



THE AMERICAN EXPRESS NETWORK

## USE YOUR CARD TO PAY EVERYDAY BILLS

### Feng Shui 101

Regarded as a New Age oddity a decade ago, feng shui has now entered the mainstream. Designers and architects consider its principles when working with blueprints. But what is it, exactly? And how can you apply it to your own home? R.D. Chin, feng shui architectural design consultant and author of *Feng Shui Revealed*, explains some basic tenets of the Chinese art of placement.

"Feng shui means 'wind and water' in Chinese," explains Chin. "The principle of feng shui is to create harmony and balance in your space." Practitioners use a ba-gua diagram made up of eight areas: wealth and power, fame, marriage, future, helpful people/travel, career, knowledge, and family. The ninth space, the center, represents health and balance. By using the ba-gua to analyze your home, "you can actually see the different aspects of your life in the space," says Chin.

"If there are a lot of papers in the wealth and power corner, maybe your flow of money or income is being affected," Chin says. Even a skeptic of the mystical aspects of feng shui can see the benefits of picking up piles of papers and dirty clothes. Chin offers a quick lesson: move 27 objects in your space that haven't been moved in the last month. "You'll look at your space in a different way," he says. "And that will help move the energy."