

More Than Just a Pretty Picture

By Michelle Hess

“Feng Shui” is the art of creating a harmonious and energetically healthy space in our homes, workplaces and communities, in part through a thoughtful and purposeful look at the things with which we surround ourselves. Furniture choices and placement, colors, floor plans are all important considerations, but a very powerful element, often overlooked, is the art we choose to hang on our walls. To tweak an old saying, a picture is worth far more than a thousand words.

Take a look at the art in your home or office. What does each piece say to you (if anything)? Does it uplift your mood, give you hope, inspiration or express who you are? In feng shui, the two most powerful places for artwork are at your front entrance and in your bedroom on the wall closest to the foot of your bed. One greets you every time you come home, the other is the first thing you see when waking and last thing seen when going to bed.

Each piece of art holds energy and speaks a message whether or not you are aware of it. Sometimes the message repeats what you don't want to hear. Are you looking for a relationship in your life yet have pictures depicting singleness, like one person, one flower, etc? A careful look at your décor may reveal unconscious blocks. If life is stressing you out remove sad, dark, dreary themes and surround yourself with pictures that feel serene, carefree and/or joyful. Perhaps you have a goal in life that can be expressed in a lovely painting. If you dream of someday taking a Caribbean cruise hang artwork with a tropical theme. There are many ways you can use the powerful energy of art to express your inner self and where you want be in life.

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