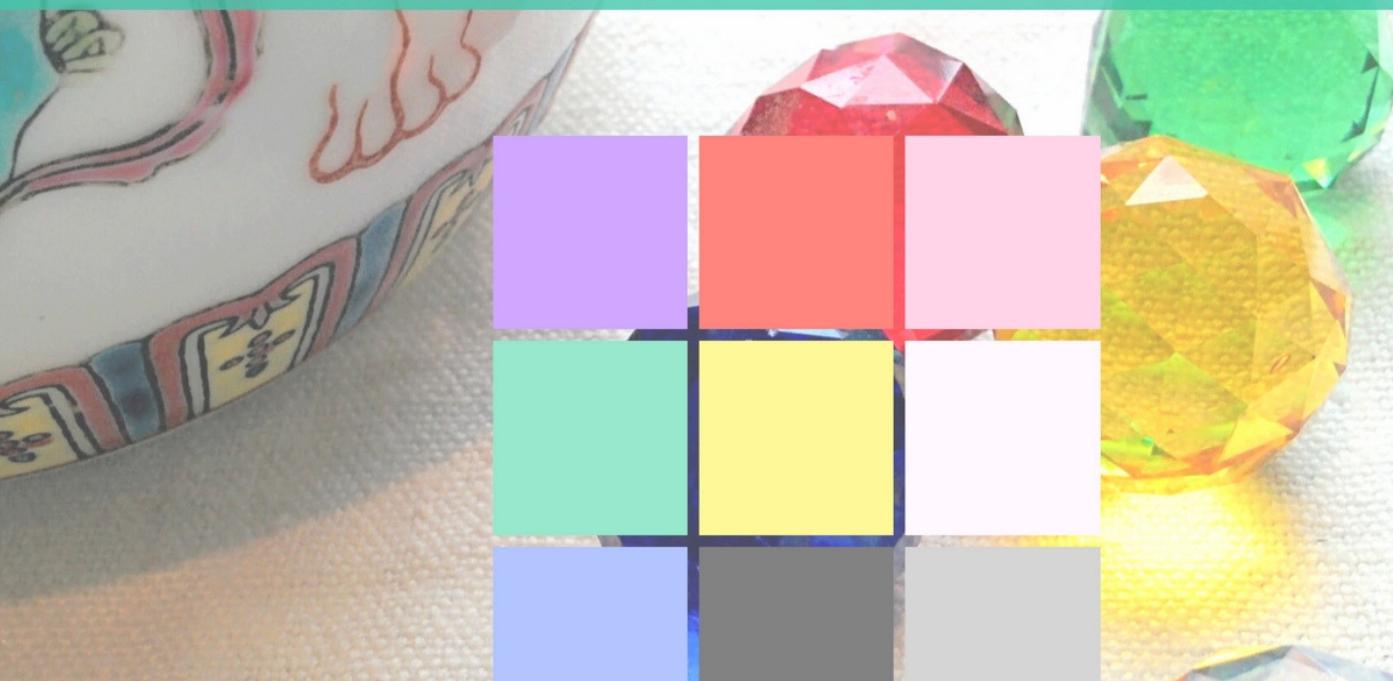


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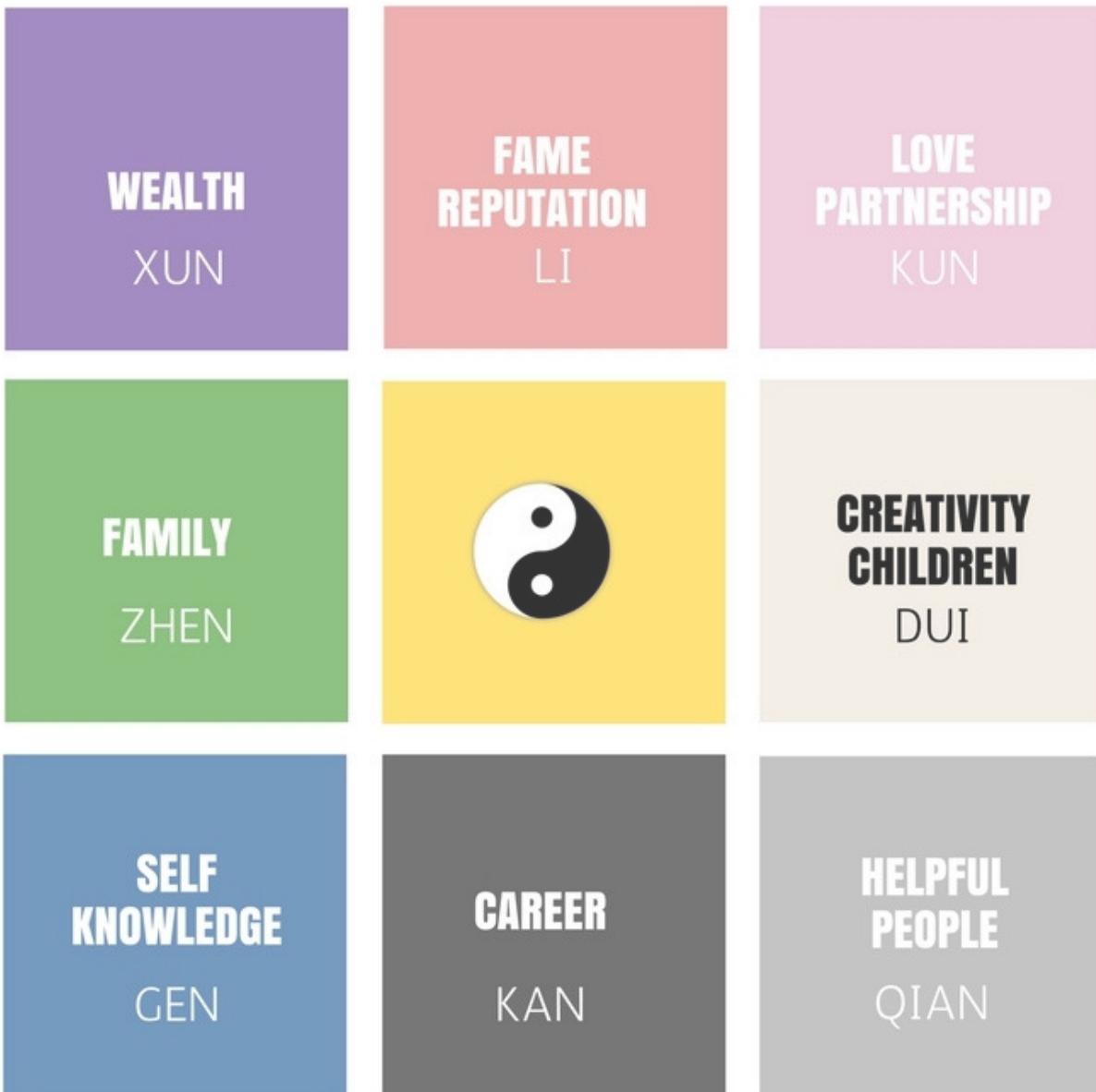


FENG SHUI ENERGY MAP

A free kit to creating a bagua
energy alignment map for your life



Your Powerful Energy Map



The first step in your Feng Shui journey is self-discovery and awareness. You need to know where you want to go before you can create change in your life.

You may be reading this because you: are stuck, want change, or need to shift your focus in your life. You are in the right place! Feng Shui is a powerful tool for creating change and shifting the direction of your life. You probably feel like you need movement in your life - a new direction - but you can't decide where or how to start. These worksheets are the first step.

The bagua is an ancient energy grid that allows you to examine your life from a different perspective: a Feng Shui perspective.

I ask my clients when they begin the Feng Shui process with me to answer a series of questions. These questions can be quite challenging for some because it forces us to sit and take stock, make choices and come to terms with our limitations.

Before you ask for change you need to know what you want and where you want to go. What has been holding you back? What needs attention?

Use these worksheets to help you find your path and gain awareness. Write out goals and initiatives to help you focus and find direction on your Feng Shui journey. You will use the ancient power of the bagua to shape your vision and focus your goals.

How can you ask the universe for change if you don't know where you want to go?



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If you've been following my blog or Facebook page, or had any exposure to Feng Shui, you've probably come across the "bagua."

The bagua is the energy grid used by Feng Shui practitioners to interpret a living space—a tool to map a home or plot of land that gives us a systematic way of looking at a home's energy field that is inspired by the natural flow of nature.

The traditional energetic shape of the bagua is the octagon with 8 directions, or guas. The name Ba-Gua literally translates into 8 guas, or 8 directions. When applying it to a home we would use the modern, and mundane application of a square or rectangle that fits easily over a living space.

The bagua is broken up into 9 sections, or 8 "guas" plus the center. The individual guas are inspired by nature; the energy, and symbolism of each is aligned with a corresponding "trigram" (from the *I Ching*, an ancient Taoist divination text).

The symbolism, position and nature of the trigrams have been translated into energetic signatures that correspond with areas of a person's life. The order, and positioning, of the guas is transitional, moving from one energetic state to the next.

The center of the bagua is the tai chi, it is connected to all 8 guas and unifies the energy of the space, a happy and grounded tai chi ensures health and well-being.

What is the Bagua?

- A tool to map the energy of a space
- It tells a story about your life
- Based on trigrams of the *I Ching*
- Each area has layers of meaning
- Colours and symbols can activate
- It is set using 9 equal areas



Place the grid over the room lining the door with the blue line. Your door will be in one of the 3 bottom guas.



Aligning Your Energy & Goals

WEALTH/BLESSINGS 1. 2. 3.	RECOGNITION/FAME 1. 2. 3.	PARTNERSHIP/LOVE 1. 2. 3.
FAMILY/NEW BEGINNING 1. 2. 3.		CHILDREN/PRODUCTIVITY 1. 2. 3.
KNOWLEDGE/SKILLS 1. 2. 3.	CAREER/LIFE PATH 1. 2. 3.	HELPFUL PEOPLE/OPPORTUNITY 1. 2. 3.

- Choose the areas of your life that you would like to focus on.
- You can list up to 3 goals/initiatives per area, be selective, and stay focused.
- You don't need to fill in each area. It is actually better of focus on only 1 - 3 at a time.

**How to use
the bagua as a
planning tool!**



Narrow it down.
**Write down 3 goals/initiatives/projects
from your bagua map.**

Goal/Project 1
Next 3 months

Goal/Project 2
This year

Goal/Project 3
5 year plan

3 Ways to Activate Your Goals

1. Create a bagua vision board

Print out your map to your bagua vision board or use the one provided as a template to create your own larger version. You can cut and paste images, photos, drawings, quotes and inspirational messages. You can work on specific areas based on your main goals above. Your life and goals will shift; try doing a new board each year.

2. Start with the bedroom

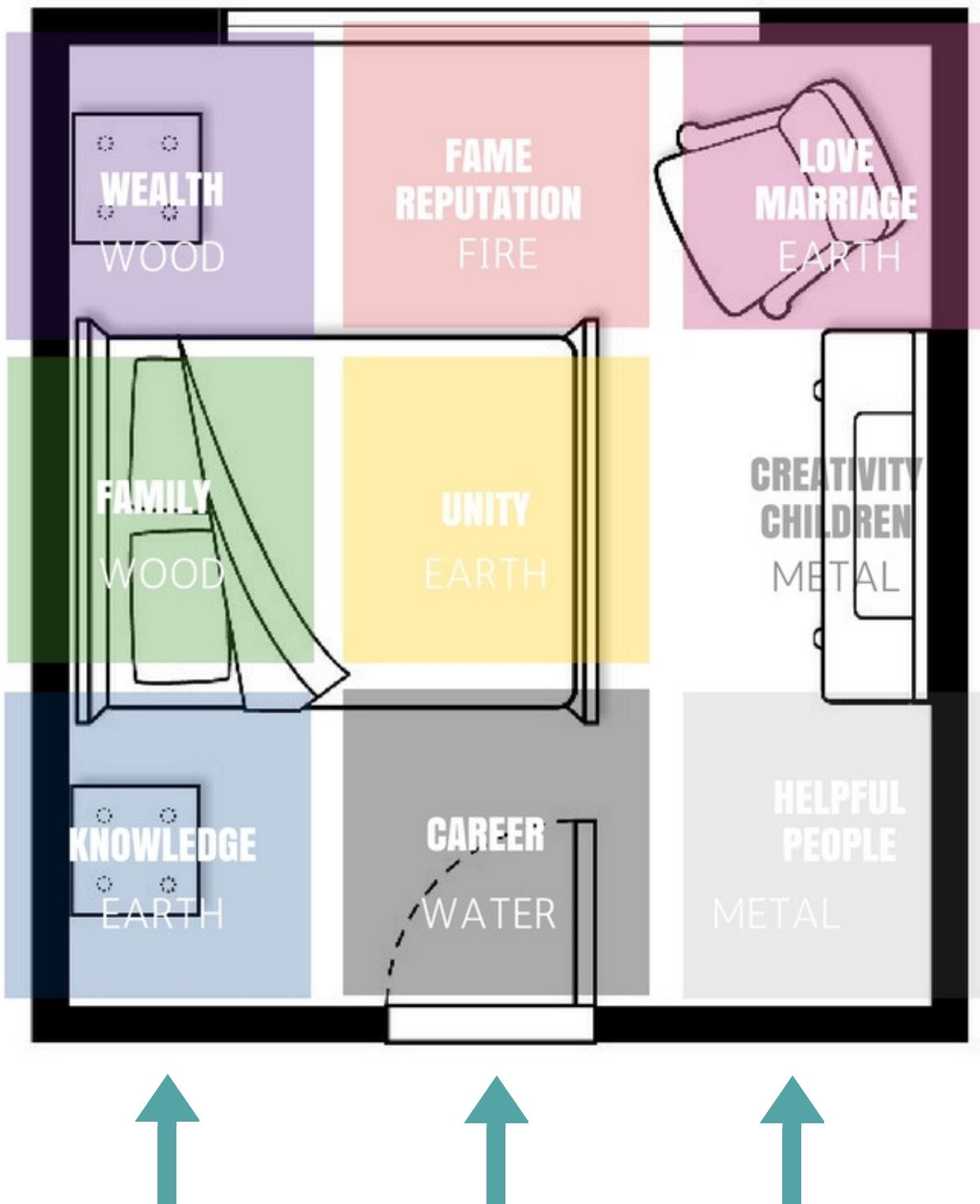
New to the bagua? Start small! One of the best places in the home to start using Feng Shui is your bedroom. It is a small, manageable space that is easy to redesign. Simple changes to your bedroom can make a huge impact on your quality of life. The bedroom is a space you spend a lot time in, which affects the vibration of your energy, sleep patterns, productivity at work and your sex life.

3. Use the power of your intentions

Set a positive intention: By setting an intention or making an affirmation you will focus on a goal or desire that you wish to fulfill. In the feng shui I practice it is firmly held that your intention and mindset work in tandem with any physical changes you make to your space. By combining a clear intention with feng shui the practice becomes even more effective.



Setting the Bagua on your Bedroom



Your door will be in one of three bottom areas: Helpful people, Career, or Knowledge. The bottom of the bagua (HP-C-K) will always be in line with your door. Divide the space into nine equal parts. It is best to work with a to-scale floor plan for best results, which is why it is good to start with your bedroom.



Bagua Vision Board Template

Wealth

Fame

Love

Family

This area represents you
add your photo or
signature

Children

Knowledge

Career

Helpful People

