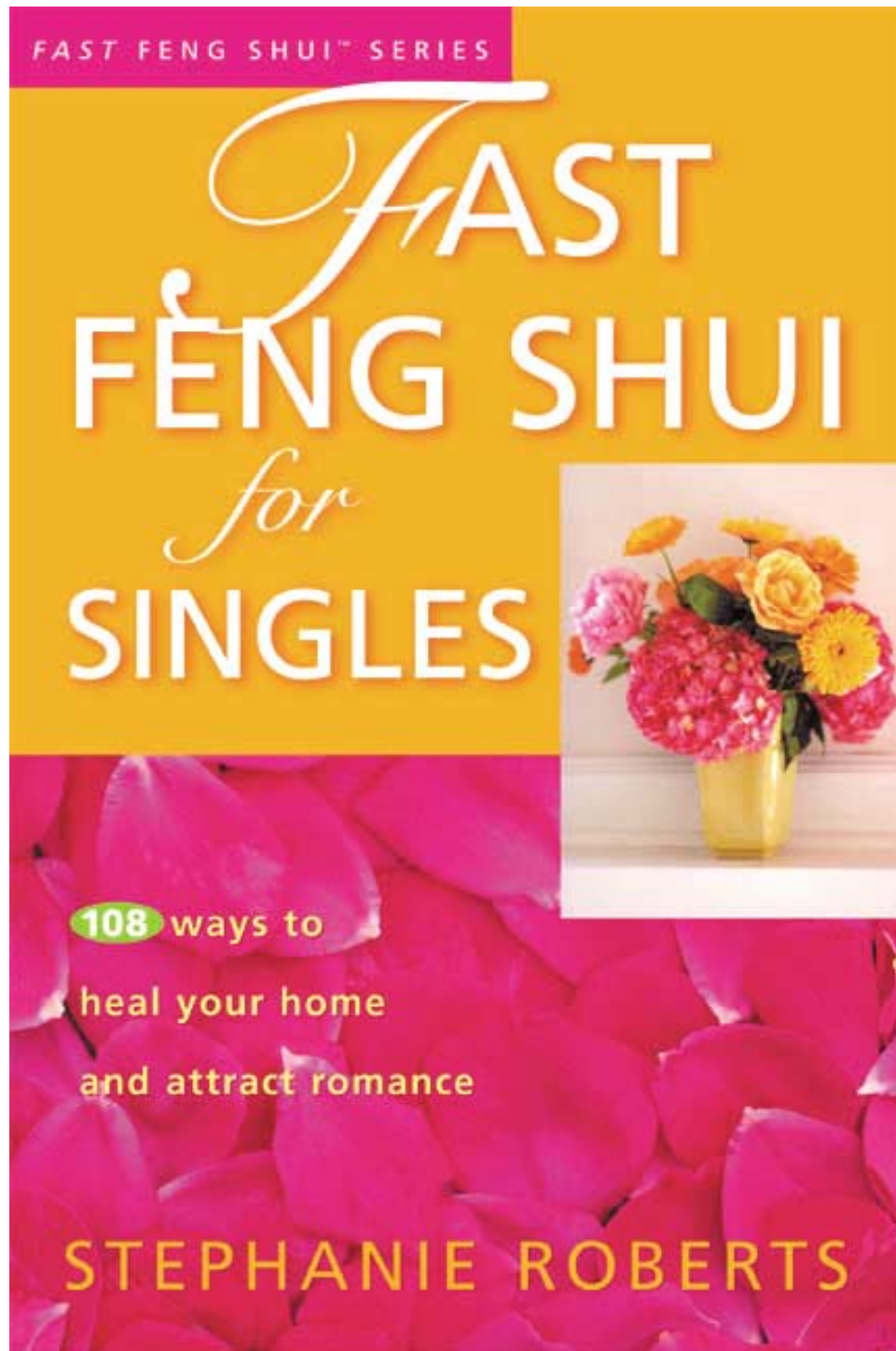


# *Table of Contents & Sample Pages*

**NOTE:** These pages are from the ebook version. They have been formatted with color, and to fit an 8<sup>1</sup>/<sub>2</sub>" x 11" page size. The trade paperback edition features the same text and diagrams in black-and-white, 6"x9" page format.

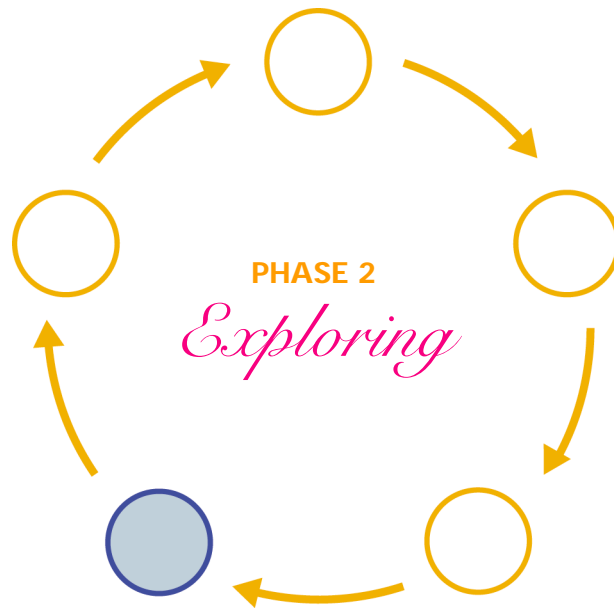


## *Table of Contents*

Author's Note	4
<b>HOW TO GET CUPID ON YOUR SIDE</b>	
Feng Shui and Your Love Life	10
What to Expect from Feng Shui	13
The Power of Your Intention	16
How to Use this Book	20
<b>GUIDING PRINCIPLES</b>	
THE FAST FENG SHUI PRINCIPLES	26
Principle 1: Know What You Want	27
Principle 2: Locate Your Power Spots	30
Principle 3: Create a Path for Chi	35
Principle 4: Repaint, Repair, Renew	36
Principle 5: Clear Your Clutter	38
Principle 6: Neutralize Negative Influences	39
Principle 7: Activate Your Power Spots	40
Principle 8: Work on Yourself as Well as Your Home	41
Principle 9: Evaluate Your Results	42
<b>THE FAST FENG SHUI RELATIONSHIP CYCLE</b>	
THE FIVE PHASES OF A ROMANTIC RELATIONSHIP	45
Phase 1: CENTERING	50
The Metal Element in Feng Shui	52

Metal Energy and the Ba Gua	56
Find Your Centering Power Spots	59
Feng Shui for the Centering Phase	63
Releasing the Past	63
Feng Shui Ways to Lift Your Spirits	78
Creating a Sense of Security	88
Your Private Sanctuary	93
Phase 2: EXPLORING	99
The Water Element in Feng Shui	101
Water Energy and the Ba Gua	102
Find Your Exploring Power Spots	107
Feng Shui for the Exploring Phase	108
Make Room for New Experiences	108
Welcome Change and Opportunities	119
Activate Your Network	124
Feng Shui for the Personal Ads	129
More Feng Shui Tips for Your Social Life	133
Expand Your Horizons	136
Phase 3: CONNECTING	138
The Wood Element in Feng Shui	139
Wood Energy and the Ba Gua	141
Find Your Connecting Power Spots	143
Feng Shui for the Connecting Phase	144
How to Correct a Missing Kun Gua	144
Attract Chi to Your Power Spots	148
Create an Environment for Romance	151
Romantic Imagery and Symbols	156

Phase 4: LOVING	159
The Fire Element in Feng Shui	160
Fire Energy and the Ba Gua	162
Find Your “Loving” Power Spots	163
Feng Shui for the Loving Phase	165
Balance and Harmony in the Bedroom	166
Remove Communication Blockers	173
 Phase 5: UNITING	 176
The Earth Element in Feng Shui	177
Earth Energy and the Ba Gua	179
Find Your “Uniting” Power Spots	180
Feng Shui for the Uniting Phase	181
Creating a Shared Home	183
 Continuing the Journey	 186
 <b>APPENDICES</b>	
A. Working with the Ba Gua	188
B. The Cycles of the Elements	196
C. Feng Shui Objects and How to Use Them	206
D. Feng Shui Resources	216
 Glossary	 222
Index	226
About the Author	237



The second stage in your journey through the Relationship Cycle is Exploring. You feel stronger and more centered now, after the work of Phase 1, and are ready to jump back into the pool and see if you remember how to swim.

This is the time when you get serious about dating again, even if you're not yet ready for a serious relationship. When you make the shift to becoming more outwardly focused after the inward focus of the Centering phase, Exploring offers strategies and tips for jump-starting your social life and expanding your network of friends.

Your tasks for the Exploring stage are to create space in your home for new energy to come in and to activate and expand your social network. When you focus on meeting a wide range of people, you increase your odds of connecting with the perfect partner you've been waiting for.

This is also a great time to expand your horizons in whatever ways appeal to you: take up a new hobby, enroll in a class, get involved with a local charitable organization, visit a new place, go on a cruise, or just explore your own neighborhood and city.

Keep in mind that, with the exception of online dating services, you won't meet people sitting at home, so make sure your activities get you out of the house and into the company of others!

## *The Water Element in Feng Shui*

The Exploring phase is associated with the **WATER** element in feng shui. We can gain a greater understanding of the qualities and objectives of this stage by taking a look at the meanings and characteristics of **WATER** *chi*.

Water is reviving, nurturing, clean, pure, calming, soothing. We can swim in a lake, soak in a hot bath or take a cool refreshing shower, or get happily soaked to the skin in a warm summer rain. Water can also sweep us away in a flash flood or tidal wave, and it will wear down a mountain over time. For every gentle summer shower, there's bitter November sleet; water can chill us to the bone as well as soothe our aches and pains at the end of a long day.

Symbolically, water is often associated with our emotions and subconscious selves, and is regarded as a source of vitality. It can signify potential that is not yet manifest.

### **THE FENG SHUI VIEW OF WATER**

In feng shui, the **WATER** element is associated with the season of winter, when the *chi* of the earth begins to shift toward spring. Although the weather may be cold, the transition to warmer times is just ahead. As snow and ice begin to melt in late winter, water trickles and flows and life returns.

In Traditional Chinese Medicine, **WATER** is associated with the kidneys and bladder. Feng shui also associates **WATER** with the birth canal as the channel through which we emerge into the world.

The emotion affected by **WATER** imbalance is fear. It is in the Exploring state of the Relationship Cycle that confronting fear and finding the courage to go out into the world and look for love again (instead of staying in the safety and security of home) is most likely to be an issue. The sound associated with water is "groaning,"

which may be what you do when you think about having to start dating again. Go ahead and groan if it makes you feel better; by the end of this phase you'll agree it was worth it.

Feng shui distinguishes between two types of **WATER**: still and moving.

- **Still water** symbolizes wisdom, clarity and deep understanding. When this energy is strong in you, you have a broad and sound perspective on life, and your judgment is sharp and clear. When this energy is weak, you might make poor decisions because your judgment is not good. Lack of clarity leads to arguments, and your words or behavior may seem hypocritical.
- **Moving water** is associated with prosperity, career, and—most important for your love life—social connections. Think of moving water as representing the ocean of people that you swim in. When moving water *chi* is strong, you go out a lot, travel frequently, make lots of new contacts, meet people easily, and are on the phone a lot. This can be exhausting, but you should be feeling rested after the Centering phase, and Exploring is definitely the time to put on your dancing shoes and go out on the town. When moving water is weak, on the other hand, you may find you are home most of the time, and don't have a large circle of friends. This chapter will tell you how to fix that.

### JOURNALING

Find some quiet time to explore your personal experience of the **WATER** relationship phase. What insights have you gained from exploring **WATER** energy from a feng shui perspective? How have you reacted to the challenges and opportunities of Exploring as you moved through this phase in the past?



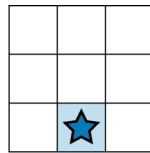
- How do you usually respond to this phase, both emotionally and physically?
- What aspects of becoming more social and meeting new people are easy for you? Which are difficult?
- What do you most look forward to about this stage? What makes you “groan”?

Think about what personal challenges are likely to surface for you in this phase of the Relationship Cycle. This might include:

- Making yourself focus on what you need to do in your home, when it’s so much more fun to go out
- Finding the courage to go out, if you are shy and would rather stay home and work on your clutter
- Paying more attention to your appearance, so you always make a good first impression
- Handling how your children react when you start dating again
- Restructuring your budget so you can invest in the services of a baby sitter, professional organizer, personal trainer, image consultant, dating service, or whatever other outside help you may need

## Water Energy and the Ba Gua

The **WATER** element is associated with *kan gua* (career, wisdom, and social connections). *Kan* is located at the center of the lower side of the *ba gua*. If the front entry to your home is in *kan gua*, that will be an especially important power spot for you during the Exploring phase.



*kan*  
career,  
social connections

If you are placing the *ba gua* according to the compass directions, *kan gua* is in the north.

From the perspective of the challenges and tasks of Exploring, *kan gua* supports activating your social life and creating new opportunities.

Because the element of *kan gua* is **WATER**, **METAL**-type cures and colors are appropriate here, as are all kinds of **WATER** cures.\* Avoid placing too much **WOOD** energy in this *gua*, as it will drink up the **WATER**, unless you also add **METAL** to support water. Remember, too, that **EARTH** can muddy or clog water unless you also add **METAL** to create a three-element arc of the creative cycle.

\* You can find information about the cycles of the elements and about specific feng shui cures and objects in the **Appendices** at the back of the book.

**YOUR EXPLORING BA GUA**

Draw a nine-square *ba gua* grid in your notebook or on a blank sheet of paper (or photocopy the *ba gua* template on page 205). Write “Exploring” in the middle (*tai chi*) square.

Start with *kan gua*—the square on the middle of the bottom row. Write in “social life” or any other specific meaning this area may have for you, based on your personal issues and goals for the Exploring phase.

Now, think about the other *guas* (refer to the *ba gua* map on page 189, if necessary), and identify any personal meanings they may have for you in the Exploring stage. It’s okay if you don’t feel a strong connection between a specific *gua* and your needs and experiences right now. Focus on the areas that do resonate with you, and note their meanings on your Exploring *ba gua*.

Below is an example of the *ba gua* from the perspective of the Exploring phase. Remember that there are no right or wrong answers; this is your *ba gua*, based on your feelings, and it’s okay to leave some areas blank.

what I have to offer in a relationship	image consultant?	
	EXPLORING	be creative about places to meet people
don't let being shy stop me	Network!	dating services

The final step in this exercise is to choose which *guas* will be your top priorities for the Exploring phase. For example, if you are feeling shy and not as self-confident as you'd like going into this phase, you can work with *hsun gua* (fortunate blessings) to become more aware of what you have to offer to others, and with *li gua* (fame and reputation) to help others recognize you for the bright, charming, interesting person that you really are.

Your close friends and relatives may be thrilled that you've decided it's time to start dating again—or they might be less supportive than you'd like, making *jen gua* (family) important for you now.

*Chien gua* (helpful friends) is also a good area for feng shui during the Exploring phase, because it can help you hook up with the right baby sitter, personal coach, or dating service.

Use your personal *ba gua* to help you fine-tune your affirmations and visualizations during this phase.

## *Find Your Exploring Power Spots*

Yes, once again we're going to fine-tune your power spots. This time you will compare the location of your relationship power spots with the key *guas* that you've decided deserve some attention during the Exploring phase.

First, look to see if *kan gua* (social connections) of your home, bedroom, personal sanctuary\* or other key room overlaps with any of your relationship power spots. If you decided any other *guas* were especially important for you now, look for overlaps with those areas as well. For example, if your bedroom is in *li gua* (reputation) of the house, all of your bedroom power spots will help you make a good impression on others.

If you are using the *ba gua* according to the entry, also take a look at the compass directions. Are any of your relationship power spots in the northern sector of your home or of that room?

You may find lots of overlap areas, or none. If you don't find any areas of overlap, focus your feng efforts first on *kan gua* and your front door, and then apply the guidelines in this chapter to other power spots throughout the house. As we go along, you'll learn lots of ways to increase your social activity and how to use the energy of moving **WATER** to activate *kan gua*.

The rest of this chapter details specific things you can do to enhance the Exploring phase. As always, pay attention to your intuition as you decide which of these tips are right for you. As you activate your social life, it will be especially important to reserve some quiet time for yourself, so you can stay in touch with your feelings and record your insights in your feng shui journal.

\* See pages 93-97 in the Centering chapter.

## *Feng Shui for the Exploring Phase*

### *Make Room for New Experiences*

The most sure-fire way to make it difficult to meet anybody new is to keep your house bursting at the seams with stuff—especially stuff that binds you energetically to your previous relationships. If your love life needs a breath of fresh air, start by giving yourself and your house some breathing room.

We touched on this earlier in the book, but it's important enough to repeat at least once more: if you want to bring a new relationship into your life, you'll need to make room for it. For some people, that work may be mostly on an emotional level, and a lot of the clearing out of the detritus of a past relationship will have been accomplished in the Centering phase. For others, the big problem is dealing with a house full of stuff. Now that you're in the Exploring phase, it's time to get serious about creating space for the new things you'd like to welcome into your life. Here are some ways you can do that...

**(end of sample text)**