



June 2008  
Month of the Horse (Fire) Year of the Rat (Water)

## Monthly Newsletter

### In This Issue

[Demystifying Mirrors](#)

[The Entrance: Your key to prosperity](#)

[Question & Answer: Office Arrangement](#)

### Quick Links

[Visit my website](#)

[Archived Emails](#)



[Join Our Mailing List!](#)

Rachel



### Greetings!

We are now well and truly into the month of the horse, which as you may recall from last month, is a clash period. It will be very interesting to see how this dynamic manifests in the world. But for us personally, it really is a time to take extra caution, slow down and avoid taking risks or making rush decisions. Easier said than done - this energy tends to make us restless and impatient, so making change quickly and on a whim is exactly what we will feel like doing! Try to allow some thinking time before you rush in.

In addition to this, Mercury is also retrograde until July 7. When Mercury, the communication planet, goes backwards in the sky, there is an increased likelihood of things going haywire, especially in the realm of communication and technology. It pays to double-check all important communication!

As an aside, the recent earthquakes in China may be a symptom of the energy dynamics of this year. 2008 is the year of the earth rat, which is symbolised by earth element sitting on top of a strong water animal (the rat). When earth sits on top of water it becomes unstable and unstuck and so can manifest as cracks or movement in the earth's foundation and more so, landslides - both of which occurred in last month's disaster. When events like this happen I am always reminded of the power the natural environment has over humanity and how it deserves our care and respect.

## Demystifying Mirrors.

I get asked a lot of about mirrors in my job. Where to hang and where not to hang? What do they actually do? Where should they be placed?

In Feng Shui, mirrors are used to draw energy in towards it, as well as to expand or extend a good aspect of the unseen energetic influences in your home. Ever noticed how sometimes you can't help but look in a mirror? It may not always be about vanity! There's something about mirrors that draws your attention at a deeper, unconscious level. The same happens with energy. Wherever a mirror is placed in your home, it will draw in the 'unseen' energy from the direction it opposes. This can be a good or bad thing depending on whether the energy it's attracting is positive or more challenging so, it's a good idea to pay attention to what happens once you position a mirror in any area of your home.

According to Gahle Atherton in her book *The Perfect Arrangement*, the way mirrors are tilted determines the impact they can have on the energy of a space. For example,

- Mirrors will draw in energy (as explained above) when they are slightly tilted away from a wall at the top, angled towards the floor. This is the desirable way to hang a mirror.
- Mirrors hung flat against the wall reflect and bounce energy away. This arrangement can feel intimidating and should be avoided at front

entrances, as it will bounce energy out of the house before it even enters.

- Mirrors that are tilted at the bottom, eg. standing on the mantelpiece, leaning against a wall, will send energy all over the place and can be highly disturbing.

Experiment with the mirrors in your home. How does a room feel after you've placed a mirror? Does it feel light and comfortable or does it (or you) feel uneasy and uncomfortable?

#### **Mirrors in the bedroom.**

- Mirrors should be avoided in the bedroom altogether, especially large decorative ones.
- Mirrors can amplify energy and make a space more 'yang' and active. In a bedroom they disturb the yin energy that encourages harmony and good sleep.
- You should never be able to see yourself in a mirror when you are lying in bed.
- If you do have a mirror in the bedroom it should be small and serve a functional purpose only. Ideally hidden away behind cupboard doors.

## The Entrance: Your key to prosperity.

In the last newsletter we talked about the importance of the 'red bird' - the space outside your entrance where energy can gather and accumulate. This month, we're going to get (quite literally) more abstract!

To begin with it's important to understand that Feng Shui exists on two main levels, the tangible and the intangible. The tangible aspects encompass all things in your environment that you can 'see', whilst the intangible aspects of Feng Shui are 'unseen' and exist in the realm of energy. Identified using Flying Star Feng Shui\*, the intangible aspect of Feng Shui can be very powerful.

It is this 'unseen' energy at an entrance that directly relates to the level of prosperity experienced in a home or building. It's the same reason why some buildings or businesses on the street seem to attract prosperity easily and why other buildings are constantly up for lease or seem to attract a lot of difficulty.

Without doubt, every home I look at tends to match with the state of prosperity my clients are experiencing. Nearly always, other themes tend to manifest. For example, the energy of 'legal issues' and 'problems with authority' is present at the entrance and the occupants are doing ok financially but they keep receiving parking and speeding fines from the police and local government! Money is not a concern for another client, it tends to flow easily plus they are also experiencing great levels of success and growth in their respective businesses.

So how do you know what's going on at your front door if you can not see it?! The best advice I can give is to have a think about the kind of experiences you've attracted into your life since living in your current home. How long have you been living at your home? Have you noticed a change in your level of prosperity since moving in? Do you keep attracting the same set of experiences in this home - for example, do you or other family members consistently get sick, do you tend to have a lot of bad luck OR has your career progression improved - have you experienced promotions at work or success in business? The answers are nearly always right in front of you.

If you have the option, it may be useful to experiment by using an alternative entrance into your home for about a month and see if you notice a difference in your overall experience and level of prosperity. If anyone out there tries it - please write and let me know of any results.

*\*Flying Star Feng Shui should only be practiced by a qualified consultant. Visit [www.afsc.org.au](http://www.afsc.org.au) for details.*

Logo

Question & Answer.



*'How can I balance the surroundings in my working environment? How can I create an oasis amongst all the chaos?'*

Monique

Furniture arrangement in your office is probably the most effective tool you can use to create a space that harmonious. The golden rule of furniture arrangement applies - use your walls! Position your desk so that your back faces a solid wall. A wall behind you represents a mountain and provides you with stability and support. In Feng Shui this arrangement is called being in a 'position of power' - and really, you are. You can clearly see outwards in this position and know when people are coming and going - you are in full control of your working environment (as much as you can be).

Of course, many modern offices these days are open plan and often have rows of desks in the open with no backing or protection. This arrangement can leave people feeling exposed and unsupported. Colleagues can approach you from behind and all of a sudden you've lost your privacy and ability to concentrate. If this is you, try to arrange items of furniture in a way that creates an artificial 'wall' or mountain. For example, place a storage cupboard or filing cabinet behind you. Ideally something that is at least taller than you when you are sitting at your desk. You may also consider placing plants or other objects on top to create more of a solid backing.

Another thing that can help you create balance in your work environment is to be organised! As they say, 'a cluttered desk equals a cluttered mind'. Organise and arrange your space so that everything has a place to go and is easily accessible. Place objects, artwork and imagery around you that lifts your energy and aligns with your personal goals. Create a space that is clear from stagnation, mess and disorder and this will free you up to remain in control of your working environment.

Hope this helps! xo

Email your question to [rachel@fifthelementfengshui.com.au](mailto:rachel@fifthelementfengshui.com.au)

Have a great month

**Warm Wishes,**

Rachel Ross  
Fifth Element Feng Shui  
M: 0412 910 153  
E: [rachel@fifthelementfengshui.com.au](mailto:rachel@fifthelementfengshui.com.au)  
W: [www.fifthelementfengshui.com.au](http://www.fifthelementfengshui.com.au)

Email Marketing by

