

ON FENG SHUI



JENNY LIU

Virtual Feng Shui consultation – Interior Adjustments

(Part 4)

LAST week, we examined the feng shui of Mary's exterior environment, so now it's time to look at the interior and make some adjustments. The shape of Mary's unit is irregular and asymmetrical. It is "L-" or "gun-shaped," which in itself can promote violence and fighting. When I draw out the floor plan, I extend the irregular sides to make the shape as symmetrical as possible, as in a square or a rectangle. I then divide the width and depth of the floor plan into thirds. Once I figure out north with the compass, I label the nine sectors (3 x 3) with the correct direction. Now, I can see in which direction each of the rooms of the apartment fall into.

You'll remember that Mary is a Western Direction Pattern person, so her positive directions are northeast, northwest, southwest, and west. Because of the irregular shape of her unit, the northwest, southwest, and west sectors are all "missing," meaning that they are located outside of her living space. Since the southwest represents relationships, the west represents money, and the northwest represents health, the fact that these directions are all missing weakens these aspects of her life.

There are many challenges to adjust in Mary's apartment. First, her front door directly aligns to the toilet in the bathroom. Even though her door matches her energy, any money or love that enters the unit goes "directly down the toilet," or is defeated by being aligned with a negative source of energy.

The kitchen stove is located in the northeast, which is undesirable for WDP persons and her bedroom is located in the east, which does not match her. On top of that, Mary's bed is against the wall that the stove butts up against on the other side, so she is affected by a strong fire element. The bed is aligned with the bedroom door, which weakens her energy.

Negative feng shui like this can have a very defeating affect on your positive characteristics. Before Mary lived here, she was healthy, athletic, vivacious, and active. After moving in, she started gaining weight, smoking, and became anxious.

To start Mary off on her way to a better life, I adjust the bathroom. Ideally she should close the door completely to break the front door/toilet alignment, but since the bathroom is dark, windowless, and humid, we compromise by keeping the door slightly ajar, allowing ventilation and breaking the alignment at the same time. Additional recommendations are to keep a night light on for brightness, and to keep the bathroom dry and clean. Quartz crystals, jade turtles, and Mary's compatible colors also counter the negative energy in the bathroom.

Next we move to the bedroom, which is very important since it is where we replenish our energy. Ideally, Mary should change her bedroom to one of her positive directions, but the apartment layout does not permit this luxury, so we must do what we can with adjustments. Because Mary's bed aligns with the bedroom door, energy is directed right to her head. Remember too, that her head is against the part of the wall that the stove is up against. Sure enough,

Mary complains of constant ringing in her ear. We move the bed to the opposite side of the room, out of alignment with the door and away from the kitchen stove wall. I also recommend that she put three crystals around her bed in a combination of clear quartz for healing and rose quartz for positive relationships.

The bedroom is in the east sector, which is associated to the wood element, and conflicts with Mary's metal energy. Since east wood is a masculine element, this conflict manifests in unstable male relationships. The east also represents the liver. Mary hesitatingly admits that she is drinking more alcohol than she should, which compromises her health and energy. I recommend an animal guardian called the bi-shou (facing east) and an obsidian crystal to release negative energy to be placed in the east corner. She also should place a convex mirror on her window sill to deflect the negative energy of the run-down housing located outside of her bedroom window.

It was also necessary to make some strong adjustments on a personal level for Mary. My father made personal mantra charms for her and she began meditating and seeing a therapist. Mary also borrowed money to buy Chi Art that greatly enhanced the positive energy.

Next week concludes our virtual feng shui consultation of Mary's apartment with a look at her living room, general décor, and a glimpse into how her life has improved.

Jenny Liu is a fourth generation feng shui master and is available for residential and commercial consultations. To learn more, please see her website at Liu-FengShui.com, or call her at (626) 272-4901 for a free estimate. Mention this article in Asian Journal and receive a 10% discount.

Guide to a Harmonious 2009 -156 pages, full color, soft cover - on sale now for \$25 or two for \$45. To order or preview book, go to www.Liu-FengShui.com or call Julie at (626) 862-1788. Audio book format also available. Download a FREE Zodiac Scroll and see our FREE Library Seminar Calendar at Liu-FengShui.com. Join Jenny Liu for Feng Shui Tea Time: 2009 Feng Shui on Saturday January 31, 2009. For more information call Julie at (626) 862-1788. (Advertising Supplement)

CREATIVE SMILES



DR. NELLY LYN MONTILLA

Small adjustments, big improvement

IT'S often said that it's the little things in life that make a big difference. A smile, opening a door, saying please or thank you can make the world a better place. The same is true of dentistry.

Sometimes, small adjustments after dental treatment can make a huge difference in both comfort and appearance.

The most common dental service that will often require adjustments are dentures. After dentures are delivered, they can often cause some sore spots on the gum. This does not mean that the dentist didn't do a good job, or that the dentures will never fit properly. It's just that in most cases, it will take a few visits and some minor adjustments to make the dentures comfortable.

The same is true of crowns (caps) and dental fillings, although it is usually much less common. It is good to remem-

ber that when a tooth is numb, it may be hard for a person to judge whether their "bite" feels right. But if a filling or crown is left only a tiny bit too high, it can cause major problems and feel very uncomfortable in the mouth. In most cases, your dentist can make a minor adjustment to the tooth, and in seconds, everything will feel normal again. I should also add that when any dental procedure is done, you should always tell your dentist if the tooth or teeth feel normal when you close down and shift your teeth from side to side. If you can feel what was done, it may need to be shaved down a bit more. Please do not think that it will wear down over time or you'll get used to it. In most cases, a dental filling, crown, dentures, etc. will not wear down and should be properly adjusted as soon as possible. Don't hesitate or feel bad about it, go back to the dental office and your dentist will be available to correct it. In our case, it is our cause to correct for better fit and comfort in order satisfy our patients.

Minor adjustments can also have a big impact on the appearance of certain dental treatment. White fillings that are stained can be cleaned, refinished and polished to restore their previous luster. Crowns, veneers, dentures, and even teeth can often be gently shaped to improve their appearance and contour. Some people tend to get quickly discouraged if a dental procedure doesn't feel quite right. Just remember that it's the little things, like a little adjustment, that can make a big difference.

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P

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