

# Bring Positive Energy Into The Home: A Complete Guide





## **Abstract**

Do you feel tired and lack energy on a regular basis? Your home's feng shui (or lack thereof) could be to blame. So, its time to do some changes in the house and bring positive energy into the home.

## **1.Introduction**

It is good to do some minors changes in the house after sometime, because it helps to improve house environment and bring positive energy into the home. Here, we have shared all possible ways that can help you.

Let's get started...



## **2. How To Bring Positive Energy Into Your Home With Feng Shui**

Feng shui is an ancient Chinese art of harmonizing and balancing the energy in your environment.

Improving the feng shui in your home doesn't mean you have to knock down walls and rearrange the furniture. Small changes can make a big difference and maximise the potential for success in all areas of your life.

Here are 12 ways to get good feng shui at home.

1. The entry to your home should be inviting and clear of clutter. Keep the garden well maintained and tidy. Bring wealth into your home by placing a plant and a light either side of the front door.
2. Put away coats and shoes in your entry hallway so that energy can circulate. For uplifting positive energy, place a mirror above a table with fresh flowers.
3. Air flow is key to positive energy in the home. Open your windows often and use an air purifier to keep your home fresh
4. Allow as much natural light into your home as possible.
5. Keep your space clear of clutter. It will keep the energy in your home light and harmonious.
6. Choose your art carefully, as images carry strong energy. Choose images that are happy and beautiful. Avoid using images that feature lonely or solo people or items.
7. Clear your bedroom of the TV, computer or exercise equipment. These items introduce the energy of work and stress into a space that should be relaxing and harmonious. Don't place plants in your bedroom unless it's a large space, and keep them as far away from the bed as possible.
8. Make sure your bed is easily approachable from both sides, and have a bedside table on either side
9. Keep all bedroom doors closed at night, including wardrobe doors.
10. Your sofa, coffee table and entertainment units should not be disproportionally large in your living room. All of the furniture should work in harmony. To encourage the flow of wealth, place a lamp in the corner of you room diagonally opposite the room's entry.
11. To optimise energy in the dining room, place a mirror on the wall reflecting the dining table, and add a vase of fresh flowers.
12. To avoid draining wealth energy in the bathroom, keep toilet lids down and keep the door shut. Plants can help improve the feng shui.

### **3. Ways To Feng Shui Your Home This Lunar New Year**

Find out how the art of feng shui can change the energy flow in your home and impact your wellbeing.

Do you feel tired and lack energy on a regular basis? Your home's feng shui (or lack thereof) could be to blame.

Feng shui is the ancient Chinese art of balancing the flow of energy in spaces like the home, to encourage a positive environment and lifestyle.

To make a few feng shui-friendly changes in your house, consider the following elements.



### **3.1. LIGHT**

Lighting is very important in feng shui as it is one of the strongest manifestations of energy. Natural light promotes a positive flow, so keep curtains and blinds open throughout the day and use lamps to illuminate dark spaces.

Candles are great for creating a calm and sensual energy in the bedroom. Good quality air is also important, so open windows to allow fresh air to flow throughout the house.

### **3.2.SPACE**

The kitchen is the centre of good feng shui. It's vital to create balance here because all five elements of feng shui are present in the one room – fire (oven), water (sink), metal (appliances), wood (cabinetry) and earth (food).

Ideally, stoves should not be backed against the wall; install yours on an island instead. Use each burner on your stove top evenly and avoid having your sink and stove directly across from one another as water and fire elements repel each other.

The main entrance to your home is the entry point for all energy, so you want it to be welcoming to encourage a positive flow to other parts of the house. At the front door, create an inviting entrance with a side table and lamp, a vase full of flowers or even a vibrant rug.

When arranging your living room furniture, try to create a warm and inviting environment for conversation by placing your couch and tables in a circle.

Add mirrors and indoor plants to help the energy bounce around all corners of the room. Avoid sharp edges, which promote a negative energy.

In the bedroom you want to feel relaxed. Do this by keeping clutter to a bare minimum and above all, no TV's.

### **3.3. COLOUR**

Certain colours will enhance the feng shui of your home: red promotes prosperity and balance while green encourages wealth.

Consider painting your front door in either of these colours. Yellow is perfect for the kitchen as it encourages a high energy flow at the heart of your home.



### **3.4.FUNCTION**

Make sure everything in your home is running properly and efficiently. Fix anything that is broken and throw out anything beyond repair. Drains are thought to be where negative energy leaves the home, so you'll want to ensure yours are unclogged at all times.

Remove any unnecessary clutter – have only what you need and want; don't hoard old treasures that don't add value to your life or no longer hold any significance to you.

### **3.5.PLACEMENT**



Where furniture is placed in the home is vital for ensuring a good energy flow. So here are two pro tips to help you figure out where to place everything:

Your desk should face the door in your office

In the bedroom there should be room to walk around either side of your bed and bedside tables should be placed on either side

Mirrors should not face your bed or the main door

### **3.6. GOOD LUCK CHARMS**

Fish are considered a symbol of prosperity, so welcome a goldfish into your home (preferably in your living room rather than bedroom or bathroom). Houseplants will also promote health and happiness, but only if they're healthy!

### **4.Feng Shui Plants – The Best Plants For Positive Energy**

Fill your home with feng shui plants for their positive, living and nourishing energy to boost your health, wealth and wellbeing.

With feng shui plants you can welcome positive energy into your home, as well as enjoying the beauty of these living accessories.



We have all gone a bit mad for house plants in the past few years, especially with our homes becoming spaces to work as well as live and relax. There are many benefits to adding indoor plants to rooms in your home, not least that they can soften and enhance the look of a space, but are even said to improve sleep in the case of bedroom feng shui. But have you also considered that through careful choice and placement of feng shui plants for specific spaces in the house, you can improve the flow of positive energy in your life?

'In feng shui we seek to improve the flow of Chi which is our vital life force energy. Living green plants represent the wood element, which is said to cultivate

human hardiness, flexibility, healing and growth. So not only can you bring these qualities into your life and home by adding plants, but by bringing in the element of nature into your interior space you will have more harmony between your inner environment and outer environment.

#### **4.1.The Best Feng Shui Plants**

You can include a feng shui plant in any room in the house, but there are certain choices that may be better for different areas.

'In general, look for soft, rounded and especially heart shaped leaves in feng shui plants – you want to bring in more ease and flow to your life and space,' says expert. 'For instance, in a partnership area, such as a bedroom, you might not want to place two cacti, as this would introduce prickly, sharp energy.'

'Spiky plants are not good for feng shui; it is said that sharp points drain the personal energy, so something like a cactus doesn't promote good energy,.

'When thinking about plant selection, most are naturally air cleaning indoor plants, the wood element brings balance, and adding green color to the space is very good, because it is a very uplifting color. Rounded edged leaves are good for all parts of the home because they bring great subtle energy,'.

#### **4.1. Money Tree – Pachira Aquatica**

'Money trees are commonly used as feng shui plants and believed to bring wealth and good fortune.

'But it's also not just financial abundance they represent – financial wealth doesn't necessarily mean someone feels abundant inside,'. 'Plants don't grow quickly, they take time to cultivate and that teaches you patience. It's not about getting rich quick, but how to create a steady, healthy flow of wealth into your life.'

With distinctive features, including its palmate leaves and gracefully braided trunk, 'the money tree not only absorbs toxins from the air, but can act as an impactful decor piece,'.

Make sure you learn about money tree care to keep your plant healthy and improve its feng shui benefits.



'A money tree prefers deep, infrequent waterings when the soil volume is 75 per cent dry. It thrives in bright, indirect light, growing most evenly when it's regularly turned so that each side receives an equal amount of light,'.



#### **4.2. White Bird Of Paradise – Strelitzia Nicolai**

'Any healthy indoor plant growing well is excellent for feng shui, encouraging nourishing positive energy. Foliage plants with lush leaves are traditionally the best feng shui plants, promoting clean air and positive energy in living spaces,' says experts.

'Although it's a tall houseplant, it doesn't take up a lot of space with its slim form. It likes high or afternoon sunlight and wants to be kept dry, so go easy on the watering. This is a great beginner's plant as it is easy to care for,.

#### **4.3. Jade Plant Or Money Plant – Crassula Ovata**

'The jade plant or money plant is a popular succulent house plant with a miniature tree-like structure and thick, fleshy, opal-shaped leaves,' says experts.

'The money plant is a good feng shui plant for office Feng Shui. Typically, the southwest area of the home attracts wealth, prosperity, and abundance. But you can use these plants to attract wealth and prosperity in any space,' says expert.

Money plants prefers bright, indirect light, with a few hours of direct sunlight each day to help keep their foliage full and vibrant, making them the perfect plants for windowsills and conservatories.

Money plants are easy to care for, and they typically have uniform growth. Find out how to care for succulents to keep them in the best condition.

'These plants do not need to be pruned regularly to look clean. They will hold all their foliage for months without dropping a leaf if cared for properly. When rotated regularly – every watering – at about 45 degrees, they should offer nice uniform growth throughout. Monthly leaf wiping should be done to keep them looking their best and to allow for optimal photosynthesis,'.

When growing jade plants indoors, 'place them in a sunny location near a south- or west-facing window. If the plant is not getting enough light, it will start to stretch and lose its compact shape,' says experts.

#### **4.4. Pothos**

'They create a sense of abundance and generosity as they are so easy to propagate. Just as if you have a fruit tree on your land, it gives more than one family can consume. So too, house plants can also offer this teaching on sharing and generosity and abundance,' says expert.

It is easy to get to grips with pothos plant care and there are many varieties of these excellent feng shui plants to choose from, with its waxy green leaves streaked with white.

#### **4.5. Snake Plant – Sansevieria**

'A snake plant, sansevieria, that has a sword like leaf shape works well for a hallway or entry way as a feng shui plant that offers a feeling of protection,' says expert.

'You can place plants either side of a front door to create a gateway to enhance the positive flow of Chi into your home,'.

Snake plants are very low maintenance and can handle low light levels so are a good choice for low light plants.

Snake plants also produce oxygen at night time, helping to cleanse your indoor environment, so are a good choice as a bedroom plant.



'A snake plant also protects you from negativities that could come from the bedroom door, so having her will give you peace of mind,' experts.

'They adjust to room temperature: when the room is too hot, she will decrease temperature by giving cool O<sub>2</sub>. Likewise, when the room is too cold, she will increase the temperature by giving a warmer O<sub>2</sub>. They recommended placing a snake plant on the left side from your bed frame or headboard.

'The best way to successfully water these plants is to check them weekly to see if they are light when they are lifted. If so, it's time to water. Water snake plants



thoroughly. Allow the water to run through the soil completely saturating it and draining out of the drainage holes,' advises experts.

#### **4.6. Philodendron Heart Leaf – Philodendron Scandens**

'The Philodendron heart leaf is an air-purifying vining plant that is easy to care for and has fun, heart-shaped, glossy leaves,' explains experts.

'This low-maintenance plant is a great addition for an office desk or shelf where its vines can trail down,' boosting positive energy as you work.

It is very forgiving feng shui plant and able to tolerate all types of neglect, including low light – so is a good choice as a winter house plant – tight roots, and inconsistent watering. 'To help it thrive, provide bright indirect light. A humidity boost is not required, but higher humidity levels promote larger leaf development,' says experts.

#### **4.7. Anthurium Clarinervium**

The leaves of the Anthurium clarinervium are large, dark green – almost black – have a beautiful velvet texture, and are the perfect heart feng shui plant shape.

'The white veins stand out against the leaves' dark green, forming a stunning pattern. This is a fantastic foliage house plant, and will look amazing in any room in your home. It loves humidity, so a shower room, bathroom, or steamy kitchen would also be perfect for it,' says experts.

#### **4.8. Rubber Plant – Ficus Elastica**

'One of the best air-filtering houseplants, the rubber plant features wide, glossy green foliage and can reach ultimate heights of 32 feet (10m) with the correct care,' says experts.

'The broad leaves of the rubber plant are said to help the flow of positive energy throughout interiors, helping to eradicate negative Chi and promote health and prosperity,' They adds.

These feng shui plants require their soil to remain moist at all times; allow the top layer of soil to dry out slightly in between waterings and apply a small dose of plant nutrition 1-2 times a month during the growing season.

'It is a bit of a superhero when it comes to removing toxins from your air, keeping you feeling refreshed. To optimize the feng shui of the plant, we suggest that you position it in a sunny spot that is in the east or south east of your home. In this position, it should bring an air of calm and positivity into your space,' advises experts.

'As the ficus is related to the fig plant, it is connected with the good luck that figs are supposed to bring,'.

#### **4.9. Rattlesnake Plant – Calathea Lancifolia**



Popularly known as the rattlesnake plant, 'this beauty has fresh green leaves with darker green stripes and burgundy coloring on the underside. Originating in Brazil, Calathea Lancifolia is perfect as a taste of the tropical rainforest,' says experts.

Its common name has come about because of its markings, which look like a rattlesnake's skin. 'It needs bright but indirect light – if placed in full sun, the leaves may curl up and burn. Always keep Calathea damp throughout the year, but let it dry out between waterings so that the roots can breathe,' Mark adds.

As well as being good feng shui plants, calathea also make great pet-friendly house plants.

### **Where Should Feng Shui Plants Be Placed?**

You can place feng shui plants in any room in your house and they are a great living room feng shui idea. Ideally plant them in the corner of the room.

'In feng shui, the belief is to have a healthy balance of wood, fire, earth, metal, and water – the five elements,' explains interior designer.

'The home is divided into nine different areas of energy, each with its own theme and distribution of the five elements. More of the wood element is needed in the east, southeast, and south parts of the home. In my opinion, bringing in plants to every space, with different shapes of leaves, is of benefit because the five elements are incorporated by colors, shapes, and reflection; it doesn't need to be literal,'.

There are many schools of feng shui and while some may advise the placement of plants in certain room, others don't. 'For instance, some advise not to place plants in the bedroom as they are too active, but follow your own feelings and experience,' says experts.

If you do prefer to have plants in a bedroom, identify the relationship area. 'Stand in the doorway of the bedroom looking in and the far right is the relationship area. Here you can place two plants. They don't have to be the same, but a typical feng shui plant choice is two bamboo stocks in one base, as a symbol of growth in your partnership,'.

'Nothing should be climbing – such as a vine – in the bedroom. Pothos, or devil's ivy, should only go in the kitchen or an office with computers, to suck up the bad energy from the computers,' says experts.

### **What Plants Bring Good Luck?**



There are a number of the feng shui plants listed above that are believed to bring good luck.

These include the rubber plant, the snake plant, jade plant and money tree. But there are many more that could bring good luck and add to the positive energy in your home.

### **Which Plant Is Good For Feng Shui?**

There are many plants that can be good for feng shui.

It is important, however, that 'when choosing the type of plant you'll use in your home, consider the amount of light that these areas of your home experience. Additionally, different types of plants bring different types of energy into your home. You'll want to consider both of these factors when choosing your plant,' says experts.

'You should never put a houseplant in an area where it won't thrive, as a dying or ill plant will enhance the energies of sickness, difficulty and decay in your home and really you will want an uplifting life space,' advises experts.

## **5. Feng Shui Tips for a Strong Front Door**



The main entry is the portal of energy for the home

In feng shui, one of the first places to look at in your home is the front door. You want to have a strong front door so that you can welcome positive energy. When qi can flow easily into your home, this energy brings along abundance and ease.

The front door refers to the official, formal front door of the home. It's also referred to as the mouth of qi, the portal of energy. Some homes may have secondary doors that are used on a daily basis. This is okay, however, the mouth of qi is your formal front door. If you never use it, you are blocking out energy and opportunities. Therefore, it's essential to activate your front door regularly. You can do this by simply opening and walking through it at least once every nine days. Daily is better. Make it part of your routine, like when you go for the mail, always walk through the front door.

### **5.1.De-clutter and Clean**

Of all the areas in your home, the front door area is probably one of the more neglected when it comes to clutter and regular cleaning.

When is the last time you wiped down your front door, including the interior side, the exterior side, and the edge? Incredible amounts of debris accumulate at the front door. Giving this area more attention ensures that positive energy can come into your home.

The entry area also tends to be a place where all sorts of clutter accumulate. There are shoes and coats, bags of items ready to go off to donation, bags of rubbish, mail and packages, the list goes on and on. This creates stagnation and closes off your portal for good qi from entering your home. Also, your unconscious mind sees this clutter every time you enter your home. It's not relaxing and it creates stress.

### **5.2.Clean Carpet**

You should clean your carpet and improve house environment. Here, we are going to share some reasons why it is important.

#### **5.2.1.Why Carpet Cleaning Is A Must During Regular House Cleaning?**

Installing a carpet at home offers various advantages over other hard floorings. It adds a luxurious and comfortable touch to your home. Plush carpets are beyond visual appearance. They provide top-notch insulation value regardless of style, colour and fibre type. You can feel the warmth and comfort when you walk or lie on your delicate floor covering.

However, this expensive investment needs proper cleaning at regular intervals. Carpets and rugs can easily get dirty and stained due to daily wear and tear, especially when having kids and pets.

According to some microbiologists, pollen, pet hair, dust mites, dirt and other allergens get tracked into your home embeds deep inside your carpet. This can pollute the indoor air quality and also become a breeding ground for lethal germs and bacteria.

That's why carpet cleaning is a must during regular house cleaning. However, you need to hire trained carpet cleaners to clean your delicate floorings thoroughly if moving out of a rental property in NSW. It is good to book experts for a detailed end of lease cleaning in Newcastle for your bond cleaning.

Here are some reasons to help you know why it is important during regular housekeeping chores.





## **1. It Helps You Eliminate Embedded Contaminates**

Is your carpet looking dull and dirty? This happens when your floor coverings hold allergens, dead skin cells, insects, pet dander and dust mites deep inside their fibres. Walking on the carpet with dirty shoes can also release pollutants or toxic gases and pollute the entire indoor environment.

When you vacuum clean your carpets during regular house cleaning in Newcastle, pollutants will easily be eliminated –leaving your flooring clean, germ-free and shiny again.

Use a HEPA-filtered machine as it can fetch tiny dust particles and germs from all types of carpets and rugs with ease.

## **2. Minimizes Dust Mites**

Dead skin cells and other allergens from dust mites can trigger your chronic health condition if you have asthma, respiratory disorders or lung ailments. Some of the common symptoms of dust mite allergy are runny nose, sneezing, cough and nasal congestion.

Since dust and dirt love to hide deep inside your carpets, make sure you deep clean them using different methods. First, vacuum your carpet to get rid of dust mites and other germs.

For better outcomes, steam cleaning is one of the ideal ways. Dust mites lurked deep inside your carpet fibres can be removed at a high temperature, which is why this cleaning method is ideal.

You can include this in your regular house cleaning chores and keep dust mites and allergens at bay. Using white vinegar can kill mould, mildew, dust mites and stubborn stains with ease. You can also try this product while cleaning your carpets.

## **3. Improves Indoor Air Quality**

Dust, pet dander, mites and bacteria accumulated in carpet fabrics for months can pollute the indoor air quality. This can also lead to serious respiratory issues and deteriorate your health condition if you have asthma or other dust allergies.

When you include carpet cleaning in your regular house cleaning checklist, you will witness a drastic improvement in indoor air quality. This lets you breathe quality air in your home.

If you are prepping your rental property, book trained end of lease cleaners in Newcastle to get the full bond money back. They will vacuum your carpets and keep them looking shiny.

#### **4. Prolongs The Lifespan**

Frequently cleaning your delicate floor coverings with proper tools and products can extend their life instead of putting more wear and tear on them. Vacuuming twice or thrice a week will extract dust mites, allergens and pollens from your carpet.

Make sure you treat spills and stains immediately. You can try the following method to remove carpet stains:

- Spray the white vinegar and warm soapy water solution onto the affected area.
- Blot the damp cloth over the surface instead of rubbing
- Keep blotting it until the stain transfers onto a cloth.
- Sprinkle a generous amount of baking soda and leave it overnight until you vacuum clean it.

#### **5. Promotes A Clean And Shiny Home**



Cleaned floor coverings can make your home look clean, organised and beautiful. Use proper tools and products to avoid stubborn stains, grime, and grease.

You can include vacuuming in a regular house cleaning checklist to make your house look sparkling clean.

You can also deep clean hardwood floors naturally using vinegar, castile soap and water. Make sure you follow the right tips and tricks.

## **6. Improves Good Health**

With foot traffic and germ-laden carpets, cleaning negligence can make you fall sick quickly. If you have weak immunity, make sure you regularly clean your carpets and ensure good health because dirty carpets pollute indoor air quality.

Make sure you include carpet cleaning in your regular housekeeping chores and use proper methods to keep them away from dust, dirt, allergens and pollen.

If you have been ignoring your carpets during house cleaning chores, read these important points and decide for yourself. Including proper carpet cleaning in regular housekeeping tasks will improve the indoor air, promotes good health, keep allergens and dust mites at bay and prolongs the life of your carpet. You can also hire professionals for a detailed end of lease cleaning in Newcastle to help you impress your landlord.

### **5.3. Brighten the Entry**

Lighting is important in the front door area because it brings in the fire element which is recognition and how you're seen in the world. We want to see and be seen with clarity and brightness like the sun.

To brighten your entry, clean the light fixtures as dust prevents the light from shining through. The same goes for any glass in or around the door. Clean it to allow the most daylight through. Paint the ceiling with a bright flat white color. You can also change the bulb to a higher wattage dimmable bulb, or add additional light fixtures if possible.

The front door area doesn't have to have light fixtures on the highest setting. It's more about the potential for brightness and clear seeing.

### **5.4. Open the Flow of Qi**



Don't overlook the path to your front door. Take a few minutes and walk outside your front door all the way to the street. Imagine a friend is visiting you for the first time. Walk the steps your friend would make to your front door from the street to see what they would see. Is the path to the front door clear and can you see the house or apartment number clearly? Is the front door hidden or are there any obstacles along the path? Does your doorbell function properly and is it easy to find and use?

Is there confusion? Would your friend get lost? If your friend can't find your front door, good energy, prosperity, and opportunities will also have a challenging time reaching you. Do what you can to create a clear path to the front door so you have all the abundant qi heading your way.

### **5.5.Care For Your Front Door**

The hardware on the front door is another area that is often neglected. When you have a moment, open your front door from both inside and outside. Do you notice any difficulties opening the door, such as the door or lock sticking? Do the hinges squeak like they are in need of lubricant? Maybe the hardware needs polishing? Make sure everything is in working order, including the doorbell.

All these little obstacles affect you in your everyday life. Just like a stone can be worn away by tiny drops of water over time, these difficulties add up and affect your well-being. We speed and rush through so many things in our life nowadays, we may not consciously notice. But paying attention to these details provides ease and relaxation.

### **Conclusion**

Hope you like this guide and understand how to bring positive energy into the home. We have shared all useful info that can help you to improve your house environment and attract positive energy.

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