When you saw the title of this podcast episode, you might've been wondering what does Feng Shui have to do with Chinese medicine? Well, stick around and you'll discover the fascinating connections. Cause I love to expand what we know in TCM into a bigger picture and Feng Shui is going to be part of it.

So today's show, I will share the history, the basics, real life applications for your clinic or your home, differentiating colors, textures, element, and so much more. And I'm going to talk about the mistakes people often make when it comes to Feng Shui and how it can affect our mental. and physical health.

So now you see the connection to Chinese medicine. It's all about preventative and making sure we are balanced and healthy in any way possible, not just with our body, but within our environment.

## Feng shui translates as wind and water. Feng is wind. Shui is water, and it's a practice from China rooted in philosophy and cosmology.

It's not just about arranging furniture, which I think that's what we think about, but it's a holistic approach to harmonizing qi in our surroundings. So grab your favorite cup of tea. For me, it's ginger because it's winter right now and I love ginger tea. So join me, get comfortable and let's talk about Feng Shui, its roots in Chinese philosophy and its connection to Chinese medicine.

Welcome to AccuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students, like you, in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture, because after all, acupuncture rocks!

I'm so glad you're here. Let's start with a little bit of history, which you're going to see the similarity with TCM.

## Feng Shui origins trace back over 3, 000 years to ancient China, just like TCM does.

I love that. Now the scholars, they observe the natural world around them, and they're trying to understand the balance of energy within the environment. The practice was definitely deeply connected to Daoism and the concept of living in harmony with the environment stems from Daoism, which resonates so much with me because this is how TCM came about as well, right?

It is all about trial and error and looking at our environment and how we function within it. The five elements is a big example of that, right? That makes sense. So one of the classic texts in feng shui is the I Ching or often translated as the Book of Changes. Which serves as a guide to understanding the dynamic interplay of yin and yang.

That's the basic of everything. So as the century unfolded, feng shui evolved as well, integrating various school of thought and regional adaptations. It became a practical and spiritual guide for creating environments that support well-being and balance. Aren't we literally looking for that constantly, to readjust everything around us, within us, everywhere, in order to achieve balance?

In the context of acupuncture, understanding these historical roots provides a profound perspective. Just as acupuncture seeks to balance the body and mind, feng shui aims to harmonize the energy in our living spaces. It's a fascinating parallel for me to look at between acupuncture and Feng Shui.

## The Ba Gua Map

So let's start with the basics of feng shui. First, let's talk about the Ba Gua map.

B A / G U A. The Ba Gua map is a Feng Shui essential. It's divided into nine sections. that are usually called Gua, or Guas if you want to make it English plural. Each Gua or section corresponds to a different aspect of life, like wealth, health, creativity, career, or relationship.

By placing the Ba Gua map over your home or a specific room like your treatment room, you can enhance specific areas to really promote positive energy and balance in that area.

By the way, I have a Ba Gua map for you in the show notes, so you can click on it and see what it looks like.

It'll take you to my website, acuproacademy.com/14 because this is the 14th episode today, so don't worry if you have never seen a Bagua map, I have one for you that you can look at.

## Yin Yang

Let's dive into Yin and Yang. Just like in TCM, Yin and Yang represent the balance of opposites.

Yin is the receptive, it's the static, the calm, and Yang is the active, the creative, the dynamic, right? And in feng shui, achieving this balance between the two is crucial for a harmonious living space and in turn for a harmonious body and relationship and everything that's around us, right? When we talk about qi and TCM, we say it's everywhere in everything.

Well, that's exactly what feng shui is about.

## Bad Feng Shui Example

There is a coffee shop in my area that in my opinion has really bad feng shui, unfortunately for them. The way the chairs and the tables are arranged is not flowing. It's kind of like a cafeteria. Each table is next to each other. It's like a long line of tables and the material they're using is very clinical.

It looks like a hospital. Cafeteria. It is not good feng shui. The colors are very white and very clean, but it is not really warm like a coffee shop should be. Now, the coffee is very good. The pastries are very good. Unfortunately, that place is always empty. And I feel bad because I almost want to say, you know, I don't feel like staying in your space.

So I don't want to come here when it's pouring rain outside and I want to sit inside because I don't want to sit in here. It's not really good. See, so I'm sure you've seen places around your area or in your town where you're like, yeah, I don't feel good in this place or it's not really flowing for me. That is bad Feng Shui

# How I Designed My Multidisciplinary Wellness Center with Feng Shui

Years ago, when I decided to open a multidisciplinary wellness center, I got the space and I decided to build it from the ground up because I had a vision and I wanted to see it and do it in a certain way. So I didn't want to rent a space that was already made.

So when I designed the space, I wanted five treatment rooms. I wanted a kitchen, a bathroom, a reception, a hallway, and an infrared sauna room. So I had an idea like the big picture. Now I hired a foreman who wanted to help me design. And he came back with each treatment room in a hallway that was straight line. Then on each side of the straight hallway were all the rooms and they were all facing each other.

## I added Flow

And to me that was very clinical, that was a very straight line. It was not Fen Shui, it was not wind. Water because when you think of wind and water, it's very flowing, right? There's no shape to wind.

There's no shape to water. It constantly changes depending on the environment. So I wanted something that was more flowing. I designed the clinics. So each room, first of all, was unique in shape. None of the rooms are the same. We don't have two rooms that are the same. The colors are different. The feel is different.

## I incorporated Grounding tones

And I have done the winding hallway resembling a river shaped with bends. I wanted each patient who came through the door to feel safe, to feel at home, relax, and trust our ability to help them in their health.

I chose warm earthy colors and textures like wood and stone to really ground the place, right? I added plants because that's really important to get some green and great canvas on the wall.

## Compliment the Seasons Year-Round

We have candles at the reception area during the winter months to warm up the environment and we offer local organic herbal tea. During the summer months, we have fresh flowers in the reception area and we offer lemon water.

When a patient comes in for the first time their first impression is when they walk through that door So you want to make sure that space is really welcoming and it's feeling relaxing because everybody is so stressed. When they walk into your treatment room, it should feel like a sanctuary where they feel safe at home, and relaxed.

## See how elements play a role in your environment?

Now it's not just about Yin and Yang. It's also about the five elements: wood, fire, earth, metal, and water.

These elements play a role as well in your environment. These elements aren't just about interior design aesthetic. They actually bring different energies. Feng Shui encourages a space where each element plays its part for a well-balanced, thriving atmosphere. So let's delve deeper into the dynamic of the five elements for your living space or your treatment room, your clinic.

## Wood

Okay, so let's start with wood. Think of it as the sprout breaking through the soil, symbolizing growth and vitality. In Feng Shui, you can introduce the wood element with plants, wooden furniture, or even green colors.

It's like bringing a breath of fresh air into your space because like in TCM where wood connects to spring and birth, growth, and the green color and wind, the wood element for your space also fosters renewal. Isn't that awesome? I love it. So, in my clinic, we do have plants, we do have wooden furniture. The desk at the reception is wood, our chairs are wood, we have a lot of wood, and we also have lots of plants.

Make sure you incorporate that wood in your space or your clinic space.

## Fire

The next one is fire, representing passion, transformation, and energy. We can incorporate the fire element with candles, vibrant artwork, or the color red.

Now, this does not apply to a lot of rooms in a clinic environment because we're here to calm patients, right? So what I love is looking at the similarity. The TCM fire connects to summer, the color red, excitement, joy, and lots of heat. So the fire element in Feng Shui brings a sense of warmth, vibrancy, and promotes passion.

So it would be really good for maybe a boardroom where you really want everybody in the meeting to be excited and passionate about what you're about to talk about. Or even a ballroom where people go dancing. If you have a dancing studio, it should be vibrant. It should have colors that encourage warmth, passion, and excitement.

That makes sense. So those are not colors that we're going to bring a lot within our clinic. However, having infrared lamps or candles brings the fire element within our clinic because we want to make sure that we have all elements for a harmonious and balanced space.

### Earth

Now, let's ground ourselves with the next element, which is Earth.

Earth symbolizes stability and nurturing, which makes total sense because in TCM, Earth is nourishing, right, with food. The spleen and stomach are part of the digestive system, and Earth connects to the colors yellow and orange and dampness. You can introduce the Earth element with earthy tones, earthy ceramics, or square shapes.

The Earth element provides a sense of grounding, promoting balance and support in your environment. So it's really cool if you have plants to have them in ceramics, for example, with earthy tones. Our clinic is very earthy tones.

That's what I was looking for: colors that are going to make you calm, right? There's not a vibrant red when you walk in. It's very calming, very earthy tones. Does that make sense?

### Metal

The next one is metal, which symbolizes precision, clarity, and efficiency.

Picture metal accents with white color or metallic decor. Just as in TCM, metal connects to the white color, right? The fall season and dryness. So this is more dry. Remember how I said the coffee shop is kind of clinical?

So you still want to instill some metal in your clinic, even though it's a clinical kind of white, clean element, but that's the point because when we have clean white sheets on our table, we show that our space is clean and that it is a safe environment for needles, right? Patients want a clean space.

So we want to incorporate that. The metal element sharpens and clarifies the energy in our space, promoting focus and order. So it's really important to not have clutter all over your treatment room because it does not instill trust in your patients.

## Add the 5 Element Archetypes to your Chinese Medicine Diagnosis!

By the way, if you haven't listened to my episodes on the five personalities or the five archetypes in Chinese medicine, which are connected to the five elements, you can find it in the show notes below or on my website at acuproacademy.

com forward slash five, because this was the fifth episode and that's the number five, not spelled. And that way you can listen to it. You'll love it. The five elements is one of my favorite theories in TCM.

### Water

So let's finish with the last one, which is water, the element of flow, right?

I talked about Feng Shui being wind-water, and water is the element of flow. It's the element of tranquility. So we want to introduce water with very pale blue colors, like pastel blue, or flowing shapes. Mirrors can help as well. Like in TCM, where water connects to winter, self-reflection, mirrors, and cold.

The water element in Feng Shui promotes the smooth, harmonious flow of energy in your surroundings, promoting a sense of calm. And that's why I wanted flow in my hallway, in my clinic. Does that make sense? You can have little fountains or water features made of stones in your clinic space.

Or you can have some small mirrors that are not facing the treatment table. We'll look at it later, but that are on the side. And you want to really put a bit of a blue accent wall or blue colors that are going to foster that calm energy.

Remember to use the Bagua map, which I have on my website, the Yin Yang theory, the five elements to create a space that feels and looks good. And the Ba Gua map can be found in the show notes below or at acuproacademy.com/14.

## How to apply Feng Shui to Your Clinic Space

Now let's look at the application of Feng Shui and then I'll share real action tips you can start implementing right away in your clinic.

### Furniture Placement

Let's dive into the furniture placement. Just as acupuncture targets specific points in the body, the placement of furniture influences the energy or the qi flow in our living or working space.

For example, with the Bagua map, placing the bed in the relationship corner, which is southwest of the room, boosts your relationship in that area. Aha! So, if there is a relationship issue, or a marital issue, According to Feng Shui, placing the bed in the southwest area of your bedroom will actually foster a better relationship.

Love that! knowing your direction is very important. You'll see that when you look at the map.

### Declutter to find the Flow of Qi

Now, we cannot forget the importance of decluttering. In Feng Shui, clutter blocks the flow of qi. Imagine cluttering as chi stagnation. Clear out the excess, and create a space for the chi to circulate freely.

It's like you're using liver 3 for your space, right? Makes sense? A lot of clutter everywhere will not foster great creativity, or even relationship, or growth, or productivity as well. So, this is really important to make sure everything is flowing freely.

### Set the First Impression with Feng Shui

When patients enter your clinic, they get their first impression.

It's the same when you need all the patient for the first time, they may be a little bit anxious, right? So you want to ensure that they are calm, that they feel at ease, and you help them by explaining what you're going to do and taking your time and asking them to breathe. Well, it's the same. With your clinic environment, ensure your treatment room and clinic entrance are welcoming and clutter-free to instill trust.

A well designed entrance really sets the tone for the entire space.

## Chinese Medicine Made Easy Book

Diagnosis has to be the hardest part of Chinese medicine. We always say there is no wrong treatment in TCM, only the wrong diagnosis. This is why I created my second book, Chinese Medicine Made Easy, to make it easy to grasp using a lot of colorful visuals. I have included all Chinese medicine foundations: Yin Yang Theory, Five Elements, Zang Fu Organ, all of it.

All diagnoses, of course, including tongue and pulse. Practice case studies to help you improve your skills, as well as giving you access to my online fillable intake form to use with your own patients. You can download the digital version on any device, and it comes with many video links to complement it.

**Or, if like me, you prefer to read a physical book, the hard copy ships all over the world.**

Before you invest in this book, you can download a sample of it to make sure that the format of the book is everything you were looking for because I want to make sure that you are absolutely benefiting from it. Listen to what people have to say about my green book, Chinese Medicine Made Easy.

"The more I read, the more I like this book. It is simple to follow, and all information is super organized with great pictures, making memorizing a lot easier. This book will definitely make my

learning a lot more productive. Yeah. So happy to hear that you've done it again. You are amazing. I wish we had your resources 20 years ago, back in TCM school."

This also makes my day because this is why I do what I've been doing with Acupro Academy for quite a few years now: to support everyone. Check out the links in the show notes below, or go to my website, acuproacademy.com, and click the "Shop" tab on the menu bar to get your copy today.

## Colors

Now, let's move on to colors. Colors play a crucial role in Feng Shui as they carry their own unique energy. My favorite color is purple, right? It's a passionate color because I'm passionate about TCM. However, sometimes I just wear some gray because I need calm or creativity and gray is more fostering creativity.

#### Blue = Calming

So let's start with blue. Now there are different shades of blue, right? We talked about pale blue or pastel colors being much calmer than bright blue. Blue usually embodies tranquility and peace, making it an excellent choice for the bedroom, meditation space, or treatment room.

Because blue creates a calming atmosphere, promoting relaxation. So your treatment room should have an accent wall of pale pastel blue. Does that make sense? And if not, bring in pastel blue blankets that you can use or anything in your decor that brings some pastel blue.

#### Green = Nature

Let's look at green. Green obviously represents nature.

The color of growth. So in your space, you want to add up some green. And again, we can do this to plants, but we can also put light green on the accent wall or some green canvas on the wall.

#### Red = Passion

Moving on to red. Now, like I said earlier, red is passionate, and high energy.

You might not want to use this in your clinic, but in your space at home, maybe if you want to boost activity and stimulate conversation. Red energizes and adds vibrancy to your space. So like I said, it would be great in a conference room where you have to have meetings that you want to be dynamic and passionate and energetic.

#### Yellow = Sunshine

Yellow is the color of sunshine, which is sunny right now in Vancouver, which is not always the case because Vancouver gets a lot of rain, so it doesn't get a lot of sunshine. It radiates warmth and positivity, like the sun, right?

So incorporating yellow in spaces where you gather and socialize, like the kitchen, makes for an uplifting environment, fostering a sense of joy and community. Well, it's perfect for the kitchen. And when you think of yellow, it's the earth color, and that's been in the stomach, and that is about nurturing and feeding people, right?

So it fosters a sense of gathering, cooking together, eating together. The kitchen is perfect to have earthy colors.

#### Beige + Brown = Grounding

For a grounding effect, earthy tones like beige and brown are really the best. These colors provide stability, making them ideal for common areas, like your reception area or your hallways, because we want to feel really grounded.

#### White = Clarity

White is the color of clarity and purity. It's perfect for creating a clean and fresh space. Use white in areas where you want to enhance focus and simplicity, like your office space, if you're going to work and focus. Or, as I said, white sheets on the table are the best to foster a clear, clean environment.

So you can see how colors play a role, right? You have your favorite colors. Colors make you feel a certain way, whether it's what you wear, what your space is, or what you look at.

This is really important to incorporate.

## The 4 Main Symbols of Feng Shui

Now, let's talk about the four main symbols of feng shui. Number ones are mirrors.

#### Mirrors

Mirrors are like energetic amplifiers reflecting and expanding energy. So if you need that somewhere in your space, this is a perfect area to add a mirror. And it brings positivity.

#### Bamboo

Second one is the lucky bamboo. I love bamboo.

This plant in Feng Shui is believed to bring good fortune and positive energy. So it symbolizes resilience and flexibility, like the wood element, right, in TCM. Bamboo channels good qi into your home. So it's really important to put bamboo plants in your clinic or in your house. I absolutely love bamboo.

#### Dragons

The third one is the mighty dragon. 2024 is the Year of the Dragon.

Check out the AcuPro Show episode number six, where Dr. Sonia Tan shared the Year of the Dragon prediction. This is a fantastic show. And if you haven't listened to it yet, the link will be in the show notes as well.

Now, the dragon is a symbol of strength and protection in Feng Shui. So putting dragon imagery like artwork or sculptures can really infuse your space with powerful energy. It's very strong. It's like having a guardian, like having security, a Feng Shui-secured presence watching over and safeguarding your home or your clinic space.

Every culture has a different symbol to preserve or guard or safeguard their environment, and so the dragon is the one in Feng Shui.

**Phoenix**

The last symbol of Feng Shui that is very dominant is the phoenix. The Phoenix is a symbol of rebirth and transformation. Adding a phoenix symbol in your home promotes growth within your living space.

In many cultures, the phoenix is a powerful symbol.

As you weave symbols and imagery into your living space, remember that Feng Shui is an art of intention.

Whether it's the protective dragon, the phoenix, the mirror, or the bamboo, each element contributes to the energetic story of your home. So choose your symbol wisely to bring your home into the space that reflects who you are. For me personally, dragons are too strong for me. It's too much of high energy, and I have enough energy as it is. I need balance. So the bamboo is much more my jam.

## The 7 Common Crystals used in Feng Shui

Now let's talk about the seven common crystals used in Feng Shui. I love crystals. I have them. All over my clinic space, all over my house. Each crystal carries unique properties from promoting love to boosting creativity. There are many crystals, but I'm going to talk about the seven common crystals in Feng Shui.

**Clear Quartz**

First the clear quartz. This crystal is known for its ability to amplify energy, kind of like mirrors, and promote clarity.

Placing clear quartz in an area where you seek focus. Turns your space into a beacon of positive energy. It's great for office space, living room, or yoga studio.

**Rose Quartz**

Next is the Rose Quartz. So, it is also part of the quartz family, but it's the rose one. It's so pretty, very pale rose.

And it brings about love and compassion. Incorporating Rose Quartz in bedrooms or areas dedicated to relationships can foster an atmosphere of love and harmony, which makes sense because we said red is passion, right? And rose is a much more calming part of the passion, but it fosters love and harmony.

It's the pink quartz.

**Citrine**

The next one is citrine. Citrine is a golden gem, so it's kind of yellowish, similar to amber. I love amber; it's very golden in nature. Amber or citrine can bring about prosperity, wealth, and positive energy.

So, if you want to bring more wealth, more positive energy, more prosperity into your clinic space because you're struggling to grow a successful practice, then make sure you enhance your clinic space with amber or citrine.

**Amethyst**

My all-time favorite crystal is the purple amethyst.

I love the purple color. Like I said earlier, the amethyst just resonates with me, and it's very calming. It's said to have spiritual properties. Amethyst promotes tranquility and enhances spiritual awareness. Don't we want that? I always want that. The purple amethyst is like the Yin Tang of acupuncture points.

Who doesn't love Yin Tang? So it's really good to put in a meditation space, in your clinic space, in the bedroom, or in an area where you want to be more mindful. Does that make sense?

**Black Tourmaline**

Moving on to the black tourmaline, this is a protective crystal. The black tourmaline acts as an energetic shield, absorbing and repelling negative energy. Wow! This is like the Stomach 36 acupuncture point. It boosts the immune system, right?

It promotes well-being and serves as a preventative measure. Similarly, the black tourmaline safeguards your space, creating a haven of protection and security, just like Stomach 36. I love the connection. See, I told you Chinese medicine and Feng Shui would have a lot of connections.

I always carry a tourmaline stone in my pocket when I travel abroad, especially in big cities. It's my security shield. I often hold it in my hand if it's nighttime or if I'm traveling by myself. It makes me feel very safe. It doesn't mean that we can't utilize common sense when we're traveling, but it is my little safety stone.

**Carnelian**

Lastly, we have the vibrant carnelian. It's kind of like a Ruby. It brings high energy and creativity. Carnelian brings motivation, passion into your space.

So it's good to put in spaces when we need more motivation and more passion.

**Jade**

Jade is also one of my favorites. If you've seen my hands and videos before, you'll notice that I have a Jade stone on some of my ring fingers. It acts as a strong security and protects you, similar to what we said about the black tourmaline, right?

In Chinese medicine, jade is seen as the protector stone, very strong because it's very difficult to penetrate. Coffins for emperors and higher hierarchy Chinese people way back when were made of jade because they preserved the person within the coffin, and nothing could penetrate it.

## Crystals are all about what resonates with you

In the show notes, I also share common crystal properties so you can choose the one that resonates the most with you. Make sure to click the link, and you'll see the Ba Gua map and also the crystal properties. As you incorporate the crystal into your living space or working space, for that matter, remember that each one carries a unique energy.

So select it like you select acupuncture points that are specific and targeting that specific patient's pattern. The same goes for crystals. They don't all work. We don't want to use all of them. They're going to be specific to you. Does that make sense? So listen to your body, listen to your intuition when it comes to crystals.

## Feng Shui Application in your Treatment Room or Bedroom

Now let's finish with real-life applications and tips for the four main rooms in your space. Let's start with the bedroom and the treatment room.

Let's begin with the placement of the bed, which is a massive part of Feng Shui as it directly influences the energy flow, quality of sleep, or the sense of relaxation for your treatment room. It will contribute to relaxation and often for your patients to fall asleep as well.

Here are some tips on where your bed should ideally be facing. First and foremost, position your bed or treatment table so that it has a clear view of the door. Right? So when you're lying in bed face up, your eyes should see the door. It should not be on your side or behind you.

**Placing the bed in a way that allows you to see the door while lying down creates a sense of security and control.**

So it's the same for patients when they are facing up. When they're facing down, it's a different story because they can't see anything, and that's why it's harder for patients to face down and feel safe, right?

But avoid placing the bed in direct alignment with the bedroom door or the treatment room. This is known as the coffin position in Feng Shui, and it's believed to create an unsettling energy flow. I don't want to be lying in a coffin. Do you? Oh my God. Instead, position the bed diagonally across from the door or at a reasonable distance to maintain a sense of balance and harmony.

All our treatment rooms have a table that is not aligned with the door so it doesn't become a coffin position. If possible, avoid placing the bed or the treatment table under a window.

Don't let Qi escape.

Windows are considered vulnerable points where Qi can escape. So this is really important. And then in the bedroom or in your treatment room, no clutter should be stored under the bed because, again, it stops energy from circulating freely.

Much like acupuncture uses specific calming points like Heart Seven, Pericardium Six, or Kidney One, the placement of your bed or treatment table contributes to restful and balanced energy within your room.

**Feng Shui Application in your Bathroom**

Let's talk about the second one: the bathroom. Keep bathroom doors closed in your clinic or at home.

This is especially important for the master bedroom's en suite bathroom, if you have one. Closing the bathroom door helps contain and prevent the escape of vital chi. Oh yeah, it's kind of like... I don't know if your teacher ever told you this, but when I was in school, our teacher said, "When you go to the bathroom to pee, do not speak because when one hole is open, the other one should be closed, because otherwise, you're going to lose vital chi."

Oh, same with the bathroom, right? And then I was thinking, who speaks when they pee? But you've seen this in public bathrooms when women are together and they know each other, they're in adjacent stalls having a conversation while they pee. That is a big no-no in TCM.

Same thing with the bathroom door.

**Avoid placing mirrors directly across from the bathroom door or above the toilet.**

In feng shui, mirrors, as we talked about earlier, can multiply and amplify energy. Placing them in these locations may magnify the draining of vital chi associated with the bathroom.

Ensure proper ventilation and lighting in your bathroom. A well-lit, well-ventilated space allows for a better, smooth flow of chi.

In our clinic, it's even more important. You want it to be organized and clutter-free in the bathroom because it disrupts the flow of energy and doesn't look good for patients coming into your space.

So make sure it's tidy. Regularly ensure that your clinic's bathroom is clean and remains fresh.

**Feng Shui Application in your Reception Room or Living Room**

In the next room, your living room, is a central hub of activity in most homes, and the reception area serves a similar purpose in your clinic.

So here are some tips to rearrange your living room or enhance your reception area:

In feng shui, it's really key to position the main seating, such as your sofa or waiting room chairs, in a command position.

This means having a clear view of the entrance without being directly in line with it. So the person sitting behind the desk should be able to see the door and each patient sitting in the waiting area. Be mindful of the arrangement of furniture, specifically avoiding blocking pathways or creating obstacles in the flow of energy. We want everything to flow freely.

Balance is key when it comes to the elements in your living room or reception area.

So it's great to have plants for wood, lamps for fire, ceramics for earth, metal with crystal, or water with a flowing path without obstruction.

**Let's also be mindful of electronics.**

Unfortunately, in our reception areas, we all have computers, and in the living room, many people will obviously have laptops or phones. It is part of our new way of living, but we have to be mindful of them. Because they emit strong energy, it is really important to ask patients, first of all, to put their phones away and turn them off.

That is really key. Don't have yours in there either. Make sure it's turned off and not sitting on your desk. That really disrupts the energy flow.

Lastly, bring nature indoors with plants, which makes sense, or natural materials. These bring the elements symbolizing growth and vitality.

Integrating nature into your living space fosters a sense of well-being and connection. The same goes for your treatment room.

## In Summary

Remember that feng shui is an ancient art that is not just about arranging furniture or choosing colors. It's a dynamic practice that resonates with the essence of life, impacting wealth, relationships, health, creativity, and harmony.

Thoughtful adjustments in your space can cultivate a home or clinic that authentically supports your well-being and that of your patients. It should also resonate with positive energy and who you are. It should represent you.

Don't you love learning new things, adapting, and growing? This is why I do this podcast.

Don't forget to check the Bagua map, which I have linked in the show notes for you, and also to see the seven crystals we talk about and their properties.

**Disclaimer**

Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend who may benefit from it as well. Follow the show, leave a review, and if you want more, go to my website, acuproacademy.com. I have tons of resources there including treatment protocols, case studies, free courses, and so much more.

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