

Chi Enhancers

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Color

Color, part of the electromagnetic spectrum, affects one on all levels. Our response to color interacts with our nervous system, our physical bodies, our emotional well-being and mental health.

Reds: warm, active, stimulating, dynamic

Pinks: warm, romantic, comforting, nurturing

Magentas: warm, vitalizing, uplifting

Oranges: warm, active, social, warm

Yellows: warm, cheerful, mentally stimulating

Greens: blend of warm & cool, harmonious, balancing

Turquoise: blend of warm & cool, soothing, revitalizing

Blues: cool, calm, peaceful, receding

Purples: cool, soothing, spiritual

Lavender: cool, healing, meditative

White: reflects all colors, purity, innocence

Black: absorbs all colors, mysterious, intriguing

Earth Tones: stabilizing, comforting

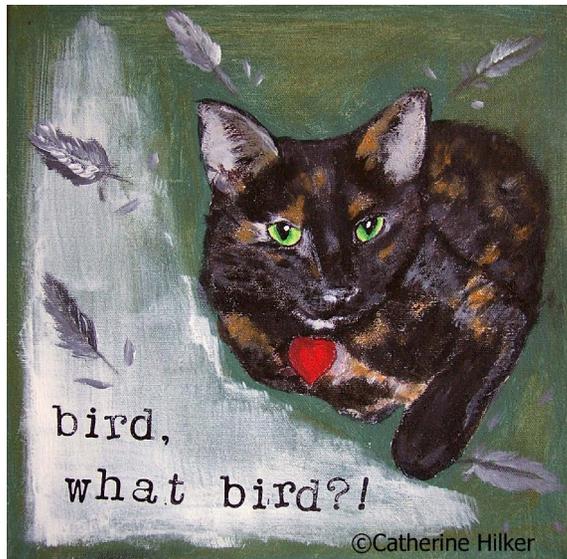
Symbols

Any symbol that is significant and meaningful will contribute to vital chi. Choose symbols that celebrate your heritage, family, religion, animal totems, personal affiliations, marriage, travels, physical health and so on. Universal sacred geometry symbols are also powerful.



Art & Photos

Hand-made art is a great enhancer for any room or garden. Display children's art, paintings, sculptures, glass, pottery, etc. that makes you smile, contemplate, lifts or vitalizes. Nature and family photos lift chi and create focal points of interest.



Reflective Objects

Reflective objects enhance chi in their ability to stimulate or still based on what is chosen. Most reflective objects involve water or glass.

Mirrors: use mirrors to reflect a beautiful scene, to open up a space, to deflect energy away, and to activate a space.

Hand-cut crystals: use crystals to activate chi, disperse sunlight or electric light, and direct the flow of chi.

Ponds: still ponds add soothing and quieting chi

Glazing balls: use to reflect, softly deflect, create calm



Lights

Lights enhance indoor and outdoor spaces by providing safe illumination, bringing attention to a focal point, add ambience, and encourage chi to rise. The best environments have a good balance between yin and yang chi.

Sunlight: the best source for enhancing chi

Full-Spectrum Lights: reflects the full range of the color spectrum

Candles: natural beeswax candles bring in a healthy form of yin lighting in a home.

Landscape Lighting: a great way to uplift a garden, provide safe illumination and attract positive chi.



Solid, Heavy Objects

Solid, heavy objects anchor strength and stability and ground chi in a room, landscape or office.

Rocks, stones, boulders: brings in nature and stability

Heavy furniture, furnishings, accessories: adds weight to a room

Granite, slate, porcelain: anchors a room

Statuary: anchors the energy of object depicted



Pleasing Smells

A pleasant scent can instantly shift the energy in a space. Smells can welcome, entice, invigorate, cleanse, and purify.

Essential oils: pure scents used in misters, diffusers and burners for an endless range of attributes

Incense: high-quality sticks, cones, or resins add a sacredness to any space

Scented candles: use high quality beeswax candles scented with pure essential oils.

Smudge sticks: burn grandfather white sage to purify

Living Things

Add live plants and fresh flowers into a home or office and bring nature indoors. Healthy animals also add an aliveness that stimulates chi. All living things add a vibrancy that is difficult to capture using artificial substitutes.

Plants: add easy care plants in beautiful ceramic pots

Flowers: fresh cut flowers add sparkle

Aquariums: brings in nature with rocks, fish & plants

Healthy pets: not only chi enhancing, pets bring companionship and unconditional love

Birdfeeders: add vitality to a garden



Pleasing Sounds

Sounds have ability to invigorate, stimulate, soothe or relax. Pleasing sounds can be meditative, healing, and enlivening. Sound can also redirect and disperse undesirable chi.

Chimes: popular for dispersing undesirable chi or attracting positive chi.

Music: appropriate background music generates positive chi

Fountains: can add relaxing and soothing energy indoors or outdoors

Gongs, bells, singing bowls: great for creating a sense of sacredness



Moving Objects

Moving objects attract the eye, which direct the flow of energy. Moving objects also modulate energy that is moving too fast or too slow. Use to disperse arrow chi.

Wind chimes: in addition to adding sound, chimes “capture” air and disperses it

Whirligigs: creates visual focal points

Fountains: in addition to adding pleasing sound, fountains move energy

Flags, banners: attracts attention