

Living Well Designs

Exercise: “Check The Flow In Your Space”

In Chinese, the term *Feng Shui* translates to “wind and water.” This fact is significant because their common denominator is *Flow*. Without flow, energy can get stuck.

The consequences of blocked *Flow* in your physical environment can spill over into your life. To understand how this works, you must understand a basic Feng Shui principle. . .

Your physical environments are extensions of YOU and “mirror” the conditions in your life.

Test this fascinating principle for yourself by taking the quiz below. Each question below was designed to help you discover where the *Flow* may be blocked in your space. As you are answering the questions, keep an eye out for correlations between blocked *Flow* in your home or office and something that is blocked in your personal life or career.

If you don't like the answers you get, not to worry. The good news is that your space can be used as a powerful *catalyst* to spark positive change in your life. And, as you unblock the *Flow* in your space, you set into motion a powerful process that will help clear what may be stuck in your life!

Instructions: Before you begin, get a pen and paper so you can record what you find. Stand just outside the door of your home or office (or a specific room of either). Close your eyes for a moment before you enter and take some deep breaths. Pretend you are a visitor, about to see this space for the first time. When you feel centered, open your eyes and walk slowly in.

*Did the space “invite you in” or did it block you from entering in some way?

*Do you get an open, “room to expand” feeling or is every inch of space (on walls, tables, desks, bookcases, file cabinets, and so forth) already full to capacity?

*Walk through the space. Do you have to stoop, twist, or step over something to reach primary furniture or equipment (bed, sofa, chairs, desk, copier, printer, TV set, stereo, phone)?

*Is there a tangle of electrical wires or equipment cords that could trip someone?

*Would you have to move something to access anything that is frequently used?

*Look inside the closets. Are the contents easily accessible?

*Can you use all chairs/sofas/beds w/o having to move something out of the way?

*Open all drawers, including file cabinet drawers. Does each slide open with ease and is there room to add more contents without stuffing?

*Open and close all doors. Does each open and close FULLY without having to move hanging clothes, boxes, or other items out of the way?

*Take one final look around. Do you feel any sense of struggle?

*What fresh insights, if any, do you now have about how this space relates to your life?

Return to “Change Your Space” course description at
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