



ALTÉ VIEW

Physical Therapy - Acupuncture - Nutrition

Client: Loren M.

Address: Long Island, NY

Budget: Ultra-low; No construction changes

FENG SHUI CONSULTATION

Elemental Constitution Impression:

Primary Element: Metal

Secondary/Supporting Element: Fire

Antagonizing Element: Water

General Interpretation of Elemental Constitution Relationship:

Loren's elemental constitution appears predominantly governed by the Metal element, whose nature is collecting (or restraining) and controlling (or governing). But of an interesting note, her secondary element appears to be of an inherently opposing nature, as that of Fire, whose nature is ferocity, powerfulness, and unrestraint. Therefore, there exists a constant struggle and shifting interplay of unrest where the outward nature (Metal) wishes to be overcome by the inward nature (Fire). This dynamic is amplified by the fact that Loren, in her early 30s, is living within the Summer season on the entire "spectrum of her life." So, to some degree this energetic turbulence is expected and should even be supported, as an overpowering Metal energy could subdue and "insult" the natural Fire energy of her current life goals. Therefore, the Water element, whose energetic nature is inward seeking (or withdrawing), and heaviness (or stillness), should be minimized so as not to overcontrol the already struggling Fire element within her.

Analysis of Living Space to Elemental Relationship:

Loren's living space is overly dominated by the Metal element, as noted by the excessive abundance of the color "white" throughout her furniture, decor, wall paint, and wall pictures. There is very little of any of the other elemental colors used in an attempt to balance the aggressiveness of white, which should be the first step in significantly improving the energetic harmony of her environment. Even the smallest "splash" of a consistent use of color, especially the use here of "red" for Fire or "green" for Wood, will enhance the comfortability of her living space dramatically to a degree that little else in terms of "manipulation" may be needed to achieve her desired effect. For example, putting up red curtains on the windows, or using red rugs or throw blankets on the sofa, will make the room seem more balanced and comfortable to dwell within. In addition, removal of the Water element colors, "blues or blacks," or pictures of water, will also help to enhance the energetic purpose of what Loren is looking to create in her living space.

Aside from the white Metal color, there is also a strong energetic Metal characteristic of "collecting" noted throughout the apartment. Although very obviously clean, there is a large amount of "stuff" piled in a seemingly random and disorganized manner (a testament to the underlying Fire nature of "chaos"), which makes the environment seem to be in a state of "transition" or "unrest." This works against the larger, more global, feeling of a home's "Water/ Earth" energy, where one should come to rest and rejuvenate. Therefore, another major step toward improving Loren's energetic goal within her living space is to get rid of the clutter and organize, preferably stored "out of view" or "in its place" to minimize the "collecting" energy that already predominates. For example, the living room has an excessive amount of books stacked around the floor, and within fake, pressed wood cabinets that could otherwise be placed and organized on her beautiful, permanent, "metal-pipe" shelving system.

A final "general" point about the decor of Loren's living space that needs attention is the need to keep authentic with the elemental materials, and the removal of obvious synthetics or fake material substitutes. Even a black or blue painted bookcase is better than a plastic or pressed wood piece of furniture, since the latter choices are considered inherent abominations of the natural way. The "imposter-like" energy of plastic is so vitriolic to the Five Element harmony, that even those not skilled in Feng Shui can find it off-putting and repulsive. If there are synthetic parts of the apartment that can not be changed, for whatever reason, then the use of "living" plants greatly counteracts this artificial or unnatural energy, since we instinctively recognize that life comes from life. Of course, the use of plastic plants is anathema and strictly forbidden. In a case where

plants cannot grow well, then the use of dried or pressed flowers, or branches, can also work.

The use of Loren's three "token items," (ie. the geode, the family box, the insect collection) will be reserved and addressed for the section discussing the particular rooms.

In addition, the large wall mirror should be placed on the wall to the left of the refrigerator, where the "picture/vision board" is currently located. This will open up the tight twisted space between the bathroom and bedroom.

Absolutely no cleaning supplies, or laundry, should be visible. That goes in the closet.

Individual Room Recommendations:

Living Room: The first and most obvious concern for the living room is the dual and transformative nature it needs to serve, as both a comfortable and intimate space to entertain friends, and also as a secure and private area to receive and treat clients. This means that there must be a practical and decorative purpose to the room. My recommendation is to use the metal-pipe bookcase, as a receptacle to display, or show off, all Loren's "professional" related items (books, acupuncture supplies, etc). That means, empty all the boxes that have books and organize them onto the shelves. Do not display notebooks or binders, or anything else that alludes to an "incomplete" or "not-finished" version of her studies. Everything here should have a polish to it and impression of regalia. By default, this will also be Loren's major work/study area, so the created sense of professionalism will also augment this functional goal. Although she should not have her cork board visible where she pins up her notes. That should be hidden or in your bedroom. She should not show the "process" here, only the "finished" results.

I would recommend placing Loren's "family box" token here on the shelf in front view, and the "geode" token on the opposite side of the room.

Another major concern is the visible doorway and also adjacent kitchen. The front door being open will create unrest for Loren's clients and a lack of security, that is, a feeling that anyone can enter within this private space. This must be blocked, even more so than the kitchen, by some sort of circular, or semi-circular curtain. In addition, she can also place a large plant on the left side of the door to partly further obstruct view to the

living room. Another, lighter/veiled or beaded curtain can be used to partially block the kitchen view by hanging down just above the counter area.

The alignment of furniture is not optimized against the energy of the door. The guests should never have a clear view of the doorway, as it gives the impression that leaving is imminent. Therefore, I recommend the couches go at the far corner of the room, where the massage table now is. This corner, where the light hangs down, will also serve as Loren's open treatment space for clients. Eating should be done near the kitchen, where a "much" smaller table can be used and even pressed up toward the counter to economize space.

The living room's energy is lively, and typically of the Fire and Wood predominating elements. My recommendation here is to go with a primary palette of "purple" and a supporting palette of "light green." Purple is a cooler variant of red, the Fire energy color, and is typically associated with royalty, high importance, and distinguishing value. Green is the Wood energy color and is a supportive or nurturing element to Fire. I would also emphasize the use of natural plants most heavily in this room, as they are obviously of the Wood element.

Bedroom: The bedroom would typically support one's primary element, however I recommend emphasizing Loren's "suppressed" secondary element of Fire. This is because the bedroom should be the room that most reflects "who you want to become." It is the deepest place that one goes, where we all "die" and are "reborn" every day. It should nourish Loren's passions and desires, including the activities that are closest to her "heart." Her interest in aerial ribbon dance would be done here. Her "picture board" from the hallway could go in this room.

I would recommend placing her "insect collection" token here in prominent view, since it symbolizes transformation and is closely associated with "flight" or the Fire energy.

Because the bedroom is traditionally the "Winter" room of the house, where one enters into "hibernation," the color palette should be a little darker than other rooms, while still avoiding "blues" and "blacks." I would recommend using a deep, burgundy red as the primary color, and light gray, a "white-variant," as the secondary color. This room should have the strongest presence of red over any other room, as this color represents the energy of Loren's current life goal. It is also the color of passion, and its elemental substance is fire. Therefore, this room should highlight the use of candles or incense.

The space above Loren's bed is especially important, as it represents "that which you take with you even unto sleep." This wall should therefore contain some picture or

symbol of what Loren wants “ever-present” on her mind, an idea or concept that she does not wish to take a rest from. For example, if her goal is to be a loving partner someday, then she may choose a picture that represents “love and companionship.” If, on the other hand, she wants “nothing” in her deepest place, at this point in her life, then she can leave this wall empty.

The bed is in good alignment to the door, although would be a little better if somewhat higher off the ground. The use of a headboard may help to give the impression of height or grandeur. Especially since she wants to nurture her passionate, erotic side, I recommend the bed to have a more sumptuous presence in both color and texture. Right now it is very bland.

Kitchen: As it stands now, Loren’s kitchen is the best room of her apartment and requires little in the form of alteration. It is very clean, which is of utmost importance. The predominant elemental energies of the kitchen are Fire and Earth. I would recommend placing some sand art here of red and yellow colors to represent these elements, somewhere on the island counter.

Bathroom: The bathroom also requires little correction. It’s predominant theme is obviously Water, so colors of “blue and black” would here be appropriate. However, I would also encourage the smallest “splash” of bright, bright red somewhere in the room. It should be noticeable immediately upon entering but be no greater than about 10% of the color one takes in through the eyes when entering the room.

Conclusion:

Loren’s living space has great potential to suit her life goals with even the smallest budget. Aside from organizing, she should focus on increasing the Fire element throughout the rooms, as there is already an overwhelming energy of Metal in her apartment. When these two elements are more properly harmonized as a reflection of her own desired internal state, then the energy from her living space will work to support her life goals.

Thank you for the opportunity to evaluate your living space. I am available to discuss more specific, recommendations in the ongoing process of Feng Shui as desired.

Sincerely,

Caesar Cantone, PT, LAc