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Collective



# 5 THINGS

*IN YOUR HOME THAT ARE  
HOLDING YOU BACK*

**(AND WHAT TO DO ABOUT IT)**

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Hi There!

We're delighted you said YES to receiving this Feng Shui guide! To begin, we'd like to introduce ourselves. We are Pamela and Lauren, a Mother/Daughter duo who combine the arts of Goal Setting & Feng Shui.

Together, we have almost three decades of experience and have worked with thousands of women.

It's important to note that Feng Shui means "wind" (Feng) and "water" (Shui). Wind is unseen and untouchable energy (chi) while water is visible and tangible.

With this guide, you'll be able to take inventory of potential energy barriers in your home and how they are effecting your life. As you embark on remedying these areas, keep in mind you'll be tidying up (water-tangible) with intention (wind-invisible). What you intend is up to you and remember, the energy should flow through your home like a meandering river!

01



YOUR  
BATHROOM

01

**Problem:** Bathrooms are chi-depleting and can literally drain vital energy and resources from your home. The metaphor of “money going down the toilet” applies!

**Solution:** Keep the bathroom door closed, and all bathroom drains closed when not in use. This includes the lid on the toilet, which is the biggest drain of all. You can also hang a mirror outside the bathroom door to deflect the flow of energy. Add the wood element (more on this in our Feng Shui Fundamental course), such as a healthy plant or artwork depicting nature. This will ease the draining effect of the plumbing. If you add a climbing plant, make sure that you stake it to grow upward, not down (more drain to the chi). As you practice this, keep in mind a specific goal that you have, or the intention of feeling more energetic and healthy now that the chi is no longer draining from your home.



02

B E D R O O M  
C L O S E T

02

**Problem:** The energetic dynamics of clutter are often reflective of issues that you don't want to deal with. Over time, this can lead to health issues such as depression, weight gain, and frustration. For many, clutter triggers an enormous amount of personal shame because it has to do with the emotional baggage attached to it. A messy, unorganized closet promotes confusion, a sense of overwhelm, and a lack of personal power.

**Solution:** Your bedroom is a place of sensuality and serenity. It's the place where you recharge your batteries after a busy day. Start your clutter-clearing efforts with your closet, removing *everything*. Make three piles: items to keep that you love, items to donate, and items to throw away. Dust and vacuum your closet to activate the chi, and then return those items that you are keeping, focusing on encouraging movement and energy to transform your life to achieve the goals you have set for yourself. Note: If this closet-clearing project feels like a case of overwhelm, then start by moving 27 items. Dust and vacuum the inside of the closet, remembering to hold the intention of achieving your goals and elevating your energy.

03

Y O U R C A R

03

**Problem:** Dirt and clutter in your car has the same negative impact on your chi as dirt and clutter in your home, and especially so if you spend a lot of time on the road.

**Solution:** Focusing on where you want to get in your life, wash your car, inside and out. Clear out your cluttered trunk and messy glove compartment, and add back only what you need. Add a faceted crystal or black tourmaline to the rearview mirror to deflect away negative chi. What are your bumper stickers saying about you? Take a fresh look at the message they are sending to make sure that it's still appropriate for you. A good smudge is also a great way reset the energy in your car.



04



YOUR  
WINDOWS

04

**Problem:** Dirty windows can lead to foggy thinking. Even if not noticeably dirty, a thin layer of dust can keep you from seeing clearly. A broken window, no matter how small, can cause your home's vital chi to drain away.

**Solution:** Wash your windows, focusing on removing any indecisiveness you are experiencing, starting with the front of your house, where chi enters. Repair your windows, with the intent of improving your home's chi. As broken glass is removed, think of getting rid of the negative chi that was surrounding it. Note: if the window(s) cannot be repaired, hang a crystal at the window from a red ribbon that is 18" or 36" in length. The number 9 (and multiples of 9) and the color red are both considered good luck in Chinese culture.



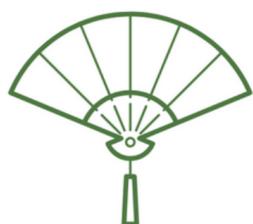
05

Y O U R  
E N T R Y

05

Problem: Your entry is hidden, or is filled with debris, dead plants, tattered doormats, shoes, toys, etc. Hedges are overgrown, lighting is dim, and your house numbers are broken or unreadable, or missing entirely. This negatively impacts the chi of your entire home.

Solution: The entry is where first impressions occur, and where you communicate your desire to receive helpful experiences, people, and opportunities into your life. This is where good fortune can enter your home, and so it's important to make it welcoming. Clear away any clutter and dead plants. Sweep the entire area, and get rid of those cobwebs. If possible, hose down the entire area, and shine the front porch light. Oil the front door, using furniture or mineral oil, and shine the hardware, too. If you're feeling ready for a real boost of energy, paint your front door any shade of red that you love. Buy a new door mat, and shop for fresh, seasonal plants to place around your entrance. Clean and polish any furniture located near the front door. As you are moving things around, keep your intention clear that you are attracting welcome blessings, helpful people, and auspicious opportunities to your life. Note: If you cannot do anything outside your front door, which could be the case if you live in an apartment, focus on tidying your foyer or just inside the entryway, using the suggestions outlined above.



*"You cannot do work on yourself and not on your space. You also cannot do work on your space and not on yourself."- Elizabeth Gilbert*



# What's Next?

If you have any specific questions, shoot us an email at [fengshuicollective@gmail.com](mailto:fengshuicollective@gmail.com).

If you're ready for a deeper dive into Feng Shui, we offer our 6-week [Feng Shui Fundamentals Course](#), where we define your goals and show you, step-by-step, how Feng Shui can help you achieve them.

Share your before-and-after pictures with us on Instagram! [@fengshuicollective](#).

