

## Why Feng Shui is Sweeping the Country

A lot of those in the engineering and design fields these days are giving some thought to feng shui, which dates to antiquity and concerns the placement of furniture within a home or office, even the placement of buildings themselves to encourage the positive flow of energy. So why is feng shui making such a comeback and more importantly, why now?

The scope of Feng Shui is much more than that of an art; however it is generally termed as such. Feng Shui has no stringent guidelines and there are no strict rules and regulations. There is a lot of space for interpretation and improvisation like art.

Feng Shui can also be equated to science as well since there are a lot of scientific principles in this discipline. For instance, Feng Shui advises that the rooms in the interior of the house should be kept free of clutter so as to avoid blocking the natural energy flow. Most modern day interior decorators advocate keeping the house clutter free and neat since clutter can cause negativity, depression and frustration and hamper ingenuity.

In Feng Shui, a lot of stress is given on the right color use. For example, it is said that you should use bright colors such orange and yellow in rooms where maximum energy is required (kitchen and dining room can be example). Warmer colors like browns and greens can be used in places of comfort like the bedroom and the living room, where you need to feel cozy and protected.

Researchers are now convinced that color can really affect the moods of a person. Brilliant and bold colors can cause feelings of enthusiasm and happiness while dark dull colors can plummet you to the depth of depression. Feng Shui does not boast of extensive research; however it is still quite amazing how it has still promoted these ideas even centuries before scientists realized them.

A lot of people today are looking to have more energy to help them through their hectic, over-scheduled days. This has led many to feng shui as a natural remedy for stress and lack of energy which modern lifestyles can leave one feeling drained of. It's a natural perk up and one which has worked for many.

When all is said and done, Feng Shui has no harmful side effects. After all, what side effect can cleaning your clutter or trying a different shade of paint on the wall have? It can only be happiness! Hence there is no harm in trying out Feng Shui.

Feng shui is not going anywhere and seems to be gaining popularity with each passing year. The practice has made its way from its ancient origins into our modern homes; and perhaps its time more of us welcomed it in.

## About the Author

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