

# ALIGNED

## Transformational Program With Rony Reingold

### The Feng Shui Bagua

Feng Shui is the ancient art and science of balancing and harmonizing the flow of natural energies in our surroundings to create beneficial effects in our lives. Our internal and external environments are mirrors of each other, so when we make shifts in our homes we can expect shifts to occur in our lives.

The Feng Shui Bagua is a grid that reveals how the different areas of any space are connected to specific aspects of your life. Each of the nine quadrants represents an area of life and can be applied to any room, building, home, office, etc.

<b>Prosperity</b> Wealth Abundance	<b>Fame</b> Reputation Illumination	<b>Relationships</b> Love Marriage
<b>Family</b> Elders Community	<b>Health</b> Unity Wellbeing	<b>Creativity</b> Offspring Projects
<b>Knowledge</b> Wisdom Self-Improvement	<b>The Journey</b> Career Life Path  Parallel To Front Door	<b>Helpful Friends</b> Compassion Travel

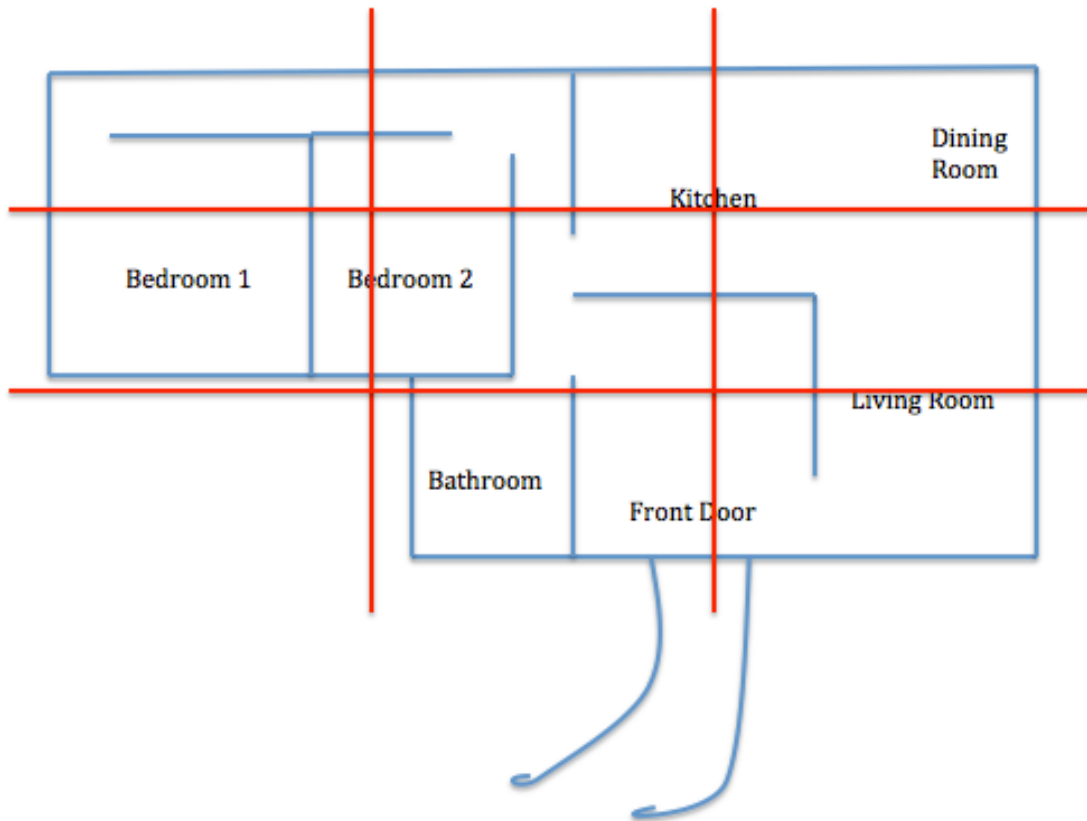
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### Feng Shui Exercise

#### Procedure:

1. **Print out the bagua** from the previous page. Align the bottom of the grid with your front door such that they are on the same “line”. Your front door doesn’t have to be in the center of the bottom of the bagua, just on the same parallel line as the bottom. Match up the corresponding area of the bagua to the corresponding area of your home. If this is hard for you to visualize you can also make a simple sketch of your home and draw the bagua on top of your floor plan. Some areas of the bagua may be missing as in the diagram below. In rooms or homes that are rectangular or square, each quadrant will be present. In a rectangular space, the bagua quadrants will become more rectangular as well.



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**2. Look around your home.** After you have identified where the various quadrants in your home are, begin to notice what you see in each area. Is each area of your home well kept? Is there any particular area where clutter is piling up? Is that an area in your life that needs attention? Does the area in each section of the home match what you want to see manifested in your life? For example, if you are wanting love/relationship, is the far right section of your home representative of the love you are wanting – warm, alive, happy? Or is there a dead and lonely plant there?

**3. Spruce up the area of your home where you would like to see a shift occur in your life.** First and foremost make sure the area is clear of all clutter and is clean. The energy should feel good there and should mirror how you want to feel in that part of your life. If you want to start seeing clients at home you're your home office is currently only being used for storage and books collecting dust, then you'll need to change that. Use the guide on the next page to give you some ideas on how to enhance each area.

**4. Once you look at your home overall, you can apply the bagua to each room in your home specifically.** I.e. you can enhance the love section within each room of the house, not just in the love section of your overall home. This is especially beneficial when your home is missing a section of the bagua as shown in the diagram on Page 2. The Knowledge/Wisdom section of that home is missing (ie there is not a room there – the home is not perfectly square/rectangular). In this type of situation, you may take extra care to enhance the Knowledge/Wisdom section within each of the other rooms in your home.

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### Bagua Guide

Below is a description of each section of the bagua as well as suggestions for how to enhance each area.

**The Journey/Career/Life Path: Being deeply in alignment with one's inner truth and life purpose**

To enhance the career section of your home, place images of water, the ocean or real water here. The colors black and dark blue are associated with career and can be used to attract more opportunities for your life's purpose. Make sure the energy of this area feels like how you want your true purpose and career to feel – perhaps creative, spiritual, fun, open, etc.

**Knowledge/Wisdom/Self-Improvement: Stillness, meditation, exercise, rest and joyful study**

This is a great area for meditation, a library/reading room, etc. If you are struggling with self-care use images here that you associate with stillness, like a mountain. You may wish to put a buddha in this part of your home. Blue green can be used to enhance this area of your life. Clutter in this area inhibits your ability to learn, make wise decisions, and improve yourself.

**Family/Elders/Community: Cycles of life, family, elders and ancestors**

To enhance this area place potted plants here. Of course make sure they will survive in the level of light that this part of your home receives. You can also use the color green for the health of your family and family connections. This is a great place for the family photos or an ancestor altar. Notice how attention to this area can enhance relationships with superiors, authority figures and parents, as well as within your family or community as a whole.

**Prosperity/Wealth/Abundance/Fortunate Blessings: Wealth, luxury and the feeling that you are provided for**

This is where you draw abundance into your home. Try placing citrine, a crystal associated with prosperity here. This is also a great place for house plants. You can also use purple, green, or gold to enhance this area. Tending to this area will increase your cash flow and make it easier to receive abundance and blessings in your life.

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### **Fame/Reputation/Illumination: How are you seen and known in the world as well as what inspires you**

This section represents your illumination – the light in you that others see and are drawn to as well as those things that light you up and keep you radiantly inspired. This area is associated with the fire element. Flowers, candles, and anything that represents radiance to you can be placed here to assist you in attracting opportunities to be seen and heard in the world. The color red will activate this area, as will pictures or paintings of groups of people.

### **Relationships: Romance/Love/Marriage**

This is the love area of your home. Everything in this area should be in two's. If you put flowers here, make sure they are an even number. Items grouped in 3's could represent a baby on the way or potential cheating in the relationship/you being secondary to someone else. Place artwork with images of pairs of things in this area, rose quartz, fruit, flowers, pink, and earth tones. Also, if you are ready to attract a partner make sure there is access on both sides of your bed, and a night stand and lamp on either side – this represents both partners having freedom in the relationship as well as being treated/showing up equally. This area should truly feel how you want your relationship to feel – perhaps joyous yet sacred, etc.

### **Creativity/Offspring/Projects: Joy, whimsy, fertility, babies, children, new projects, creativity**

This is a great place to put anything childlike that brings you joy. Use white, bright and pastel colors to draw in playfulness and creativity. This area is about projects coming to fruition, creation and joy. If this area is cluttered you are likely to experience blocks in your creativity, difficulty in relationships with children and people working for you.

### **Helpful Friends/Compassion/Travel: Helpful connections, safe travel, divine assistance**

This area can be enhanced with gray or mauve colors. You may use metal box here in which to place requests to the universe. By enhancing this area, you will enhance the flow of support in your life, so you no longer feel that you are “going at it alone”. It can enhance plans to travel or move.

### **Health/Unity: Center, balance, synergy & bliss**

This area should be clear of anything if possible. You can use earth tones or yellows to bring in a sense of balance. Enhancing this area will help you cultivate a meaningful central focus in your life and will improve your health.

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## Reflection Questions

1. What is your external environment revealing to you?

2. What are you going to do in your home in order to ALIGN with your dream life, your intention and your truth?

References & Contributors: "Clear Your Clutter With Feng Shui" by Karen Kingston  
Brianna Billett [www.fengshuiadvising.com](http://www.fengshuiadvising.com) , Rony Reingold [www.ronyreingold.com](http://www.ronyreingold.com)

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