

Touch Alchemy Feng Shui

Feng Shui is a moving meditation, a walking prayer, softly enhancing the space with positive, healing energy (chi) in a harmonious, balanced way.

Feng Shui pronounced 'feng shway' meaning "wind and water" is the art of arranging one's home, landscape, business or office so that the chi (energy) flows gently around and supports those who live and work within the space.

The placement of light and furniture, artwork and flowers, appliances and electronics, and especially color become the healing needles to cure stagnant space and move the chi around. Moving the energy in a meandering flow using the five elements is basic Feng Shui.

Five Element Theory can be thought of in this way.

There is a balance within the planet - *earth, metal, water, wood & fire* are elements we live with everyday, every season. Up until the last century, we as humans have lived naturally with these elements. Only recently have we created so many artificial materials and environments in which to live. Often we don't include all five elements within our living area. It is important and healing to have balance and harmony, as nature does, in our living space.

Wood – spring, green, wind, birth, plants and flowers, vision, clear perception, creativity & upward columns.

Fire – summer, yang, red, warmth, joy, compassion, laughter, passion, partnership, maturity, angles & points.

Earth – Indian summer, center, yellow, ripe, sweet, still, dry, nourishment, thoughtfulness, service, grounding, rectangles & squares.

Metal – autumn, west, white/silver, inspiration, acknowledgment, respect, to prune, domes & arches.

Water – winter, north, cold, salty, blue/black, deep, wisdom, potency, listening, courage, organic shapes.

Personal charts for each individual show what core elements we are. From that information we can see what elements nourish, control and balance us. By using these elements in our environment we begin to create an atmosphere in harmony with our true core.

- ❖ **Is there balance in your home and work place?**
- ❖ **Do you feel energized by the space in which you live and work?**
- ❖ **Are you refreshed after a nights sleep?**
- ❖ **Are the following areas in your life going smoothly for you and your loved ones?
...career, health, wealth, travel, creativity, family, helpful friends & referrals, advancement and knowledge.**
- ❖ **Do you and your loved one's feel successful and recognized for your talents and skills?**

If you examine your life and believe healthy changes can be made, Feng Shui may hold some solutions for new growth and opportunities to come in your direction. I have seen this simple yet profound system effect change in lives almost immediately.

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

Removing clutter and clearing one's space is the first step. Bringing beauty into the space, second. And last, creating balance with the five elements.



Cheryl Oed, Holistic Instructor, is a native of Baltimore and has been teaching in the area for over 20 years. Her classes range in subject matter from massage and bodywork to Feng Shui and developing one's intuition. Cheryl's extensive study of the metaphysical and mystical provides her with proven tools and catalysts for change and self-empowerment.

Cheryl continues to study with teachers from around the world to learn a wide variety of bodywork forms. Her interest in healing, particularly Traditional Chinese Medicine, led to the study of Feng Shui, considered "Acupuncture for the Home." Cheryl and her husband Gregory founded *Touch Alchemy*, a business based on the combined definition of TOUCH - to come in contact or communication with awareness and ALCHEMY – a power or process of transforming something common into something special.

She believes healing can take place at any moment and may come from the most unexpected places, including plants, trees, animals, art, music, sound, prayer and especially the human touch and words.

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