

# Feng Shui

*Transform your House, Act on your Life.*

March 2018



## Synopsis:

Much more than a tidying or decorating method, Feng Shui is an ancestral Art aiming at physical and moral fulfilment by arranging the living space.

Simple principles such as energy circulation, balance of the elements, harmonization of colours, selection of natural materials, etc., will improve considerably the quality of life and bring the stability and serenity necessary to well-being and fulfilment.

An ideal method to get rid of stress and find inner peace again.

## Contents:

1. Tidying my house.
2. I create an optimum energy circulation.
3. Activation of the Pa Kua.
4. I chose beneficial colours.
5. I learn to chose a Feng Shui decoration.
6. I determine everyone favourable directions.
7. I observe my environment.

## The Author:

**Nadège Depresle** is a consultant in Feng Shui. In 2009 she creates her company, *Effet Feng Shui*, and organizes workshops and conventions to help people discover the fundamental principles of Feng Shui and the effect on the inner peace. She also organizes training sessions to accompany people in the discovery of this fascinating subject.

## ■ Specs:

➤ Series: Self-Help

➤ Date of Issue: March 13<sup>th</sup> 2018

➤ RPP: 17,90 €

➤ 160 pages

➤ 170 x 230 mm

➤ Paperback

➤ ISBN : 979-10-323-0227-9

Éditions  
**marie claire**

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**FOREWORD**

**INTRODUCTION**

**SOME VOCABULARY**

**1. Tidying up my house**

- My house looks just like me
- Sorting and decluttering
- Tidying up and organizing

**2. Optimizing the flow of energy**

- What is the Chi?
- The flow of energy
- The best position
- Facing the negative energy
- Renewal and purification of the energy

**3. Activating Pa Kua**

- Discovery of the Pa Kua!
- How to position the Pa Kua on my house plan?
- Activation of a sector, what does it mean?

**4. I chose the beneficial colours**

- The 5 elements and the cycle of transformation
- How to chose the right colour for my room?

**5. I learn how to chose my decoration**

- Activation sector after sector
- Feng Shui, room by room
- How to remedy when there is a lack of sector?

**6. I determine my favorable directions**

- Calculation of my Kua number
- How to determine my favorable and unfavorable sectors?
- How to be positioned considering my Kua number?

**7. Observation of my external environment**

- The energy of my environment
- Identify the Shar Chi aiming at my house
- Identification of the four protective animals
- Arrangement of my external space

**CONCLUSION**

**BONUS**

**CHINESE CALENDAR**

**THANKS**