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Autore	MacKail Davina
Titolo	Feng shui : create health, wealth and happiness through the power of your home // Davina MacKail
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ISBN	1-78180-689-6
Descrizione fisica	1 online resource (144 pages) : illustrations, graphs
Collana	Hay House Basics
Disciplina	133.3337
Soggetti	Feng shui
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Copyright Page -- Table of Contents -- List of exercises -- Acknowledgements -- Introduction -- My feng shui journey -- Why feng shui? -- PART I: GETTING STARTED -- Chapter 1: How feng shui works and where it comes from -- It's all about the chi: How feng shui works -- The origins of feng shui -- Traditional or classical feng shui -- Contemporary feng shui -- How to navigate the methods for best results -- Chapter 2: The core principles of feng shui -- Yin and yang -- Change is constant -- The five elements -- Cycles and spirals -- Chapter 3: Life evaluation and the bagua -- Seeing the metaphors and symbols in your home -- How to do feng shui -- Looking at your life balance -- I Ching -- The bagua -- Placing the bagua over your home -- Chapter 4: Introducing the bagua - house by house -- First house: Career/life path (1) -- Second house: Relationships (2) -- Third house: Ancestors/family (3) -- Fourth house: Wealth/blessings (4) -- Fifth house: Health (5) -- Sixth house: Helpful friends/travel (6) -- Seventh house: Creativity/children (7) -- Eighth house: Self-development (8) -- Ninth house: Fame/reputation (9) -- It's all about the relationships -- PART II: THE PSYCHOLOGY OF CLUTTER AND SPACE CLEARING -- Chapter 5: Clutter, clutter, everywhere... -- What is clutter? -- The psychology of clutter -- Helpful clutter-clearing strategies -- Clutter-free nirvana -- Chapter 6: Creating space for miracles -- How to space-clear safely -- Choosing a time for space clearing -- PART III: PUTTING IT ALL TOGETHER -- Chapter 7: Feng shui remedies for

disruptive chi -- Increasing prosperity -- Back door directly opposite front door -- Staircase facing the front door -- Front of house faces a sharp angle from another building -- Internal sharp corners 'attacking' occupants -- Sloping ceilings and lots of dark beams -- Other feng shui red alerts.

Street defences -- Chapter 8: The feng shui trinity - kitchen, bedroom, bathroom -- Kitchen -- Bedroom -- Bathroom -- Chapter 9: Room-by-room guide to good feng shui -- Front entrance and hallway -- Windows and doors -- Living room -- Dining room -- Children's rooms -- Home office -- Spare rooms/junk rooms -- Garage -- Attic -- Basement -- Garden -- Chapter 10: Feng shui nasties: Geopathic stress and technostress -- Toxic frequencies -- Geopathic stress -- What can we do to protect ourselves? -- Enhancing wellbeing -- Chapter 11: Buying and selling with feng shui -- Things to consider when choosing a home -- Location, location, location -- Front door -- Environmental issues to avoid -- Check the bagua of your prospective home -- Selling your home with feng shui -- Time to let go -- Saying goodbye -- You've done everything and it still won't sell -- Conclusion: Chi enters and chi leaves -- Resources -- About the author -- Join the Hay House Family.
