



*Spring is the time of the year represented by the trigram Zhen or 'Thunder' – the Family gua.*

*It is a time of growth, emergence from the slow, contracted space of winter. It is unpredictable. One day sunny and warm, the next day winter can be back upon us in a flash.*

For many, spring can be a time of fluctuating personal chi which reflects the instability of the outdoors. This is particularly true for those of us who live a little farther North where spring can sometimes take its own sweet time to arrive fully.



One way to combat the instability, raise ones personal Chi, and bring a little wood energy indoors is through the use of indoor plants. All plants represent wood energy so the use of live, lush houseplants is a common Feng Shui adjustment. While the use of bamboo is particularly effective in

this gua and at this time of year, as the winter begins to drag out and our Chi is fluctuating, we can up the anti on our Feng Shui cures by using fresh flowers. Feng Shui practitioners have been using flowers for eons, and now science is backing them up.



In a 2006 behavioral research study conducted by Nancy Etkoff, Ph.D., of Massachusetts General Hospital and Harvard Medical School, researchers have shown that flower power is real. The study determined that fresh flowers used in the interior environment increase

compassion, and reduce both anxiety and depression. While we all know that receiving flowers gives us a temporary boost of positive Chi, this study found that seeing fresh flowers daily has long term benefits.

Another study at Texas A&M University demonstrated that flowers can also be beneficial in the business environment. Dr. Roger Ulrich said of the study, "Our research shows that a change as simple as adding flowers and plants can be important



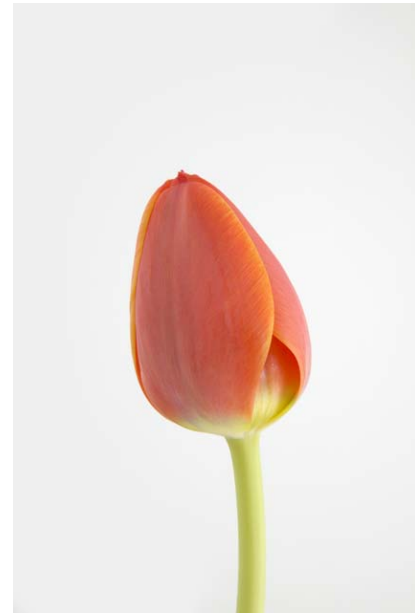
in the most meaningful way to businesses in the modern economy". Productivity, problem solving and creativity were all positively impacted by the simple addition of flowers at work.

These are just two studies giving weight to Professor Lin's teaching that the use of fresh vibrant flowers can be used as highly effective Feng Shui cures and adjustments. These kinds of cures can be applied in layers as well, adding color and specific varieties of flowers to enhance a particular intention or gua. Remember that flowers must be fresh and should be replaced frequently in order for this type of cure to be effective.

A lovely bouquet of flowers can be used in any room where you need a Feng Shui boost, but would be particularly effective in the Family, Health or Wealth guas. One of the great features of them is that because they are not long lasting, they can be



used in an area which might otherwise be unsuitable for a house plant to be placed long term such as a darker corner or a room with lower light. The kind of space which, when winter raises its stubborn head in a last gasp for recognition, could really use a burst of brightly colored thunder.



Mia Staysko is an Interior Designer, a Certified Feng Shui Professional and a Red Ribbon Professional member of the International Feng Shui Guild. Through her company, White Lotus Interiors, she strives to create balance in the lives of others through a fusion of the mundane and the mystical.

Her contemporary design elements are coupled with the ancient art of Feng Shui to create environments which nurture and support her clients on a level much deeper than the purely aesthetic

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# What's New?

Are you inspired by the innovation and energy offered by those involved with Feng Shui?

*It gives us great pleasure to announce the launch of*  
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Our common desire to **understand** and use **Feng Shui** to positively affect others is contagious and it is a life-long learning experience. During this exciting journey, we benefit tremendously from others' **experiences** and the ability to discuss our own questions in a like-minded community.

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**Feng Shui Connections®**  
*is committed to the continual study  
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*I think that no matter how old or infirm I may become, I will always plant a large garden in the spring.  
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~ Edward Giobbi

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