



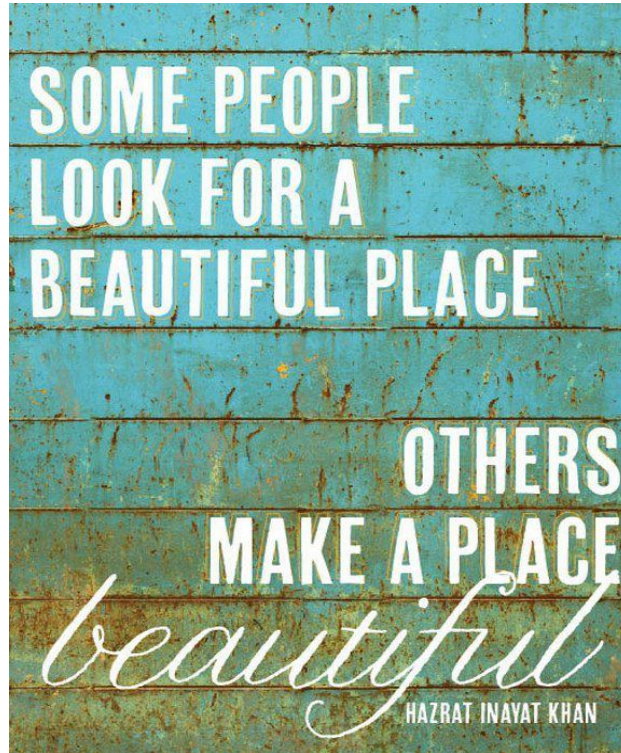
Module 4

SPIRITUAL AWARENESS

Physical Life. Spiritual Life. Physical Spaces.

Feng Shui

Hmm... I bet you've never stopped to consider just how much our physical spaces (aka our home) reflects the state of our life...We're pulling out all the stops in this module to open your 'sight' even more, to begin perceiving the *truth breadcrumbs* that we all leave all around us...



Our Next Step Together...

We're diving into the art and study of Feng Shui...to begin weaving together our understanding of how the physical and spiritual leave clues all around us.

- Explore and develop a deeper understanding of feng shui and how it relates to your home, your challenges and your life.

Suggested Resources

- The Western Guide to Feng Shui: Room by Room by Terah Kathryn Collins

Learning:

OUR PHYSICAL SPACES

There is a natural relationship that exists between our spiritual and our physical environments, and it's this connection that (once we learn it's language) increases our awareness and our ability to effortlessly 'see', perceive and understand a whole other level to what is going on in our lives.

'We' are made up of our emotions, thoughts, feelings, physical body & Spirit. These various aspects combine to form one 'Being'; and, each aspect 'plays' off of the other aspects of our being, subtly shifting and changing just like a hologram.

These various states of Being reflect the whole and the whole is reflected in everything from our attitude, to our beliefs, to the physical health of our body to our environment that surrounds us – most notably, our home.

In Alignment

When our actions, practices and habits are aligned with our Soul, we feel emotionally and mentally at ease, our body feels healthy and relaxed and we show up effortlessly caring for ourselves, others and our home. #organized #clean

- Our emotions are relatively stable and effortless to manage, process and navigate
- Our thoughts feel balanced, positive and productive and we find it easy to be present in what we're doing
- When our emotions and thoughts are balanced, we find it easy and joyful to eat healthy, exercise, play and socialize and we begin to increasingly view our body positively and, in turn, become more and more willing to do things 'for' our body
- Our home naturally begins to reflect our positive state of Being and becomes organized, clean and full of positive energy

Out of Alignment

When our actions, practices and habits are out of alignment with our Soul, we begin to feel increasing emotional and mental distress, our body feels uncomfortable, tense and stressed and we begin to show up impatient with others and struggling to maintain our physical environment.

- Our emotions become more erratic, negative and out of balance and we struggle to manage, process and navigate them

Sacred Soul Mastery Mentoring with Jackie Harray

- Our thoughts feel uncontrollable and overwhelming and we struggle to get out of our mind, to relax and find presence
- When our emotions and thoughts are unbalanced, we find it increasingly difficult to choose healthy food and activities and slip into solitary activities – avoiding others – and find ourselves struggling with the simplest self care routines
- Our home naturally begins to reflect our negative state of Being and becomes disorganized, unclean or messy and begins filling with overwhelm and negative energy

Knowing this, the Chinese developed a system of understanding how our emotional, mental & spiritual ease or disharmony shows up as physical ease or disharmony in our *physical spaces* and how to work ‘*with*’ our physical environment to create positive change for our whole being.

Our focus this week will be on observing and working with your spiritual, mental and emotional selves through your physical environment (your home!).

Feng Shui

At its core, Feng Shui is the study and the art of placing and arranging buildings, rooms, furniture and objects to circulate and promote chi or energy flow through all areas of one’s home & life so as to promote balance and harmony.

- Feng Shui is reported to have been developed more than 3,500 years ago in China
- The words translate as wind-water (feng = wind; shui = water)
- In Chinese culture, wind and water are associated with the *flowing or movement* of good health & fortune

Feng Shui is really all about ‘balance’; balance between the types of elements we have in our space. From colors and shapes to textures and materials, our space can feel off-balance & uncomfortable or balanced & comfortable solely as a result of the elements that we’ve chosen and our placement of them.

One of the most intriguing things about observing the principles of Feng Shui in one’s home is that the level of ‘enjoyment & use’ and ‘organization & beauty’ of a given space reflects not only the harmony of our physical home, but also the harmony of an aspect of our life (of our soul).

Feng Shui begins with creating a ‘Bagua Map’ to understand how the various areas of our home relate to the various areas of our life. We then use this ‘map’ to identify where there are missing or unnurtured ‘places’ in our home (& life!) and to make adjustments to bring balance and harmony to the whole.

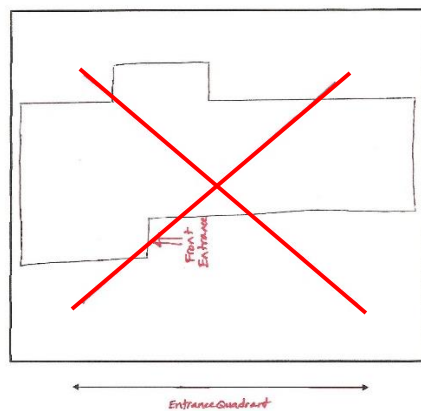
Tool #1:

BAGUA MAP

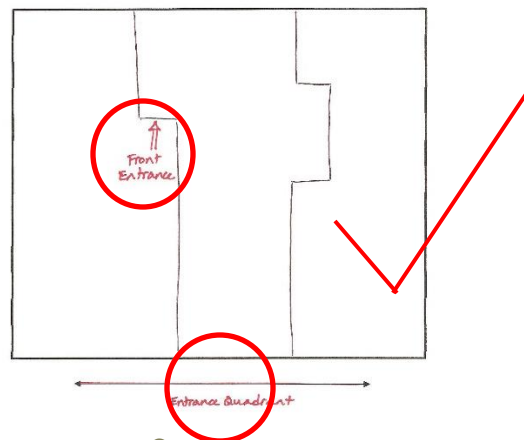
*Use the space provided (p 7) to sketch a diagram of your home using the instructions below.

1. Imagine the exterior shape of your home (square, rectangle, 'L') and then draw it within the 'My Bagua Map' box on page 7.

1. Position the shape of your home by arranging it so the direction you enter your home most often is in front of or 'facing' the 'entrance quadrant' line that is marked at the bottom of the box. (Hint: you may want to sketch it in pencil so you can erase easily!)



Incorrect



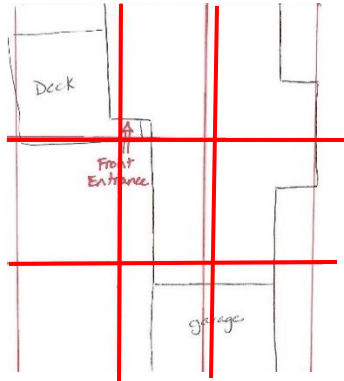
Correct

*Please note, your 'sketch' doesn't need to be perfect...once you get an understanding for the process, you can always go back and create a more 'to scale' diagram for yourself!

*Hint: If it's easier, use graph paper and 'step' out the dimensions of your house to create a more 'to scale' diagram of your home (if that appeals to you!)

1. Now, sketch/draw any exterior decks or spaces that are 'outside' of your home (deck, sunroom, garage, etc)

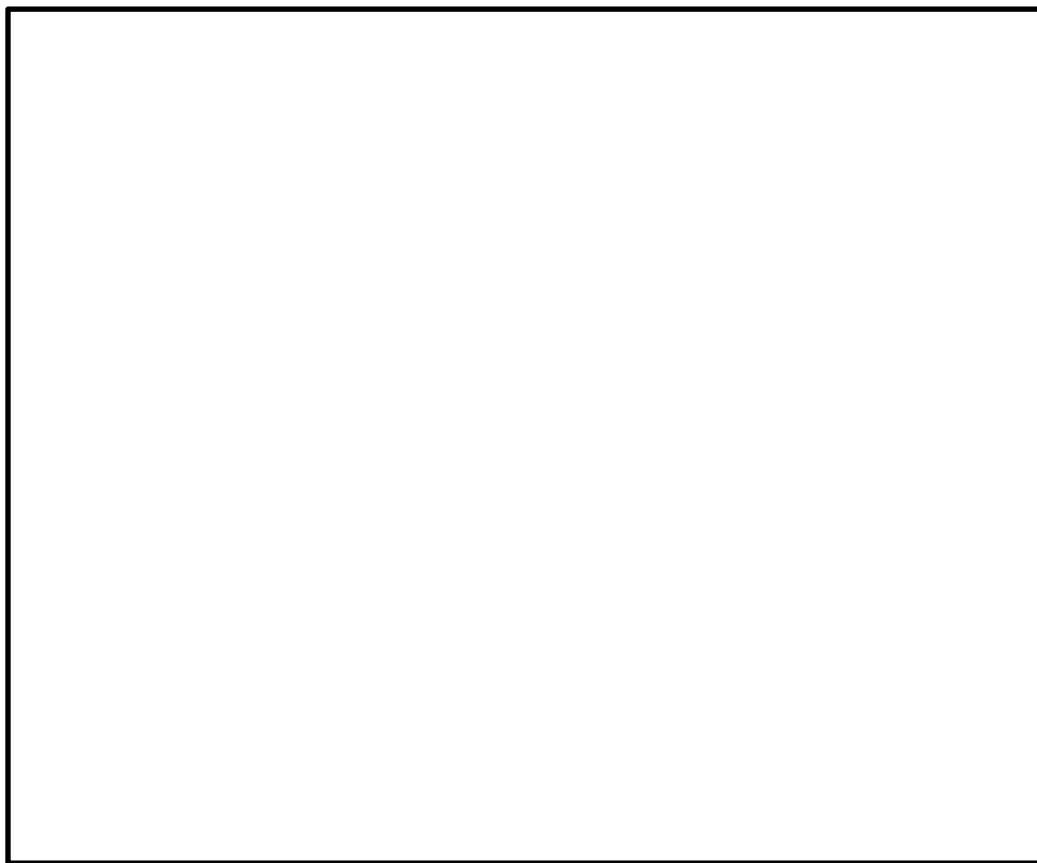
- Using a different colored pen (ex. Red), divide your home (including exterior decks, garage, etc) into 9 equal sized areas or quadrants by drawing two horizontal lines and two vertical lines.



- Write a heading for each quadrant or section on your 'map' according to the diagram below.

Wealth & Prosperity	Fame & Reputation	Love & Marriage
Health & Family	Center	Children & Creativity
Knowledge & Self Cultivation	Career	Helpful People & Travel

My Bagua Map



Entrance Quadrant

Tool #2:

WHOLE PERSPECTIVE

The Whole Perspective

Just as in life, so it is in the use of Feng Shui...we feel 'whole' where there is a balance between the external and the internal...a balance between the physical and the spiritual.

Feeling great about our 'home' isn't just about the exterior of the home (or the exterior of our body or the exterior of our life); feeling fulfilled, at ease and peaceful in life is also about the interior of our home, our soul and our internal life.

*Harmony results from a balance
between our exterior and interior life*

So, when we look at our Bagua Map, it's not just about the beauty and flow of the interior spaces of the home but also the exterior spaces of our home. The goal here is to create harmony, balance and flow between ALL aspects of our home and our life.

The art and balance of Feng Shui occurs on multiple levels or layers – just as we exist in many layers. We can observe the balance of our 'home' and our 'life' by viewing the Bagua Map from the perspective of the 'Whole' (or from the perspective of the Exterior, the Interior or Room by Room).

So, to begin our reflection, we'll begin by looking at your Bagua Map from the perspective of the 'whole'.

Reflection Questions:

1. Look at your Bagua Map, using your intuition (first thing that comes to mind), rate each quadrant or area by how satisfied or pleased you are with that *physical* space of your home. Ex. When you look at the 'Wealth & Prosperity' quadrant of your home, you feel really satisfied & pleased with the style, flow & liveability of this area of your home 8/10

Wealth & Prosperity	/10	Center	/10
Fame & Reputation	/10	Children & Creativity	/10
Love & Marriage	/10	Knowledge & Self Cultivation	/10
Health & Family	/10	Career	/10
Helpful People & Travel	/10		

2. Which 3 areas/quadrants did you rate the lowest? Why is this? (Is it disorganized, ignored, cluttered, falling apart, barely functioning, needing upgrades?)

3. What would increase your enjoyment, pleasure or satisfaction of each of these areas of your home?

Area 1:

Area 2:

Area 3:

4. How does your rating of these physical areas of your home relate to the quality or satisfaction of that quadrant title (ex. Career) in your life?

*Choose 2-3 words for each area that describes this aspect of your life (Ex. Awkward, Ignored)

Area 1:

Area 2:

Area 3:

Tool #3:

EXTERIOR PERSPECTIVE

There's a point of balance and a flow in our lives that, when we embody that, we feel at ease in life. This sense of peace and ease is the result of harmony, authenticity and alignment between our physical AND our spiritual selves – when we are in alignment, we show up consistently as the same person – our exterior matches our interior.

What does this mean exactly?

We refer to someone as 'authentic' or 'aligned' because we observe them consistently portraying their Truth...if they are someone we know as 'blunt', to the point and speaking their Truth, we would come to expect them (and to trust them) to speak their truth and be blunt about it regardless of who is around.

Knowing and trusting this about them, we might come to rely on them to be 'that person' we would call on for their opinion, advice or perspective in a situation where others are struggling to speak up.

Authenticity

Is a collection of choices that we have to make every day.

It's about the choice to show up and be real.

The choice to be honest.

The choice to let our true selves be seen.

~ Brene Brown

So, when we look at our Bagua Map from the **exterior** perspective, we're seeking to understand and observe the correlation between what's out of balance/in balance between the exterior and interior areas of our home and life.

Reflection Questions:

1. When you think of your physical home, does the condition and style of the exterior of your home match or align with the interior of your home? Please explain.
2. Notice, are there areas that your home doesn't cover the entire bagua map? Where are there spots where an entry juts out, a deck extends out, etc leaving an empty space on the map? **List these below according to the quadrant they occur in (wealth & prosperity, children, etc).*
3. In these areas, what do you notice about the state of the landscaping or beautification in that area outside of your home? (Is it left untended, uncared for or ignored? Or has love and attention gone into it?)

- jackieharray@gmail.com
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Tool #4:

INTERIOR PERSPECTIVE

Often a 'renewal', 'rebirthing' or 'makeover' of the exterior of our Self begins with a re-inventing of the interior of our Self.

We may approach a shift in our life via the external (portraying a have-it-all together perfect exterior...makeup, clothes, travel, home) OR we may withdraw from the external world around us and go *within*...to the internal (spending time in solitude, letting go of activities and commitments to explore, heal and renew our knowing and awareness of our Self before re-entering the external world of socializing, activities and work).

The interior of our physical home can be VERY representative of the internal state of our being. If we accept that our whole self (mental, emotional, spiritual, physical) is like a hologram – shifting and changing as each aspect shifts and changes, then we might acknowledge that the interior of our home likely reflects the interior state of our Being as well.

Furthermore, *IF* we are like a hologram, then working *with* the internal aspect of our Self and of our home will produce an impact on the external aspects of our Self and of our home.

So, when we look at our Bagua Map from the *interior* perspective, we're seeking to understand and observe the correlation between what's out of balance/in balance between the interior areas of our home and the interior aspects of our spiritual life.

Reflection Questions:

1. When you look at your Bagua Map, what area(s) are entirely within your home?
How might this relate to how you view that area of life? *Ex. The fame & reputation area is fully within my home – reflecting my own views on humbleness and my desire for <privacy>...*
2. Notice, what areas or quadrants are partly inside your home and partly outside of your home? How might these areas reflect your tendencies, personality, strengths or weaknesses in life? **Ex. My 'center' is ¾ inside my home and ¼ outside my home – reflecting my tendency towards introversion vs extroversion. My strength comes from an internal focus.*
3. What's the 'usual' state of being of the interior of your home? How do you feel about your home & spaces? Rate each below.

Organization /10

Cleanliness /10

Comfort & Coziness /10

Flow & Functioning /10

Beauty & Appeal /10

4. What interior room(s) of your home do you struggle with most – that you most often find cluttered, disorganized or frustrating? List these below and explain what happens.

5. What areas/quadrants of the Bagua Map do these relate to (Ex. Health & Family)?

6. What are you realizing or becoming aware of?

Tool #4:

ROOM BY ROOM

The Room by Room Perspective

Once we've acknowledged the 'whole perspective' and then explored the correlations between our exterior and interior aspects, we are then ready to begin working *with* specific aspects of our Bagua Map (or Self).

With a clearer understanding of what exactly is going on in our life (spiritual AND physical), we can then choose a room or quadrant of our home/spaces. Oftentimes, the areas that we feel most frustrated with, uncomfortable in or dislike the look/functioning of relate to the area of our life that we struggle in.

So, at this point, you're probably getting a clearer idea of what area of your home you'd like to impact first, yes?!

We're going to lay this out logically so you can work through a series of steps to create change and impact in your life.

Step 1: Choose a desired area for change

- Review your Bagua Map and your answers from the previous exercises. Identify 3 areas or quadrants that stand out as needing your 'attention'.

Area 1: _____ relates to this room(s) in my home _____

Area 2: _____ relates to this room(s) in my home _____

Area 3: _____ relates to this room(s) in my home _____

Of these three areas, which area would be the *simplest* to impact? What could you re-organize, fix, beautify that would make it quick & simple to impact this area? List some examples of what you could do quickly and easily.

Of these three areas, which area would you *most* like to see change in (& in your life)? Why is that? How would change here impact the quality of your life on the whole?

How do these three areas relate to one another? Which one is at the *core*? If you were to change/impact just one of these areas, which one would impact *all three* areas positively?

My Chosen Area of Focus: _____ which correlates to these room(s)
in my home _____.

Step 2: Get clear on what needs to change

What are the main challenges or issues with this room or area of your home?

*Circle all that apply

Disorganized

Cluttered

Lacks Cohesion/Unity

Hard to keep clean

Storage

Poor Organization/Flow

Uncomfortable

Too Small

Too Big

Catch-All

Broken (window/furniture)

Confusing

Messy

Furniture

Awkward

Other: _____

What could you do immediately, effortlessly, simply to change, enhance or adjust the look, feel and functioning of this space (without spending a dime)?

Using the space below, repeat the process from Tool #1 to create a Bagua Map of this one area or quadrant of your home. (We can create a bagua for our entire home, but we can also create a bagua for each area of our home!)



Entrance Quadrant

Step 3: Implement, tweak and review your changes

Begin implementing the *simple* changes to this space immediately. Note how you feel, the energy you feel to create the changes and any outcomes as a result of the changes in the space provided below.

- ✓ Understanding 'why' a space isn't working as well as 'how' the stagnant space is showing up in our lives is what creates the actual 'motivation' to create change.
- ✓ Documenting the impact, our energy levels and how change or effort is positively impacting our lives keeps the motivation 'alive' in our life to continue creating even more changes.

What changes or adjustments did you make to the space? How did it make you feel?

What other changes, adjustments, repairs, additions or upgrades might impact the look, feel and functioning of this space?

Tool #5

RECONNECT

After learning about Feng Shui and working with the 4 aspects of my home, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Fascinated

As a result of understanding more clearly about the correlation between my physical life and my environment, I am:

****Fill in the blanks**

Curious to learn more about _____

Excited to implement _____

Going to change this _____

This Week's Daily Affirmation:

I am learning to honor my _____ and let go of _____ so that I may experience _____.