

move | your | stuff,
change | your | life



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How to Use FENG SHUI
to Get Love, Money, Respect, and Happiness

by karen rauch carter

Illustrated by KAREN RAUCH CARTER
and JEFF FESSLER



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*To my son, Cole,
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how to use this book

The best way to read this book is with pen and paper in hand. Since your notes may be around for a while, I would suggest using one of those small, nicely bound blank books worthy of sitting on your nightstand or a bookshelf in your home.

Not only will this notebook become your personal feng shui guide to happiness and fulfillment; it will serve as a written account of your “old life”—the one before knowing and using the ancient Chinese secrets of feng shui.

Be inquisitive, yet have a jovial frame of mind when reading and following the advice in this book. I attempted to write *Move Your Stuff, Change Your Life* in a lighthearted, humorous manner because love and laughter are energetically more powerful for this work than sadness or seriousness. In other words, move your stuff with a smile and you will experience faster results.

If you don't control your attitude, it controls you.

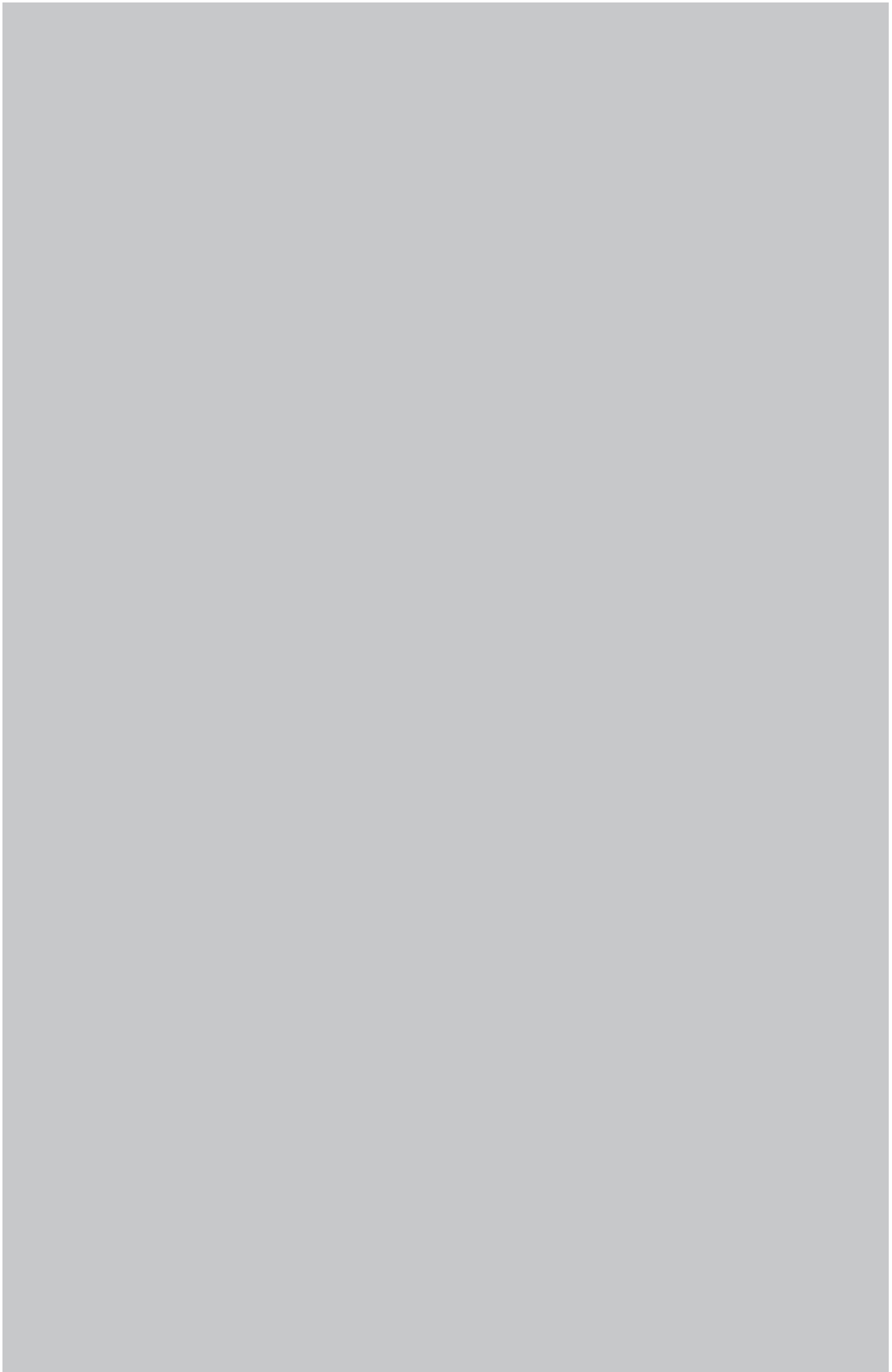




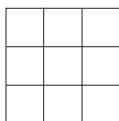


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chapter I



Opening the Feng Shui Toolbox

If you want to create a sundae that would put Jenny Craig into a spin, you need some tools: bowl, spoon, Ben & Jerry's Chunky Monkey ice cream, and calorie-laden toppings. If you want to create a life worth living, you also need some tools: a living environment, an idea of what you want out of life, good intentions, and an understanding of the ancient Chinese secrets of feng shui (better say it right: *fung shway*). Translated, it means "wind and water."

Feng shui is just a term borrowed from the Chinese. Since they have honed this art throughout the past centuries, let's honor them by keeping their name. But don't just think of it as local Chinese wisdom—think of it as universal common sense. Everyone, regardless of culture or creed, has employed some system of thoughtful placement with regard to their living environment and furnishings. Simple spatial organization actually comes quite naturally to most humans. It's when things get complicated with contraptions like computers, microwaves, and all-terrain vehicles that mistakes are often made.

Proper feng shui is purposefully arranging the stuff around you to gain positive results. What stuff? you ask. All stuff—your worldly possessions, your desk at work, your toothbrush,

your underwear. Just as that Chunky Monkey sundae affects your body when you eat it, each object you place in your living environment affects you as well. You also affect each environment you encounter. Wouldn't it be nice to know how?

This book will give you that answer. Consider it the proper nutrition guide for your home.

I want to emphasize this point a bit more because I have been asked by a few clients and friends if feng shui is a religion. Some others have asked if it can conflict with their organized religion. Although I don't claim to know the dogma of every religion, I do know that feng shui is not meant to replace or challenge anyone's religious values or ideas. It is simply a collection of environment-oriented information, just as a cookbook is a collection of food-oriented information.

If you are still questioning about this, here's a quick test to help you find your answer. If knowing how food affects your body interferes with your religion, then perhaps knowing how feng shui affects you would too. OK, 'nuff said. Let's get on with it.

Everything consisting of matter in this three-dimensional universe is placed next to something else. This spatial relationship is feng shui. So really, feng shui has been around you as long as you've been around. It is the *type* of feng shui you have around you that this book addresses. Instead of thinking everything is not feng shuied until you feng shui it, think of everything always being in some state of feng shui, and you changing it for the better.

For all you scientific minds out there, I asked Barry Gordon, a physicist as well as a feng shui practitioner, to briefly explain from a science perspective how and why feng shui works. He sees feng shui as "the intelligent use of intention through environmental metaphor." In more detail he states:

If we accept the message of both quantum mechanics and the great spiritual teachers, then every smidgen of our universe affects every other. From this viewpoint there is no inside or outside. Everything is contained in consciousness,

which has no boundaries. So the placement of your bed has meaning in relation to the rest of your experience. The bed is a representation of your beliefs and emotions on the physical dimension, which manifest differently, and seemingly disconnected by you, on other dimensions. When your bed is moved with intention, the belief and emotion dimensions also move.

The great eighteenth-century scientist and mathematician Leibniz discovered that photons, the basic particles of light, exhibit intention and purpose. If we take light to be the whole spectrum of vibration, not only visible light, then everything is composed of photons. That means the universe is intentional. And since we have been given the ability to intend, we are co-creators of the universe that we individually experience.

Every thing, even the sticky front door that doesn't open all the way, has meaning. Every thing, every action is intentional, sometimes conscious, sometimes unconscious. Feng shui brings the unconscious in our environment back into consciousness. That brings the beliefs and feelings back into consciousness. Then we have choice and can create our universe consciously.

I don't know about you, but that's about all the science and quantum mechanics I can take in one sitting. You might want to come back to this quote after reading the book to see if it makes more sense to you. Now, let's get back to changing your life . . .

Consider this chapter the feng shui toolbox. It's not exactly the kind of toolbox that Bob Villa totes around, but it's just as important. It explains the feng shui basics: exactly what you need to know to make your dreams come true. And don't worry if you get a little spun around in this chapter. There are entire books on feng shui that attempt to explain the information I am dumping on you in Chapter I. As the rest of the book unfolds, this information is repeated in different ways, which gives you several chances to absorb the specific wisdom that is pertinent to your life and home.

Don't skip the rest of this chapter either. Although it may look enticing to skip ahead to the Prosperity or Relationship chapters, I wouldn't advise it. You wouldn't eat a sundae without the correct tools (technically, you could slurp the ice cream straight out of the carton, but that looks pathetic). So don't try to use feng shui without the correct tools.

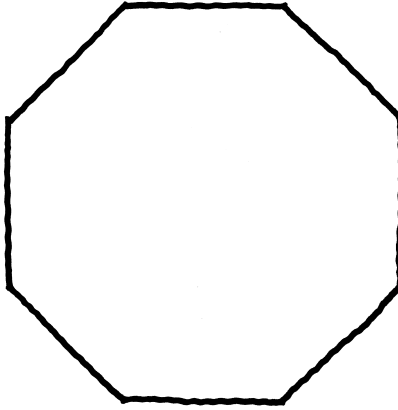
| Ch'i Wiz! |

Ch'i (pronounced *chee*, like half of *cheese*) is another word for energy. Energy is what's moved around when you apply the rules of this book to your environment. By shifting the energy with cures, you can better your life. (*Cure* is just another name for balance.) You cure—balance, or enhance—something by specifically placing an item somewhere to help you in life. If you don't correct poor object placement with cures, you expend your own energy to make things happen in your life. But why waste your own energy when you can get a lamp or mirror to do the work for you? Bonus: inanimate objects don't whine about whose turn it is to expend energy.

| Ba-Gwhat? |

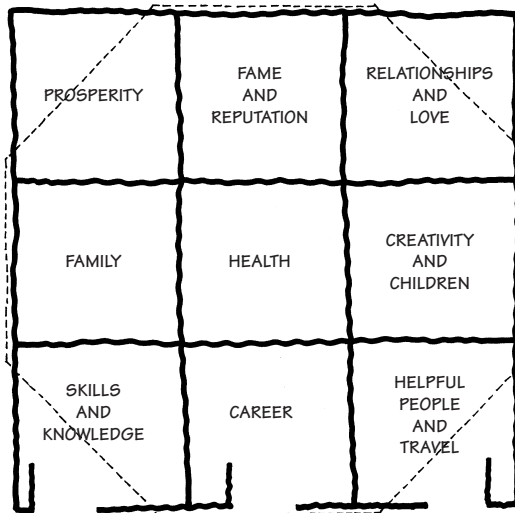
Everything that happens in life can be boiled down and placed into nine categories, or life situations. These categories are spatially represented by areas in your living quarters. Each area is called a *gua* (pronounced *gwa*). The sum of these guas put in a particular order is called the *bagua*. The *ba* of *bagua* means “eight,” and the *bagua* has eight sides (Figure 1). The eight sides plus the middle make up the nine zones that relate to the different life situations (Figure 2).

The following are the specific life situations associated with the nine zones that make up the *bagua*.



"Bagua," by definition.

FIGURE 1



THIS SIDE OF THE BAGUA ALWAYS HAS
THE MAIN DOOR OF THE HOME OR ROOM LOCATED ON IT.

Simplified bagua showing the associated life situations.

FIGURE 2