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summer camp activity

SET UP YOUR SPACE



Let's take a

FENG SHUI

Scavenger Hunt

We teamed up with Feng Shui expert
Kate MacKinnon to help you invite flow
and prosperity into your space!

Adapted from our Feng Shui Astrology section:
astrostyle.com/feng-shui



Beauty Matters.



***you deserve a sacred space**

Setting up a beautiful workspace—according to what pleases YOU—creates a sacred container for your dreams. So often we allow our creative zones to become a dumping ground for laundry, mail, clutter, everyone else's stuff. But when we carve out a clean, organized area for ourselves, we tell the universe that this is more than just a "side project" or "hobby." We may not know where we're headed with it, or even exactly where we want to go.

But when you move the junk and extraneous stuff out of the way, you open up space for the divine to direct the process and deliver its support.

You also send an important message to others who share your space: This is a no trespassing zone that belongs to me—and that's okay! It's an incubator for my dreams, a greenhouse where I can grow my ideas from seedlings to success in a delicate, controlled environment—and I'm worth it!



Assess your space

THE 8 ENERGY CENTERS

In Feng Shui, every home and room is divided into different “energy centers” that represent important areas of life. The Bagua, which means eight areas in Chinese, is the map of their locations.



Assess your space

THE BAGUA MAP

The Bagua is one of the main tools Feng Shui practitioners use to determine the regions of a home, workplace or garden. Some variations of the Bagua show the eight regions in a square grid, other versions are octagonal.

In the Traditional or Compass school of Feng Shui, practitioners use a compass to determine the exact direction of the front door. Next, they place that compass point of the Bagua on that area of the floor plan. This can be used for the door or doorway of each room.

In the Western or BTB (Black Sect Tantric Buddhist) School of Feng Shui, practitioners use a square compass with eight areas and health in the center. The area for north on the bagua is always placed on the wall of the front door—the area of life is Career.

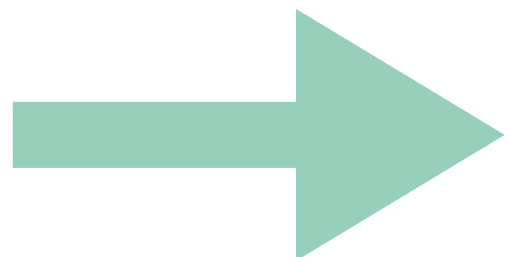
This method can also be used for the door or doorway of each room. Centering the Career region of the Bagua on the wall of your front door (no matter what the compass says), the other eight areas are determined based on their location relative to the home or room's entrance.

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*see the bagua map
on the next page*



THE BAGUA MAP



Entrance to your home, room or work area

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START THE SCAVENGER HUNT!

Once you determine the location of the entrance to a home, workplace or room, look at what's in each of the eight areas, as well as in the center:

- Is there a lot of clutter?
- Are there old or broken objects? Relics from your past?
- Is there a jumble of wires and cords from electronic devices?
- Do you have enough light or is this a dark spot?

Depending on what you see in each area, if that is an area that you to expand and grow, it's certainly a good place to start with clearing out the clutter, fixing broken items or letting go of old relics, etc.

Once you use the Bagua, glaring blockages or issues will probably jump out at you. Experiment by decluttering and track how events in your life change after you remove the obstacle, physical or energetic.



MY BAGUA ASSESSMENT

Print and write what you see (no judgement!)

REAR LEFT WEALTH	REAR MIDDLE FAME/REPUTATION	REAR RIGHT RELATIONSHIPS
MID LEFT FAMILY	CENTER HEALTH	MID RIGHT CREATIVITY
FRONT LEFT KNOWLEDGE	FRONT MIDDLE CAREER	FRONT RIGHT TRAVEL & HELPERS



Entrance to your work area



EXAMPLE: OPHI'S ASSESSMENT

<p>REAR LEFT WEALTH</p> <p>3-shelf cabinet with mail, video supplies, macrame</p>	<p>REAR MIDDLE FAME/REPUTATION</p> <p>Desk, lamp, painting from dear friend</p>	<p>REAR RIGHT RELATIONSHIPS</p> <p>Entrance to garage, family junk dumping depot (help!)</p>
<p>MID LEFT FAMILY</p> <p>walking space, nothing here</p>	<p>CENTER HEALTH</p> <p>desk chair, overhead light</p>	<p>MID RIGHT CREATIVITY</p> <p>Busted old file cabinet & stuff to donate to charity</p>
<p>FRONT LEFT KNOWLEDGE</p> <p>Garbage can, vaccuum, off- season shoes</p>	<p>FRONT MIDDLE CAREER</p> <p>My favorite Tulum beach coverups & dresses</p>	<p>FRONT RIGHT TRAVEL & HELPERS</p> <p>Printer, nice File Cabinet</p>



Entrance to your work area

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Record your discoveries



What did you find?

What did you change?

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Meet Kate MacKinnon

Creative Feng Shui



Book a complimentary 30-minute session with Kate at www.kate-mackinnon.com

Kate MacKinnon, Certified Feng Shui Practitioner and founder of Creative Feng Shui, combines the eastern practice of Feng Shui with a western aesthetic to create spaces of elegance and beauty that also transform lives. Since 2001, Kate has successfully consulted for individuals and businesses, bringing the power and magic of Feng Shui to homes, offices, buildings all over the world. Kate has taught courses on Feng Shui at the Hospital for Special Surgery, written articles on Feng Shui, and been interviewed by thought leaders in the worlds of Speaking, Art, Spirituality, Women Empowerment, and Life Transitions. In 2014, Kate taught the first Feng Shui online course for the Integrative Institute of Nutrition with a focus on Health & Wellness. In 2016, Kate had the honor to present "Feng Shui 101" to the Global Real Estate Women's Group at JPMorgan Chase.

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