



The Feng Shui of...

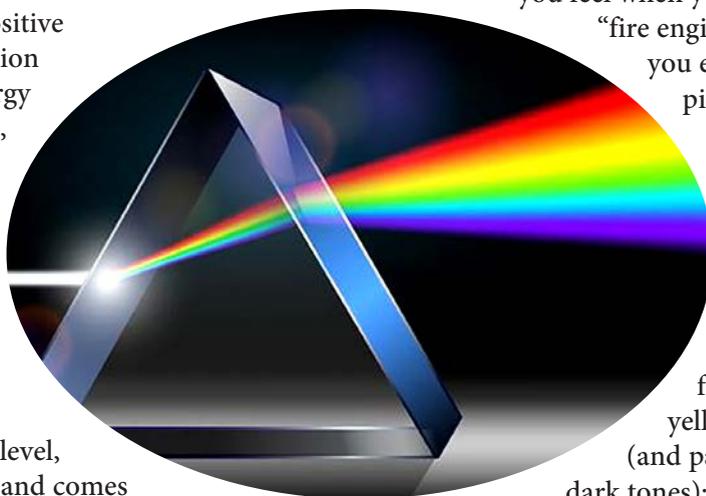
Using COLOR Creatively

Are you ready to bring some new energy into your living and work space? With many of you working from home or spending a lot of time at home right now, it may be time to liven things up a little.

An excellent way to bring new *qi* to a space is with color! Color is all around us, and you can use it for positive change. Our perception of color and its energy effects our emotions, well being, state of health, and even our thoughts. The *qi* that flows through color penetrates through many layers of our awareness.

On the physical level, color is light energy and comes out of white light. Every nuance of color has its own unique frequency of wavelength and vibratory pattern. For instance, navy blue has a completely different *qi* and quality than an aqua blue. The color and tones of color used on your walls, furniture, your clothing, and everything you surround yourself with can have a positive or negative impact. If your environment, clothes, and everything around you are dark or drab, this will have a negative impact on how you perceive life and what you convey to others about yourself.

What we see and take into our consciousness once we walk out our door has just as much an effect on us and makes our personal space all the more important to our sense of inner balance and harmony. Certain colors can evoke a sense of peace, some will refresh our energy, while others are stimulating and very active. If your life outside your home is stressful, try to balance that with some light blues or greens. If you feel the need to activate areas in your life, try more stimulating colors. In general, the red end of the spectrum is stimulating and impelling, while the blue end is more tranquil and meditative.



Michele Lewis,
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Within these parameters though, lie various tones and hues of a color that can be active or calming. For instance, consider how you feel when you look at a

“fire engine” red in comparison to what you experience when you look at pink.

From a Feng Shui perspective, dark colors are relatively *yin* and lighter colors are *yang*. Colors can also be described as *yin* and *yang* based on the element they represent. The color to use for fire is red and red hues; earth is yellow (and browns); metal is white (and pastels); water is black (and very dark tones); the wood element is green and green tones. Blue is placed in the wood area of the bagua, however blue symbolizes water to many people and can be used in certain situations to represent water. Red is considered extreme *yang* as the fire element, and black is extreme *yin* as water. The deeper the water, the darker it gets.

Experiment with different colors and their many tones and hues to see how they affect you. This can be an adventure in self-discovery to learn what brings balance to you. Try some new, vibrant clothing to welcome spring, and see what a difference color can make in your life! ■

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 at todesigns@ymail.com.