

# Healthy Home Checklist

Feng Shui comes from an ancient practice of connecting with Earth energy for a better life. When we go with the flow of the prevailing energy from the land, we experience greater health, harmony and prosperity. See what you have going for you in the following checklist

## In the Landscaping...

- \_\_\_ Gentle breezes pass across the land and through my home. Nothing feels stagnant.
- \_\_\_ Rain soaks into the ground without soaking the foundation or running off.
- \_\_\_ At least ten feet of flat land is in the front and back of my home.
- \_\_\_ No buildings, hills, or other structures tower over my home.
- \_\_\_ No roofs, corners of buildings, streets, or tree branches point at my home.
- \_\_\_ Gardens, landscaping beds, and pathways are done in gentle curves, not straight lines.
- \_\_\_ Most of the rooms in my home have sunlight for a few hours a day.

## At the Entry into My Home...

- \_\_\_ The front door opens easily to allow good energy from the land to enter..
- \_\_\_ A clear pathway from the front door to the street allows abundance to flow my way.
- \_\_\_ There is no window or door opposite the front door in the back of my house.
- \_\_\_ In 2013 there are lots of white flowers planted outside all entries into my home.

## In the Living and Dining Room...

- \_\_\_ I can relax in the living room of my home.
- \_\_\_ The area where I relax is separate from where I dine or do other activities.
- \_\_\_ To contain good energy, furniture in my living room is arranged in a “U-Shape.”

## In the Kitchen...

- \_\_\_ The cook can see the entrance into the room while he or she is cooking.
- \_\_\_ A bathroom door doesn't open into the kitchen.
- \_\_\_ The cook has a peaceful view to bring healing energy into the meals being prepared.
- \_\_\_ No sharp knives or other sharp implements are hanging or out in the open.
- \_\_\_ The kitchen is well lit and ventilated.

## In the Bedroom...

- \_\_\_ It's easy to go to sleep and stay asleep.
- \_\_\_ There is no clutter in the bedroom, especially under the bed.
- \_\_\_ The bed is not positioned straight across from the door into the room.
- \_\_\_ The bed is at least six feet away from where the tv or clock radio are plugged in.
- \_\_\_ There is no mirror opposite the bed.
- \_\_\_ The door to the bathroom is closed at night.
- \_\_\_ The bed is not under a ceiling beam, tray, ceiling, or ceiling fan.