



The Feng Shui of— Flowers & Plants

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Although it probably is early to enjoy fresh cut flowers from your garden, you can still partake of the color, beauty, and fragrance that they bring into your home by treating yourself to fresh flowers available at your neighborhood supermarket or florist. Many markets offer a variety of sweet bunches of fresh flowers for less than ten dollars. Both flowers and live plants are carriers of rejuvenating *yang* energy.

Any room is enhanced with fresh flowers, although there are differing Feng Shui opinions as to their appropriateness in the bedroom. This is because the bedroom—as a place of rest—should be slightly *yin* to induce and enhance sleep. Personally, I can't think of a nicer way to doze off and travel to the realms of restful, rejuvenating sleep than being bathed in the fragrance of fresh roses! When a bedroom is a place of convalescence, filling the room with flowers is very beneficial during recovery and healing, as the occupant is continuously bathed in positive *yang qi*.

A word of advice on live plants in bedrooms, though; sleeping rooms are not the place to have lots of potted plants. Not only would too many live plants create relatively excessive *yang qi*, you'd be immersing yourself in the carbon dioxide that plants release during the night cycle. The rooms where you do your "living" are better suited for lots of plants. If you love having a "jungle," an atrium or conservatory is just the thing for you! Don't forget that your

outdoor garden is a haven of positive energy and can refresh and rejuvenate like nothing else. Like every gardener I know, I can hardly wait for all my flowers!

Live plants will enhance any area of your home, and they can also be used as "cures" for certain types of problematic areas. If you have a room or area that has a lot of wood in it, such as wood paneling or cabinets combined with wood floors, you will want to limit the use of plants in these spaces. Plants represent the wood element and adding them to an area that already has plenty of wood energy would defeat the purpose. You can also incorporate colorful area rugs to tone down the wood element, which may allow you to have those plants that you love! A trained Feng shui consultant can assist you in evaluating whether a space needs more or less of the wood element.

Both fresh-cut flowers and live plants should be checked regularly for any part that is withering or dead. Once cut, flowers only last a few days, although there are products available to extend their freshness. Remove dried up petals and curled, brown leaves as quickly as possible. Dead and decaying organic material creates negative *yin* energy that depletes the positive *yang qi* in your home. Shriveled and dead leaves or stems on live plants will drain the plant of some of its life energy and reflect a state of neglect,



which creates negative Feng Shui. A vibrantly healthy plant symbolizes life and carries positive, live *qi*. ■

Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant and has been a Feng Shui professional since 1998. She is available for consultations on-site or via phone. By using the timeless principles of the art and science of Feng Shui, Michele can help you bring balance and beauty to every aspect of your life. She is also a Certified Qigong Instructor of Ling Gui Healing Qigong School, Liu Dong's Method. Michele can be reached at (406) 582-5724, or send email to taodesigns@ymail.com.