

# home & garden

SPRING 2007

Featuring great ideas for interior design, remodeling & gardening

MARCH 2, 2007

## Feng shui, organization hand in hand

■ Tradition can help find a place for everything

By Molly Nance

**COAST CITIES** — Keeping your house tidy throughout the year is a hard task to do.

But with the art of feng shui and a clear concept of organization, clutter will soon be gone!

The first step to a tidy household is to get rid of stuff you don't need, said Cathryn Golden, founder of Balanced Environments, and a professional organizer and feng shui consultant.

"I tell people to make room for opportunities to get rid of the old, and allow space for the new," Golden said.

But Golden knows that is a time consuming process in itself.

First, Golden recommends making three piles — "yes", "no", and "maybe." She said that for some of her clients, it takes a couple of rounds to narrow down the "yes" piles to a "maybe" and the "maybe" to a "no" pile.

Once the house is rid of unneeded items, the trick to maintaining a tranquil, neat space is solved through feng shui, Golden said.

"Feng shui is literally keeping that energy fresh and new, renewed and restored," Golden said, adding that when a home is organized it should be organized in a functional manner.

For instance, if someone has a surfboard but lives in a two-story condominium, the best place to store the board would be downstairs in a closet or garage, not upstairs in their bedroom.

person is having a bad relationship.

"It's the chicken or the egg approach," Golden said. "Did the junk start accumulating first, and then the relationship headed south or did the relationship head south and junk added up?"

Golden explained that every room in a home and the home in its entirety is made up of different sections.

Those sections represent areas in our lives, and when kept up and decorated accordingly, will show positive results.

"I have clients that say, 'Gee I just don't seem to be as creative as I used to be.' OK — then we look at that area. If you have too much stuff and clutter, it can literally impede that creativity," Golden said.

When deciding to decorate the areas in your home, Golden suggests using colors and items in line with the traditions of feng shui.

For example, in the wealth and prosperity area of the room — which is in the far left corner, items in the color purple, such as geodes and amethysts, should be displayed.

"It comes from the earth, it has minerals and value," Golden said.

In the relationship area, which lies in the far right corner of a room or house, decorate with oranges and reds, where pairs of items should stand. Even if that area lies in someone's kitchen, pairing wine glasses and salt and pepper shakers will work, too.

Ultimately, Golden said that no one should follow feng shui 101 by the book if they don't want to.

"If you hate the colors or representations, don't do it. These are just suggestions and traditions," she said. "Your home should be your personal paradise, a place of renewal and relaxation."

return home



Phone: (858) 481-519