



# **Feng Shui for the 21<sup>st</sup> Century**

**East meets West**



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- Award Winning Interior Designer for over 35 years
- Owner of Beaumont School of Interior Decorating & Design since 1999.
- Feng Shui expert for over 25 years





As an expert in Feng Shui, I have used it extensively in design projects since the early 1990s – for both domestic and commercial Clients.



I have also carried out over 200 hundred Feng Shui readings with **100% accuracy**.

I don't need to know anything about the client or even have met them to do an accurate Feng Shui Reading using this modality.





The form of Feng Shui I practice and teach is different to most systems as it doesn't follow any form of superstition, it isn't convoluted and is **easy to understand** as it relates to how we live and feel within a space.



## What is Feng Shui?

It is the art of creating **harmony** and **balance** in our lives and surroundings and has been around for thousands of years.





The original intent of Feng Shui is to create a **balanced energy** within a space both physically and emotionally.







There is a lot to understand about Feng Shui - but today I will give you an overview that I hope will inspire you to delve deeper into the wonderful modality of Feng Shui.







Everyone is seeking peace and happiness within their homes.

They **want more** than beautiful spaces.





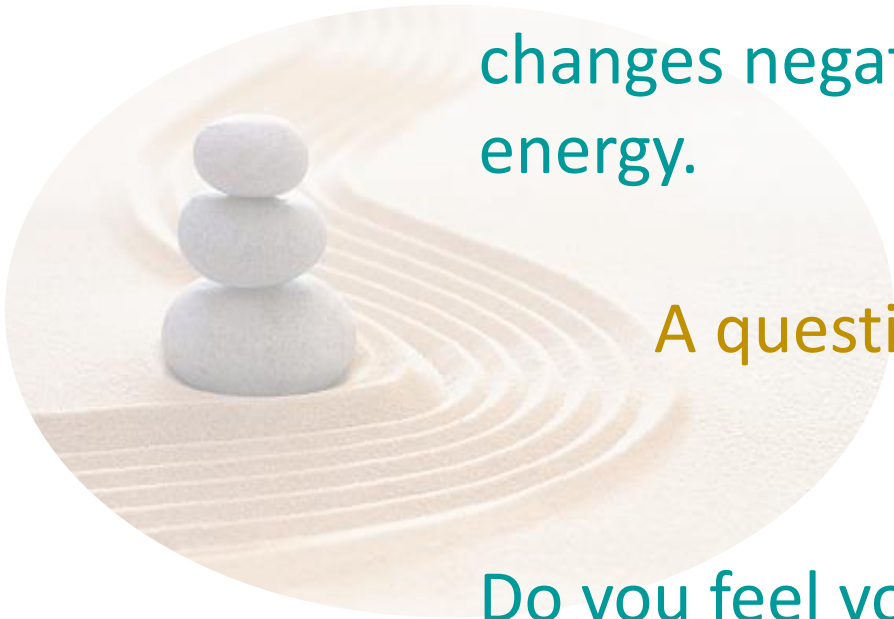
Feng Shui is about designing the interior space to create the flow of energy and balance that everyone is seek - in all aspects of their life.

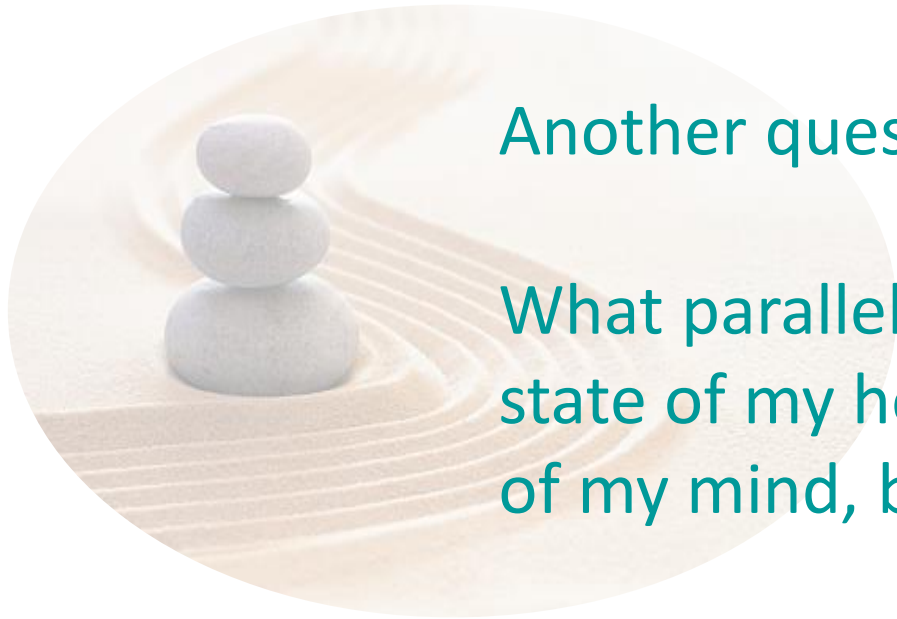


Good interior design like good Feng Shui, changes negative energy into positive energy.

A question for everyone to ask themselves is:

Do you feel you deserve to feel joy in your home?





Another question to ask yourself is:

What parallels can I see between the state of my home or workspace and that of my mind, body and spirit?





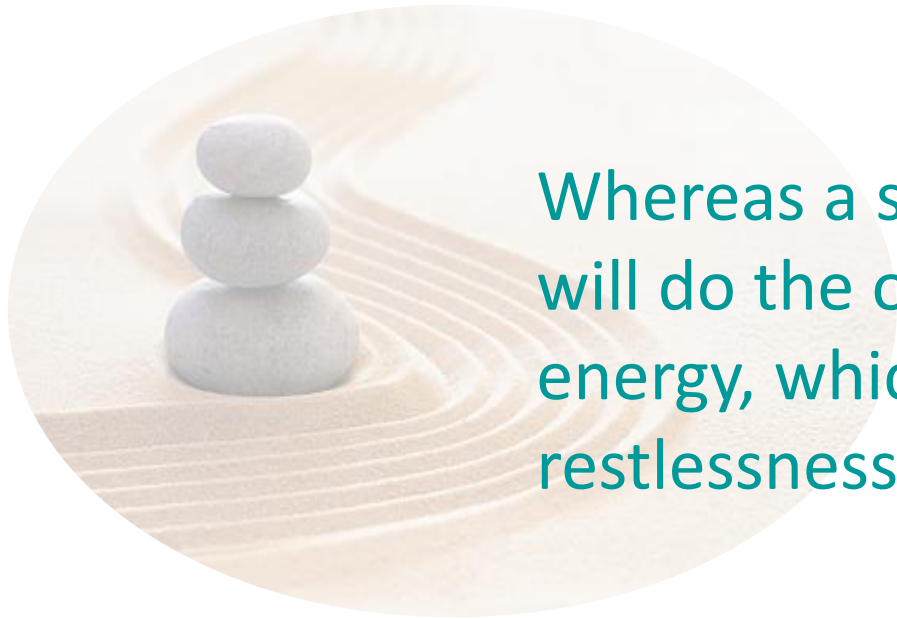
A vibrant flow of Feng Shui will nourish your energy and allow you to focus on, and **achieve, your goals.**





A space that has good Feng Shui promotes harmony, good relationships, and balances health and wellbeing.





Whereas a space that has bad Feng Shui will do the opposite – it can disrupt the energy, which can manifest as feelings of restlessness, agitation or poor sleep.







I believe that good design instinctively has a balanced Feng Shui energy about it.

Most people today are out of balance energetically and this is reflected in our homes and workspaces and is due to how we design and live within our environments.



There are two aspects to Feng Shui I would like to discuss today:

1. How a space is designed energetically.
2. How we manifest energy within a space.



*“How a space is designed  
energetically ...”*



In Feng Shui, the energy within a space is called:



and if the chi is not flowing or is stagnant this will affect how we feel within the space.





Bad design can affect how the chi/energy within a space feels.



The factors that come into play to create a balanced space from a Feng Shui perspective are:

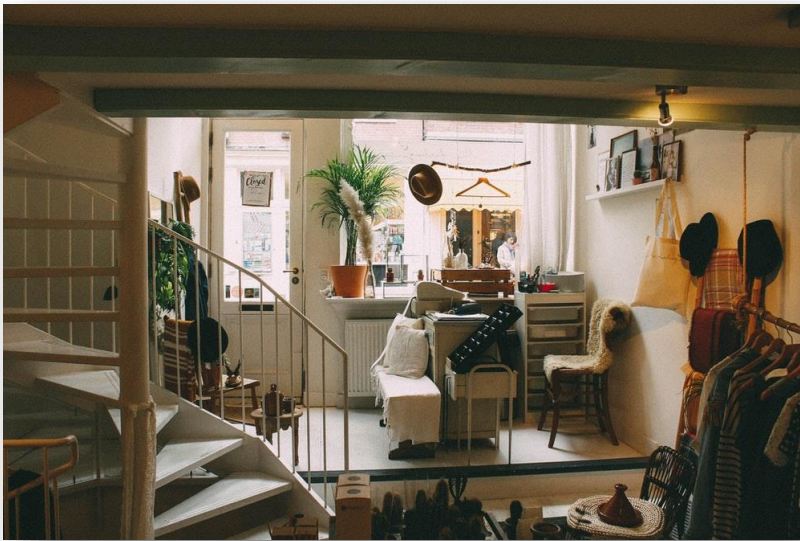
- natural light
- air flow
- window & door placement
- furniture placement.





- natural light

If a space doesn't have enough natural light this affects how we feel within this area.



A. Feels dark & heavy



B. Feels light and cheery

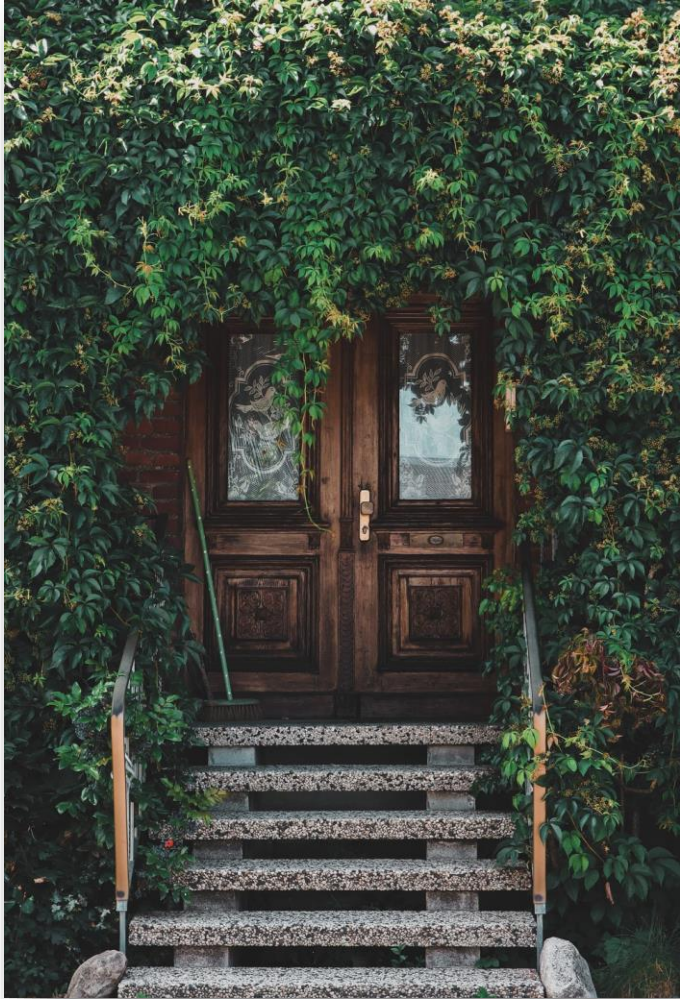




### - air flow

If a space doesn't have good cross ventilation, then this affects how we feel within this area as the air / chi will be stagnant and the space will feel heavy.





Plants or structures outside windows and doors – affect how the chi/energy flows into and out of a space.

They can block light and air flow into the area, and this will cause bad chi/energy in the space.



- **window and door placement**

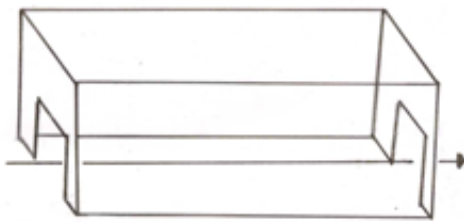
If a space isn't planned properly in relation to placement of windows and doors, this affects how we feel and interact with the space.

This also affects how the chi/energy flows within the space.

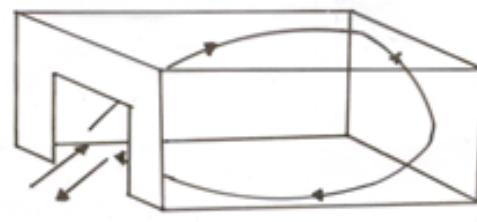


The reason placement of doors and windows is important is this influences how the chi/energy flows in and out of the space.

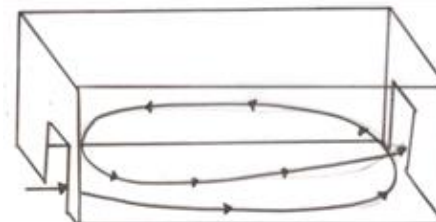
Chi needs to flow in and out easily and access all areas of the space for it to feel right.



A. Not good Chi



B. Not good Chi



C. Better Chi

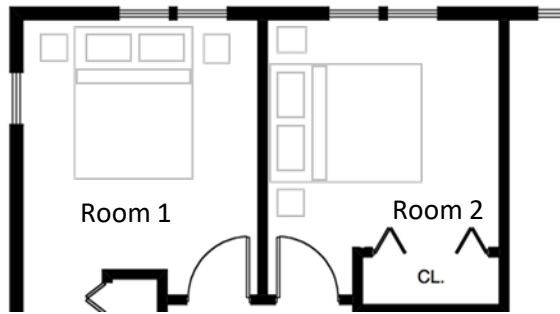
### - furniture placement

The chi/energy flow relates to how energy enters and traverses through a room. How you walk through the room reflects how the energy travels through.

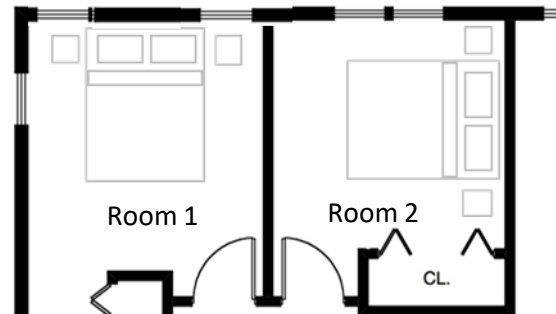




How we place furniture within a space affects the energy flow.



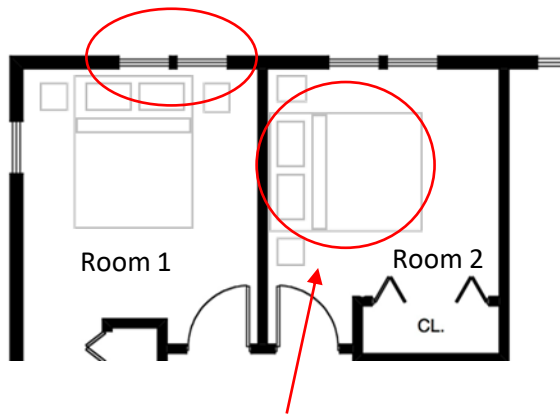
A. has bad Feng Shui



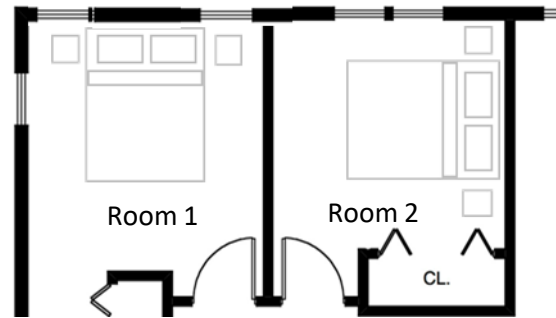
B. has good Feng Shui



How we place furniture within a space affects the energy flow.



A. has bad Feng Shui



B. has good Feng Shui





When designing workspaces, a principal of both good design and Feng Shui is to not have your back to someone entering the space/office.



Another Feng Shui principals is you should walk into a space like an Emperor ... your clothes should not touch anything.



A. In this room there too much furniture



B. In this room there is a good balance of furniture



*“How we manifest energy  
within a space. ...”*



One of the founding principals of Feng Shui is to have a space that is **clean and free** from clutter.





## Clutter

... the inside creates the outside



Congestion of energy starts within ourselves and manifests out into our home and work spaces, this is one of the most important aspect of Feng Shui.



It is our **emotional energies** that create an imbalance within a space.

Feng Shui gives insight and assistance with **clearing and balancing** these energies.





You might ask ... what is 'clutter'.

This is an accumulation of 'things' such as old clothes, books, magazines, paper etc.

That you no longer need but are hanging onto ...

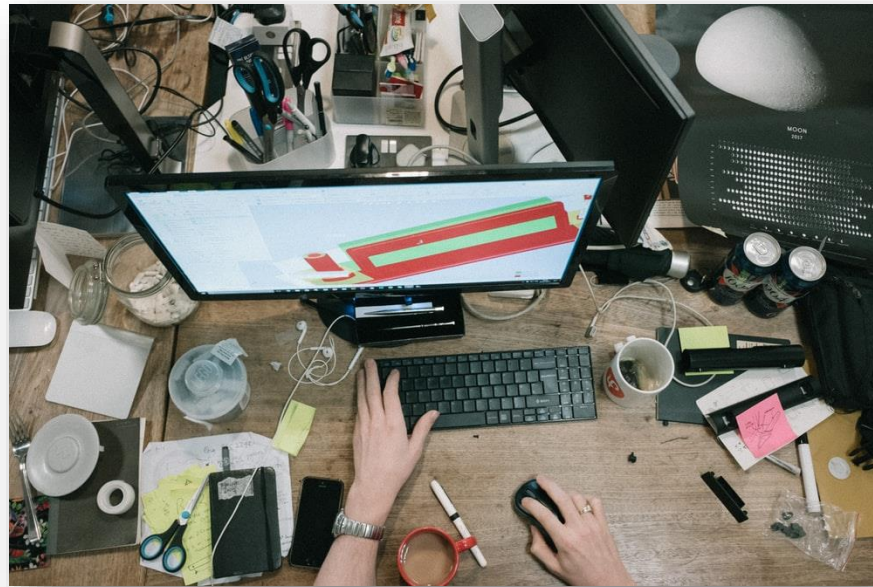




Our emotions and thinking are the main way we become out of balance and this is reflected in where we create clutter.



How we became out of balance is complicated and different for everyone.



Feng Shui helps us to look at the areas of accumulated congestion and clutter.

When you understand where you are out of balance - the result is that you can then create a space that you feel aligned with and can't wait to get home.

Or a work environment that supports your success.



You cannot clear out someone else's 'clutter'.

You can assist them but if you do it for them then nothing will change and they will recreate it again and again.

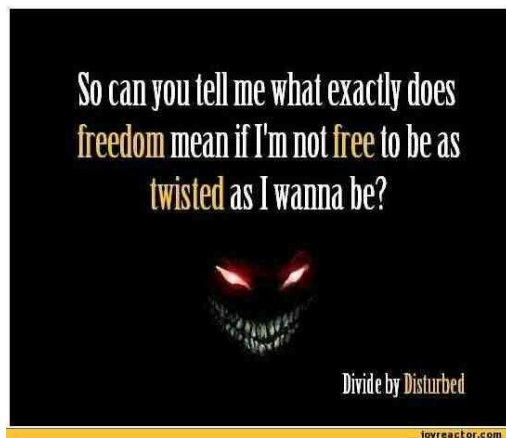


As you are clearing, it is important to focus on **why you created** the 'clutter' and **gain some insights** into how and why you need to change.





Other ways that we affect energy is ...  
in the words of a song, wording on a T-shirt or  
motifs on bedlinen.



None of these create good Feng Shui ...



## The energy of Artwork in bedrooms ....



# How to apply Feng Shui



## What is a Feng Shui Reading?

- Analyse the space – checking the design aspects that need modifying.
- Ascertains where – energy might be missing in the space.
- Checking for congestion/clutter – energies might need to be cleared to allow better flow.



We use the **Bagwa** to ascertain which sector, energies fall into, within the space.

And we use **mirrors** to correct the missing energies within the space.



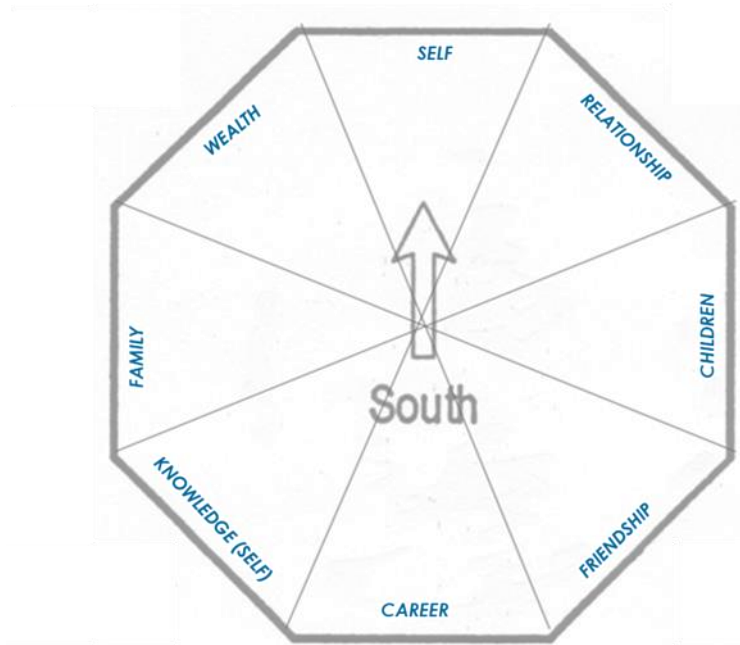


The word **Bagwa** means “eight areas” and is the main tool used in Feng Shui and is considered the “**energy map**”.





## The Bagwa



The Bagwa helps assess, improve, and enrich every aspect of our life and assists in self-discovery.

## The 8 Sectors of the Bagwa

*SELF*  
*RELATIONSHIP*  
*CHILDREN*  
*FRIENDSHIP*  
*CAREER*  
*KNOWLEDGE (SELF)*  
*FAMILY*  
*WEALTH*



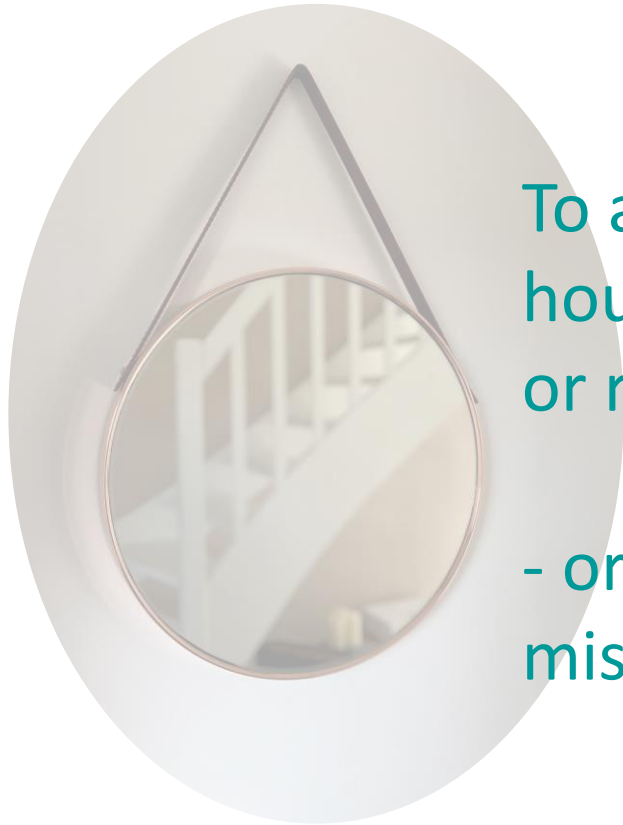
We use the Bagwa to analyse each space to ascertain where congestion/clutter has accumulated.



Through understanding the bagwa, we can redirect the energy flow to focus on things we need to **improve** and **enrich** by increasing the positive chi and correcting the negative chi.





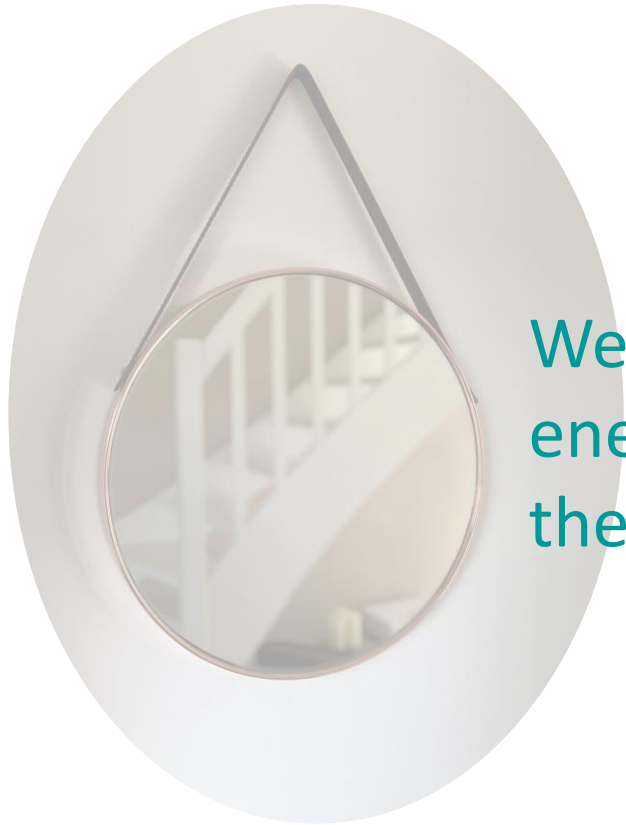


To achieve good Feng Shui within a house or office it needs to be a square or rectangle in shape ...

- or the energy of a sector will be missing.







We use mirrors to correct this missing energy, as mirrors draw energy towards themselves.



Once the Feng Shui Reading has been done you can then start to **plan how to move forward.**

But there needs to be a **willingness to change** within ourselves or we may never achieve balance in our lives.



In summary the answer to creating good Feng Shui within your space is **within you.**



If you are patient and persistent with applying Feng Shui, you will start to feel ...

happy ... inspired ... relieved ... prosperous  
... have a sense of clarity ... lightness ...  
harmony ... flow ...





When we create **balanced chi** or good energy within our environment we create **good fortune**.

# Feng Shui Certificate Course

Register for course  
information at

[www.bsidd.com.au](http://www.bsidd.com.au)









Thank You ...

Tracie Rodwell-Dunne

