through Feng Shui, and the strength of your actions you can level the playing field.
- **Reveals what we cannot see:** The power of Feng Shui also lies in its ability to let us see patterns. Patterns in your life, in your home and ultimately the vibrational patterns of the energy around you. It is a mindful awareness that reveals energetic ruts and blockages.
- **The power to shape your environment:** Guess what? If you don't like the way your life is going you can change it. Feng Shui is a tool to strengthen, focus and boost your journey to a more fulfilled life. Feng Shui works best when it is supporting real-life goals and hard work. Change in your home = change in your life.

## Your Creativity is Your Secret Weapon!

This book is about making Feng Shui accessible, creative and fun. It is about creating and designing spaces using the ancient and powerful practice of Feng Shui. Bonus: by taking a tactile and creative approach you will amplify the power of Feng Shui. This creative approach produces a perfect storm of creative energy, action, will, commitment and intention, which is our way of shifting the odds and improving our environment, home and life.

## Creative Feng Shui

In Feng Shui you are working with both the physical space, as well as the invisible energy, or chi that circulates and surrounds us. The most effective Feng Shui is when both are combined: the mundane, and reasonable, and the invisible and immaterial.

I believe this is what creativity does; it combines action with a powerful invisible force. Creativity is both material and transcendental. You work through the creative process; making, installing, and designing, as you impart your own desire and hope. You are creating a perfect storm of creative energy, action and Feng Shui.

“Combining and ‘marrying’ visible and invisible, tangible and intangible, mundane and transcendental characteristics is the most powerful way to use Feng Shui. Enhancing the relationship between outer and inner forces strengthens Feng Shui actions, connecting spiritual and physical worlds, planes and realms, technique and feeling.”

—Steven Post *The Modern Book of Feng Shui*

## Part II

### How to Use This Book

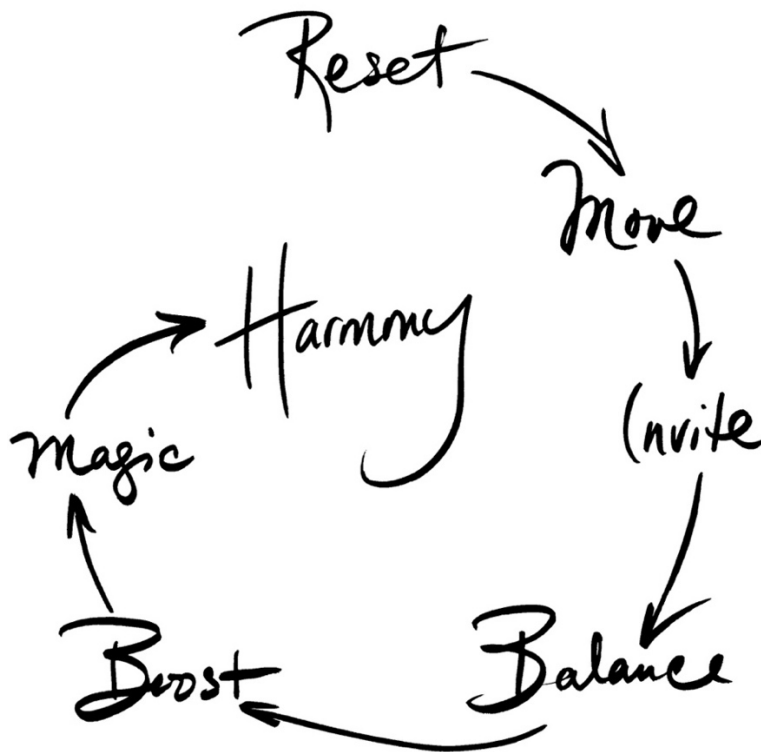
#### The flow of the book: from reset to harmony

The projects in this guide are simple and easy to follow. As you move through the 27 projects you will find that they ask more of your creativity and visualization. You can choose to do any number of projects, and are not expected to do all of them. It is most effective when you pick and choose projects from each stage, focusing on one goal or correction.

**Energy Focus:** The beauty of this book is that you can start all over again, go back to the beginning, and activate something new in your life.

The first time you move through this book it is wise to spend a little more time on the earliest stages, resetting and preparing your home and your own energy. In the first two sections, *RESET* and *MOVE*, you could even do all the projects, this will give a great foundation to springboard the later activation and enhancement projects.

#### The 6 Feng Shui Design Stages





**RESET:** The first stage in your Feng Shui journey begins with a desire to clear and reset the energy in your home. It is best to start with a blank canvas, a fresh space. The resetting stage is about cleaning and repairing. These projects are simple, but that does not mean they are not also powerful and necessary. You can still be creative and focused. This stage is also about taking care of your home and being aware of issues that need to be fixed, repaired or cleaned.

**MOVE:** Can you think of an area or place in your home that feels *off*? MOVE is about redirecting and correcting the flow of chi in the home. *Chi*, the life force, the energy that flows through all living things and exists all around us. It flows from nature, trees, bodies of water, people and animals (more to come on chi in chapter 5). In this stage, you will start to adjust the flow of energy and the path of chi. The projects in this section will keep the chi flowing smoothly and at an even pace, correcting slow, still or fast moving chi.

**INVITE:** Now that you have begun to reset and correct the energy in your home, you are ready to invite new chi and opportunities into your home. To thrive in our homes, we need new and vital chi. The projects in this section will summon the chi, calling it to your home, wallet, and kitchen table.

**BALANCE:** This section is about using the *five elements* creatively to balance the energy of the home. You will learn what the five elements energy system is, and how to use it. Through these projects, you will bring elemental energy into the home with colour, material, and shape. By creatively using the elements you can correct energy imbalances. You will begin to see that the five elements can be used to balance, boost and enhance your life and home.

**BOOST:** You have cleared, and increased the amount of energy coming into your home. You have explored the five elements, balancing the elemental energy. You are now ready to use this energy to activate certain areas of your life. In this section of the book, you will be learning about the *bagua*, and how to boost specific areas called *guas*. These projects are creative and Feng Shui functional. They combine the power of your creativity with the focused energy of the *bagua*.

**MAGIC:** *MAGIC* builds on what you have learned in the previous five stages. The projects in *MAGIC* are challenging, expressive and artistic. You will create Feng Shui inspired treasures that can be used as blessings, enhancements, and adjustments. These projects are powerful combinations of Feng Shui, creativity, colour and intention.

## Your Feng Shui Projects: Making it a ritual

I'm sure you are super excited to get started and want to jump right in, but first there is a little prep you need to do. Being passionate and excited is an important part of the process, it means you are engaged and invested. But you cannot expect the universe to bring you a new opportunity if you have not given your projects the attention and respect needed. For example, if you are hanging your Feng Shui crystal and then stop to take out the garbage, it is safe to say that you are not taking the process seriously. To affect

change in your life you need to do the work, the preparation, and invest yourself, and your energy into the ritual of Feng Shui. You can make your projects creativity rituals by following these simple tips:

## A Breakdown of the Projects

I have presented the projects like a Feng Shui “recipe” complete with “ingredients”, description and full instructions. I also recommend pre-requisite projects or great companion projects that could add in and expand with. Here is a breakdown of the projects and what you can expect:

**Feng Shui 101:** At the beginning of each project section you will find the Feng Shui wisdom and principles called Feng Shui 101. These are mini Feng shui lessons that walk you through key Feng shui concepts, systems and tools. For example, in the section BALANCE you will learn about the five elements energy system. The related projects help you to learn and apply each new principle and concept.

**What you need:** This is about all about preparation. Making sure you have everything you need before you get started. I have provided you with a detailed “shopping” list for each project.

**Creativity level:** Each project has a creativity rating from basic: anyone can do, to highly creative: it will ask you to flex your artsy crafting muscles.

**Bonus section goodies:** I have created an online bonus section that readers will get exclusive access to. The projects often need more supporting information and guidance. I have created videos, resource sheets, checklists, shopping lists and walk-throughs for many of the projects to support you.

**The Feng Shui power behind it:** Each project has a description, a list of what is needed, and full instructions. They also have information about the Feng Shui principles you are working with; it is vital to read through these sections. Understanding the Feng Shui principles before you execute will help you to connect with the energy and intangible qualities that you are calling on.

**Your intention is powerful:** The intangible in Feng Shui is the unexplained magic, and power of chi. It is also your intention. Intention is the fuel that ignites your project or adjustment. With each project your hands will create, but your mind and spirit will connect with the highest good. Writing down your intention, or stating clearly out loud, before and after the creative Feng Shui process will give the universe direction. It will shift your perspective and mental state, allowing you to pursue the work needed to support the Feng Shui project. With each project I have given you intention ideas to spark inspiration and to help get you started if needed.

**Energy Focus:** Feng Shui, creativity, and your intention is the trifecta for meaningful change.

**Sit up and take notice:** Feng Shui is about gaining awareness, revealing blocks, and recurring patterns in your life. It is a powerful lens we can look through to discover our blind spots and vulnerabilities. When you begin working with Feng Shui it is important to be observant; taking note of the emotions, situations, and experiences that present themselves. It is about reading these signs for validation and information. Pay close attention to what you see, notice, for example, if you ask to increase energy in wealth and abundance, and soon find that emotions such as fear and frustration begin to surface. Your job is to take notice, become aware, so you can begin to address these issues. This is Feng Shui.

**What actions are you taking?** With each of the projects you will be working toward a goal or intention. Feng Shui is about aligning your hard work with the powerful energies. You still need to do the leg work, the studying, the hours of research... Remember you are in control of your life. You need to balance intention with action. Feng Shui + Action = Change!

# The 27 Feng Shui Design Projects

## **Reset: repair, clean**

1. Raise the vibration with orange and cinnamon
2. Clean your stove and oven
3. Sweeping with purpose

## **Move: declutter, correct and redirect**

4. Orange peel blessing
5. Clean your mirrors and windows
6. Hang a Feng Shui crystal
7. Brighten a forgotten corner

## **Invite: summon chi**

8. Front entrance makeover
9. Paint your front door with intention
10. Feng shui your wallet for prosperity and wealth
11. Life is a bowl of Feng Shui fruit

## **Balance: balancing the five elements**

12. Dress up your toilet
13. Style your bookcase with Feng Shui
14. Nine potted plants
15. Balance your kitchen

## **Boost: activating the bagua**

16. Increase synchronicity and luck
17. Set your dining table for health
18. Kick your career into high gear
19. Design you love corner
20. Anchoring your wealth corner for prosperity
21. Paint fire for success
22. Open the *Tai Chi* of your home

## **Magic: (extra creative energy boosts)**

23. Make your own red envelope

24. Connecting with earth chi
25. Create a zodiacal animal charm
26. Plant a high vibration terrarium
27. Glowing mason jar lights to activate the bagua

### **I want to do it all 27 projects this week!**

When you begin to explore Feng Shui and understand how it can help to boost areas of your life, you may feel like you want to activate as much as possible as fast as possible. While it is great to be enthusiastic about your new-found love of Feng shui there is a degree of planning and focus needed. You need to be clear on what you want to achieve. When practicing Feng Shui effectively you will need to align your projects and adjustments with action. For instance, if you are going to activate the career section of your home, you should also be doing the expected, everyday work involved in a job search. You need to do the practical work, as well as the Feng Shui magic.

**Energy Focus:** Why 9, 18 or 27? In Black Sect Feng Shui we use the auspicious number nine, or increments of nine, to create rituals and cycles in our cures and adjustments. If you do something consistently for 27 days you are creating (or breaking!) a habit.

## Part III

### Two sample projects

Project 1. Raise the vibration with orange and cinnamon

Oranges are considered a very yang<sup>i</sup> fruit for their color, scent, essential oil, and shape. The peels are especially powerful. Simply placing a bowl of nine oranges in the center of the table can boost the energy in your kitchen. Let's take it one step further. You are going to use the scent of the auspicious yang energy orange to clear the stagnant smells and aura from your home. Bonus: the steam and scent work together and permeate the home to clear it of stagnant energy.

**The Feng Shui principles at work:** The power of scent is undeniable. It can transport you in time and place. Your sense of smell has a direct connection to two areas of the brain both linked to emotion and memory: the amygdala and hippocampus. These deep primal links to our emotions can also make a connection on a subconscious level. You will be intentionally using the yang, vibrant orange scent to reset the energy in your home, triggering a deeper subconscious connection. The orange scent will also mix and mingle with the existing energy in your space, shifting and refreshing it.

**What you will need for this project:**

- ✓ One large pot
- ✓ Water
- ✓ Three large oranges
- ✓ Cinnamon

Creativity level: Easy. If you can heat water, you can do this.

**Instructions:**

Fill the pot with water. Slice the three oranges into nine discs or slices. Place the orange slices and peels into the water. Add a half of a teaspoon of ground cinnamon or one cinnamon stick. Do not boil the water. Allow the water to steam on medium heat. You want the scent to fill the home, continue to simmer (lowest heat setting) until you feel the scent is flowing throughout the kitchen.

Intention inspiration: As you slice the oranges and place them in the water, you will mindfully charge each piece with your intention to clear out any negative scents and lingering stagnant chi that is in your kitchen.

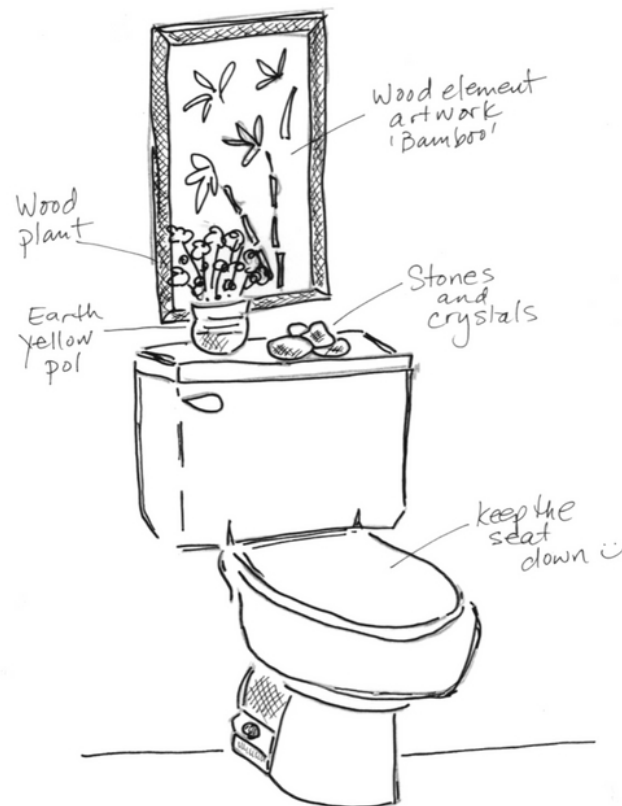
## Project 12. Dress Up Your Toilet: Correct the Energy Drain in Your Bathroom

A well-designed and beautiful bathroom or powder room is good Feng Shui. Bathrooms are dominated by flowing and draining water which can lead to an unstable energetic environment. This draining vibration is not a positive water resonance, but you can slow down and control it with a beautiful intentional design.

Feng Shui principles: You will be balancing the water element by adding the earth and wood elements in the bathroom and around the toilet. The wood element will draw the energy upward away from the drains. It will also *drink* the excess water in the space. The earth element will slow and block the water. Together both elements work to control the water imbalance. Shifting the negative vibration of the bathroom is done by adding a chi modulator, such as a Feng Shui crystal. You can enhance this project by integrating *Project # 24 Connecting with Earth Chi: Solidify Your Intentions*.

What you will need:

- ✓ A healthy green potted plant 6"-8" inches
- ✓ A piece of artwork: trees, greenery, bamboo, flowers
- ✓ River washed stones or a piece of natural crystal/stone
- ✓ A 40 mm Feng Shui crystal



Instructions:

Adding the wood element -

- Add a piece of art over the toilet tank that depicts the wood element: growing, healthy trees, forested landscape, bamboo...
- Place a small potted plant on the back of the toilet tank. This requires two things: natural light and a big enough toilet tank surface. If you don't have a window with natural light just use the artwork. To create more space, think about adding a shelf over the toilet tank for more room to create your vignette.

Adding the earth element -

- Place a large crystal or rocks on the water tank. You can use a stone that is good for grounding such as black tourmaline, hematite, smoky quartz, red jasper, and/or obsidian.
- The soil in the potted plant.
- Colour of ceramic pot: terracotta, brown, yellow (earth colours) or red pot (fire creates earth)

Adding a chi modulator: To adjust the vibration and movement of chi in the bathroom, hang a Feng Shui crystal from the center of the bathroom ceiling. *See project #6*

*Note: If the bathroom is in the center of the home use this traditional Black Sect Feng Shui cure. Place a full-length mirror on the outside of the bathroom door to energetically 'erase' the bathroom. Keep the door closed.*

Intention inspiration: The energy of this bathroom is stable and grounded. The bathroom is no longer a drain on the energy of the home.

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<sup>i</sup> *Yang is the intensive, vibrant energy of the duality yin and yang. It is active and alive. Both yin and yang are always present, and yang is not a tangible or concrete quality, but a state of energy.*