

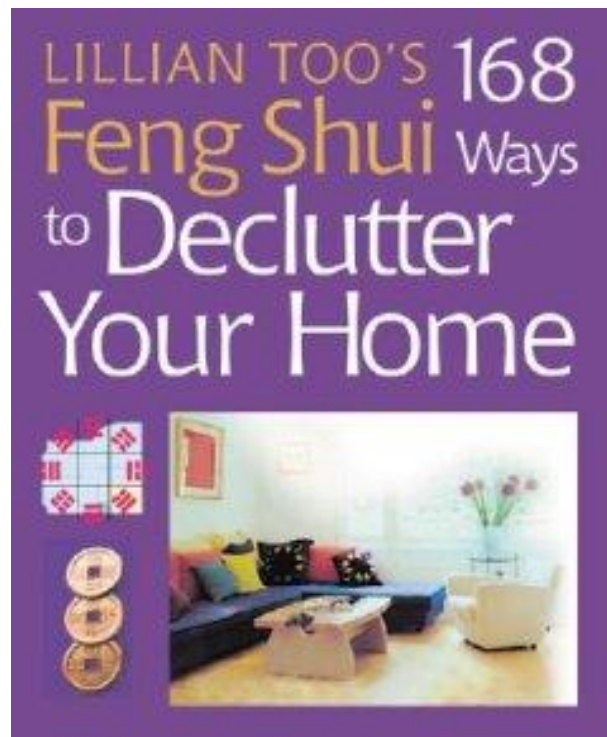
## 8 Practical Tips to move Stagnant Chi

Every space has energy. When you enter a space that makes you immediately feel light or uplifted, or walk into a room where the atmosphere leaves you feeling drained, you are responding to the energy or "chi" in an environment. Sometimes energy in a home or office can become stagnant or dull. When this is the case, you may feel tired, listless or agitated.

Space Clearing is the art of cleansing and purifying this energy, an ancient practice with roots in various cultures. Chinese New Year is a wonderful time to clear out the stale energies from the previous year and consciously attract vibrant chi into your home and office for 2010. Here are some basic steps to get started:

1. **Clear your Clutter. Love it, Use it or Lose it!** Choose to surround yourself only with items that bring you joy and are meaningful to you. If your belongings don't inspire, nourish, support or strengthen you, then it's time to let them go. Releasing the old makes room for new opportunities and experiences to enter your life. When you are feeling stuck, *Clutter Clearing* is one of the most powerful things you can do to transform your life. Changes manifest quickly when you really go for it!
2. **Do an "old fashioned" Spring Cleaning.** Our grandmothers knew what they were doing when they religiously scrubbed, vacuumed, swept and washed the physical dirt and grime from their homes each spring. Don't forget to remove old, stale, expired foods that are lurking in your cupboards, refrigerator and freezer.
3. **Open up all doors and windows every morning to revitalize your home and office.** Let the fresh air circulate freely for at least 1 hour. The energy will shift instantly. This applies to you even if you have central air. Breathing in stale air on a regular basis is draining and unhealthy.
4. **Add "Chi-Stimulators" to your environment.** These include: healthy plants, fresh flowers, water fountains, aquariums, prisms, wind chimes, candles, music, and pets. Children naturally radiate vibrant chi. If you don't have your own, offer to baby-sit for a friend or family member.

5. **Use a metal singing bowl to clear out sickness chi.** Whenever a family member becomes ill, walk around the room three times in a clockwise direction while striking the singing bowl with a wooden mallet. The singing from the bowl will help purify the space and stop the sickness from spreading.
6. **Purify your home daily with incense.** This will make your energy warmer, softer and more nurturing. Walk in a clockwise direction around the edges of each room in your home with the incense smoke. Sage, sweet grass and pine are potent purifiers. I highly recommend Shoyedo Japanese Incense that is made from all natural ingredients. *Hope, Love & Joy* from The Angelic Series are my favorites.
7. **Revitalize energy with aromatherapy.** For a quick and easy boost, use natural essential oil sprays, diffusers, or candles. Orange, lemon, mango, grapefruit, and lime smell delicious and move stagnant chi.
8. **Overcome lethargy with metal bells.** If family members are feeling tired and sluggish, ring a metal bell throughout the home to wake up the monotonous chi.



**Recommended reading.**