

From **F**rustration  
to **F**reedom



*Unleash the hidden wealth in your environment  
to get everything you've ever wanted*

FRAN GLEESON

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## **My promise to you:**

Over the last 15 years I have been helping hundreds of homeowners, business executives, CEOs and organisations to unlock the power of Feng Shui in their environment, to improve their wealth and success.

My experience has lead me to see that most people want a life that flows better, brings them greater prosperity and satisfaction – and that they want practical tools to make that happen. Many say they are stressed and frustrated. They want to live the best life possible, but their plans often fall short on creating the freedom they desire.

Success means different things to different people, but one surprising piece of the puzzle is the understanding that where we live and work can have a massive impact on our behaviour, our attitudes and our overall sense of satisfaction.

The reverse of this is also true. We have an effect on our surroundings, sometimes without even being aware of it. This can set up a cycle that continuously reinforces frustration and lack of progress.

While my clients' circumstances may vary, my purpose is always the same – to show them how to look at their environments with new eyes, and to help them activate their dreams for freedom through a greater understanding of the relationship between themselves and their surroundings.

In this book I will give you some key tips that explain how your environments in conjunction with your choices, may be contributing to disharmony and setbacks to getting what you really want. And I show you how Feng Shui has changed the lives of my clients.

I share with you the first critical steps you can take to unleashing the hidden power of the spaces you live and work in.

These critical steps will act as building blocks towards the harmony you desire, towards the success you want, and towards the deeper notion of leading an exceptional life.

Throughout the pages of this book you will get a glimpse of some of the strategies that have allowed my clients to feel SO MUCH BETTER in their surroundings and achieve greater freedom as a result.

Now I am passing them on to you so that you too can feel their benefits and maximize the potential of where you live and work.

You have likely downloaded this e-book because you are interested in unlocking the potential in your home or business. But I'll let you in on a secret. If you seriously want to achieve your dreams faster, then being interested isn't enough.

You must be COMMITTED and understand that this is part of your life's journey.

Everyone wants a better life, a happy relationship and prosperity, but just hoping for it won't make it happen. It takes a willingness to make an investment in action for change for change to occur.

Some experts say that we choose our buildings as part of our karma. They help us work through the lessons we are here to learn.

For most people their sincere desire for change is a sign that a lesson has been learnt and they no longer want the old regime.

But for others, the desire for change is accompanied by the belief that change comes from the outside and is nothing to do with their own actions.

For those who think this way, there is a good chance that nothing will change, because they are not taking responsibility for their own life's lessons, instead blaming others for their lack of success.

The decision to download this book tells me that you are interested in higher aims and want to transform your life into something more meaningful, more vital and more abundant.

As you read, you will be able to take immediate action on the advice but the ideas will also introduce you to other steps you can take to achieve your goals.

Be prepared to get busy, recognising what needs to be done, but ultimately to be excited and re-energised as you build momentum towards a more serendipitous life.

The pathway to transforming your life lies within the pages of this book.

Get ready to travel!

Fran

## About The Author

Hi, my name is Fran Gleeson. I have been consulting for corporate and residential clients for 15 years now, helping them overcome a myriad of blockages to wealth, health and freedom.

You may have read my articles at [www.balanceonline.com](http://www.balanceonline.com), or on my website, [www.fengshuifran.com](http://www.fengshuifran.com), or in the newspaper, The Alternative Voice. You may have attended one of my workshops or read my newsletter. Or you may follow me on my blog, Twitter or Facebook.

If you are reading about me for the first time, I can tell you that I have a fascination and passion for the ancient practice of Feng Shui and Chinese Astrology and its understanding of our profound link to the earth and its natural energies. It initially helped me move from being very stuck to the life of freedom and flow that I now experience.



## **My Story**

Have you ever looked around you at other people's lives and wondered why their situation just seemed to be so much better than yours?

And you wished that you could experience that same kind of success?

Well that was me.

I used to look at others and wonder what on earth this thing was that they had that I didn't have. Was it just luck? Fate? Was it some kind of secret knowledge? Was it natural ability to attract success?

I wanted to know and that wondering set me on a quest. And I'm very happy to say now that I have found the answer.

But I have to go back in time first.

I'd always been interested in how houses ticked. I'd played in a big cubby at the side of our house until I was 12 (how embarrassing! All my friends had moved beyond cubbies). As an adult I was very aware how an atmosphere either worked or didn't, how it either felt good or didn't.

But I didn't realise just how big this connection was between my environment and me.

The time of my life that gave me the answer to my question was when I was living with my children in a small home as a single mum. The previous lot who'd lived there were a wild bunch, bringing home stolen cars and spray painting them brand new colours. They would set fire to their rubbish next to the fence, terrifying the neighbours.

And the young woman who lived with them earned a living from prostitution in the front bedroom! She left the porch light on all night and many a car silently came and went.

One day, when I was at home, I heard an interview on the radio about something called Feng Shui.

Fascinated, I soaked it up, listening to the strange idea that the way a house is organised and its age and compass direction can have a major effect on the occupants' lives and circumstances.

It led me to questions like:

Why on earth was I attracted to a house that had been so dysfunctional?

Why did a house that attracted poverty, lack of responsibility and prostitution, resonate with me?

Well, the answer was simple. It hit me with full force that I had a survival mentality. I'd been trapped in a thinking that said there was "never enough" and I didn't deserve any more anyway. That those other kind of successful lives weren't for me. I believed there was nothing I could do about my situation because it was just something that happened to me. I had no control over what came my way.

But with this new understanding I was on my way to transforming my life.

Our little house would help me.

I started reading all I could about Feng Shui and applied it amateurishly to our home.

As I painted, redecorated and redesigned the garden, I was becoming a happier, more fulfilled person. The energy began to unblock and shift an open, more welcoming one.

But the BIG boost came when I hired a professional Feng Shui consultant.

I followed her advice to bring the house into balance and it immediately felt lighter. The new energy felt wonderful and it was great to come home to.

Over the next couple of years, our circumstances improved immeasurably. The new energy that had been unleashed infused our



house, supported me and gave me the will and motivation to move beyond my limited thinking and take greater control over my life.

I now felt that I had the power of choice. I could choose to stay stuck or I could choose to be free. It was up to me. In fact, it always had been. I just needed help to realize it.

The biggest win was when I finally felt brave enough to choose to fulfill a dream I'd never really thought possible; to go and live in Italy for a year.

Before leaving, I put the house on the market.

On the day of the auction, four separate bidders competed against each other and it sold for far more than anyone had expected! Triple what I'd bought it for 10 years earlier.

They all felt its energy was calling to them.

Now, 15 years later, I have been able to help many others to transform their living and working spaces and move towards more fulfilling, abundant lives.

What I see constantly is that our attitudes and beliefs attract us to certain kinds of environments that can reinforce limiting beliefs or support expansive ones. We resonate with environments that feel familiar to us, whether or not they are good for us.

You have heard of people marrying two or three times to successively similar kinds of people perhaps alcoholics or domineering types? It's the same with our living and working spaces. We are responding to them on a subliminal level.

Once we see what we are doing, we can accept the challenge, and take responsibility for our behaviour. That's when our living and working spaces can help us to rise above ourselves, and become the best we can be.

Nothing can beat the feeling of knowing that your environment can

be a catalyst to help you transform and evolve into prosperity and freedom.

If you want to know more about me or check out more articles and case studies you can go to my website at [www.fengshuifran.com.au](http://www.fengshuifran.com.au)

## **Myths about Feng Shui**

Feng Shui came to prominence in the Western world in the 1970s. Since then it has been plagued by misconceptions that have clouded its true nature and made it seem like a con, only taken on board by the gullible and oddballs.

Let's look at some of the myths that you may have heard.

*Myth #1: Feng Shui is Only for New Agers.*

FACT - Authentic Feng Shui is an ancient practice conceived around 6000 years ago by the Neolithic Chinese and fine-tuned during the Tang Dynasty (618-907 CE).

Now in the 21st century, its principles have been absorbed into mainstream western society and the evidence for this can be seen in the number of major corporations who now use Feng Shui as a normal practice.

You may not be aware that these include NBSC, Jeans West, Ford Australia, Vogue, Bill Gates and Warren Trump who can all testify to the outstanding results that Feng Shui has brought them.

Primarily it is a system based on very acute observations of time and earthly forces (interior and exterior environments), and how the qi (energy) of each force interacts.

Ancient Masters discovered how to identify the flows of qi coming into your building. Another name for qi (pronounced chi) is cosmic breath. Think of it also as the energy we feel in the atmosphere of a place. It's the most important principle that Feng Shui experts seek to alter.

These same Masters recognised that where blockages in flow occurred, so did problems arise. They handed down the practices that I use today, to unleash natural flows of energy, which have contributed to the success and prosperity of the businesses and homes I have consulted for.

*Myth #2: Feng Shui is an Eastern religion grounded in Superstition.*

FACT - Feng Shui is not a religion nor is it an offspring of a religion. It doesn't believe in a God. It isn't magic either, and nor does it bring instant cures for all your problems.

However, when used with integrity, it can enhance the human experience surrounding wealth, relationships and health. It is a common sense method of living a life in harmony with your environment and by doing so, achieving your desires.

*Myth #3: I have to change my personal decorating taste and style to conform to Feng Shui principles.*

FACT - Inexperienced practitioners have often insisted that every single object in a home must conform to the correct color, shape or material. In the process, your own style goes out the window.

But this book will show you how you can begin introducing principles of good qi flow that will work hand in hand with your own tastes and style.

A good practitioner will show you how to strategically place elements within a room to activate or weaken qi to increase your motivation, productivity, prosperity and/or harmony. They may ask you to move some furniture if it is best in another position, especially in an office where it can strategically give you more power and control. Or they might draw your attention to clutter or art work and photographs that might be sabotaging your true desires. But changing your overall design? NO.

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# Chapter One – Where Attention Goes, Qi Flows

## Creating the Groundwork to Attract Success

You might have heard the adage “Where attention goes, energy flows.” Substitute the word qi for energy and you have a recipe to help your home or office feel good.

This chapter gives you a checklist of 5 strategies you can take to make sure that qi flows in a healthy way through your building.

Give your attention to these tips and watch the difference they make in energizing your world.

### 1. Freshen Up

#### *The Importance of Light and Fresh Air*

Imagine stepping into a room where the windows have been shut up for weeks, the heater is on, the blinds are drawn and there is a smell of stale cooked food.

Do you want to stay there? NO!

Do you want to leave as quickly as possible? YES!

That’s what happens with fresh qi as well. It doesn’t want to come in. In fact it can’t come in because the qi in the room has built up like a thick fog and it’s hard to penetrate.

This room needs to be balanced with more yang energy. Fresh air and light are the energy staples of good Feng Shui.



They move qi around activating it, allowing it to meander gently through your rooms. As it goes, it nourishes you and your family or employees, keeping you buoyant and healthy.

## *Proven Activities for Energising Qi Flow*

Here's what you can do on a daily basis to prevent qi from becoming stale and stuck:

- Open windows as often possible.
- Use fans to dispense of stale smells quickly.
- Vacuum, sweep and dust often.
- Clean out your emails. Throw away out of date documents.
- Once a year, wash curtains and blinds.
- Wash dog blankets and brush dogs regularly, especially if they are indoor dogs.
- A fresh coat of paint does wonders to lift the energy in a room where the 'feeling' has become stale and old.
- Clean windows to allow you to see more clearly.
- Create more space between furniture or remove some of it if it's difficult to walk around.
- Replace carpets with polished floor boards and rugs for a healthier look and feel.

## 2. Clutter Crunch Time

### *What is Clutter?*

Ask yourself how you feel when you walk into a cluttered room. Have you noticed how difficult it is to think straight or feel at ease?

According to Chinese Masters, clutter is a state of mind. It can be unfinished business, like unreturned emails, or promises unfulfilled.

Clutter is also any object that no longer holds any emotional attachment for you. Some people hang on to possessions for years, thinking they'll come in handy one day. That is clutter.

Sometimes you might keep objects you don't like because someone gave them to you as a present. You feel guilty about giving them away.

But that is clutter. And it is having a major effect on you, even if you can't see it when it's in the back of drawers or in a storage facility.



Some people can't bear to clean up a room, a trunk or a shed because it is too full of memories or just too overwhelming.

What does clutter DO?

Just as it clogs up our spaces, it also creates blockages in us. Clutter shows itself as illness, stress, tiredness or even depression. Clutter is a sign that our lives are confused and disorganised.

It's an expression in your physical world of what is going on in our mental and emotional world. Clutter can be beliefs and perceptions that you hold that stop you doing what you dream to do.

You stay in a job you don't like out of a sense of loyalty or because you feel you have no choice. You stay in worn out relationships out of fear of emotional upheaval.



And we express our 'stuckness' in our environment.

### *Declutter to Freedom*

The simple truth is that clearing clutter is an emotional experience.

Yes, it can be difficult.

But it has major rewards.

Clearing it away is liberating and leads to a feeling of lightness and optimism.

There will be a skip in your step. And even better, your home or office will feel fresher and have more zing! The decluttering has made space for new opportunities to come to you.

But best of all you will also have cleared out your mental clutter, which restricts your emotional growth.

## *Decluttering Steps*

When clearing out stuff, it's best to think about it as taking one small bite at a time, instead of focusing on how big the task is. That way it's so much easier.

### *Step 1:*

Start in one room, with one drawer or one cupboard. Take everything out of it.

### *Step 2:*

Wipe it out. Disinfect the space. It's a good idea to line it with attractive cupboard liners.

### *Step 3:*

Divide your possessions into 3 piles:

1. Things you definitely no longer want.
2. Things you definitely do want.
3. Those things you are undecided about.

### *Step 4:*

Either throw them away, give them away or sell the things you definitely no longer want. NOW! Straight away!

### *Step 5:*

Tidy and organise the things you do want. Use plastic containers for small objects or documents holders to file your documents so that you can easily find things in the future. Label as you go.

*Step 6.*

In a few days' time return to the 'undecided' pile and go through the same 3 pile process. You'll find it's easier to let go of things once you've found how good it feels to be less burdened by unwanted things.

*Step 7:*

Now move on to the next drawer or cupboard.

### 3. Round and Round

Have you ever walked into an empty room and immediately felt that there was something about it that just made you feel FANTASTIC?



Often the reason lies in the shapes in the room.

In particular, round or oblong shapes and rounded edges on furniture play a special role.

These shapes lead qi gently round a room and keep it moving in a meandering fashion. This is exactly how it likes to behave.

This gentle flow creates the X factor that stops people in their tracks.

When edges are squared off or when shapes are piercing and sharp, a room can feel uncomfortable and not at all relaxing.

Rooms like this do not move the qi beneficially because when it hits a sharp angle it moves off its course faster, creating an unseen disturbance in a room.

Softened edges and rounded furniture are healthier and we respond positively to them because they mimic nature. In natural settings there are no sharp corners.

Curves in furniture and fittings can lead clients deeper into your shop or create good relationships between you and your client or employees.

## 4. Front Door Etiquette

The front entrance to a home or business is generally the location where the most vibrant qi enters the dwelling.

Your job is to make sure that it is attractive, to increase the potential for attracting prosperity.

It is no accident that large open front spaces in some buildings or homes are the domain of major corporations or the very wealthy.

Small dark, cramped and cluttered entrances keep prosperity at bay. If you own a business, look at the size of your entrance door compared to the size of the building. Do they have a good ratio? When they do, you are much more likely to be successful.

Here's how to ensure a healthy entrance:

- Keep the front of your building attractive with an eye-catching sculpture, fence, gate, letter box or beautiful tree. For a business, make sure there is an open space outside the building. This draws the qi and people towards it ready to enter.
- Bring the qi easily into your property with clear, curving pathways, which are well lit and free of overhanging branches.
- Clearly define your main front entrance with attractive plants either side of the main door, particularly if there is another door close by to confuse the visitor.
- A spacious and attractive entrance welcomes in the qi and spreads it around the house, business centre, shopping precinct or other type of building, filling it with harmony, abundance and prosperity. There are many good examples along St Kilda Road in Melbourne, where large doors lead occupants and visitors through to wide open spaces before moving off into offices, cafes and shopping areas.

- Clean your windows and polish your door handles till they sparkle.
- Never have objects like shoes piled up on the floor or layers of jackets on hooks, limiting the space.
- Instead, choose rounded edges on furniture, soft colors and warm lighting to give your entrance an abundant look and feel.

## **5. Front and Back Door Alignment**

When a front door lines up with a back door or large open window, your prosperity suffers. That's because, under these conditions, qi moves too quickly through the building, coming in the front door and going straight out the back. It has no time to meander into each room to spread the nourishment and wealth around.

When this door line up does occur, the qi can be slowed down by hanging a crystal half way between the two doors, to help scatter the qi.

Art work on the walls or interesting round objects along the way, can also help anchor the qi so that it stays for longer in the building.

## Chapter Two – What Shape are you in?

*How the shapes in your environment can affect your fortunes*

Whenever I do a consultation on a home or business, I take a good look at both the shape of the building and the environment it sits in.

When I consider the shape of a building, I know that it has a very powerful impact on the activities and occupation you are involved in, when working or living in those buildings. It is very auspicious if your building and career or personal needs are also in harmony with the shapes in the surrounding environment.

- *Fire – Triangle or pointy with sharp angles such as A framed houses, and churches.*
- *Earth – Square. Low apartment blocks. Flat roofed buildings.*
- *Metal – Rounded and domed.*
- *Water – Wavy, rambling and complex.*
- *Wood – Tall and upright. Office and apartment towers.*

Central to the philosophy of Feng Shui are the elements of Fire, Earth, Metal, Water and Wood. Describing every nuance in nature, they symbolise our fate or fortune.

Elements are associated with many things, and shape is one of them. We know a building's element by its shape. We know a surrounding environment by its shape and texture.



Here is each element and its shape in relation to buildings:

## **Earth**

The Earth environment is low and unbroken into the distance. Areas of long flat hills, or table mountains are Earth environments.



Many residential areas of Australia comprise brick buildings with sloping roofs, a combination of Earth and Fire. This is a good combination signifying stability and motivation. A built environment with low apartment blocks and buildings with flat roofs is a fully Earth environment. Earth buildings have a restful quality, making them a sanctuary to come home to. Earth element buildings are also associated with warehouses, the building industry, farming and civil engineering.

## **Metal**

The Metal environment comprises rounded hills and domed roofs. This is not so common in Australia and is more likely to be found in Africa or the Middle East. However a very significant one in the West, is Capitol Hill, the seat of political power in the US.



**Figure 1** *capitolhill.com*

It's significant because the Metal element is associated with power, money, banking, commerce, the military and politics, which are all ideally suited to rounded and domed buildings.

If part of your home has this Metal shape, it is considered to be a good work area. If you want to add the wealth generating properties of Metal to your home, add arches to the layout.

## Water



**Figure 2** [www.guggenheim-bilbao.es](http://www.guggenheim-bilbao.es)

Water shapes are complex, undulating and unpredictable. The sea, lakes and rivers are all water environments. Water buildings are rambling in nature, and complex in their shape, especially when they have lots of curves.

Water's nature is constantly changing and is at home in the media, performing arts, advertising or communication. Above is the Guggenheim- Bilbao cultural and art centre in Spain, suggesting constant change, movement, wisdom and contemporary ideas. Water is also associated with any commercial activities to do with liquids or oils. If you are involved in any of these businesses, the water shape would support it.

At home, your study would benefit from being near a body of water, as long as your consultant has determined that water is appropriate in that location.

## Wood

The Wood environment is found naturally in forests and soaring hills. Offices and apartment towers with flat roofs signify the Wood element as do bridges, factory chimneys, viaducts and skyscrapers.

If you are working in the field of education or own a restaurant, the Wood shape is best for you. Living in or near one of the structures mentioned above would help you in your endeavours. Wood also signifies growth and creativity, so it's the ideal element for hospitals, art and design studios, new businesses or retail outlets selling wood products.



**Figure 3** [www.dventureatwill.com](http://www.dventureatwill.com)

## Fire

The Fire environment is one with sharp angles, pointy mountain peaks church steeples and sharp angled rooflines.

Intellectual development, performance, beauty and innovation are associated with the Fire element. A beautician's clinic, a concert hall or enterprises involving design or fashion, would also do well in a Fire type building. The iconic triangular structure of The Sydney Opera House contributes to its fame as a global draw card for excellence in the arts and performance.



**Figure 4:** [seesydneypass.iventure.com/](http://seesydneypass.iventure.com/)

### *Good to Know:*

- The shape of your building is more important than the materials it is made of.
- Your endeavours will be enhanced if the surrounding environment elementally supports your type of career.
- The element outside a room where you work will impact that room.

## Chapter Three – Hidden Messages in Your Home

*Understanding how your environment can help or hinder you*

Every home or office tells a story about its occupants.

Part of my job as a consultant is to see and hear the story of your home or workplace. Each of the objects you put in your surroundings imparts a meaning. How and where you have placed it spins a tale about you, your attitudes and beliefs.

You can often unconsciously set up your spaces to reflect your inner world.

If that inner world is unbalanced, in conflict, anxious, blocked or repressing strong emotions, you will express them in your outer world, without even knowing you are doing it.

Of course, what this does is constantly reinforce those issues. In Feng Shui terms, the name applied to anything in your environment that is undermining you by causing blockages to healing and growth is called Sha Qi.

- The knife collection under the couple's bed sends Sha Qi or negative qi to them, causing unease and reducing trust.
- The picture of an iceberg above a couple's bed is not a hopeful sign of their relationship.
- The photo of a dominating father or mother in your office, can add to your lack of confidence in yourself and your prospects.

These objects are metaphors for the bigger picture going on in your life. You live far more in symbols and metaphors than you may realise. Nor perhaps do you recognise how you might be using them to sabotage your desires.

Becoming aware of the significance of how you have shaped your surroundings in metaphors, can change your life's circumstances.

Here are some common examples and solutions.

- Windows that are consistently dirty or cracked can symbolise your difficulty in seeing the world around you and assimilating information.

Clean them and you are on the way to a clearer view of life.

- Lots of objects that are so out of reach that you need to use a step ladder, can indicate that you often feel you need to strive for what you want in life. You are likely to feel that things don't come easily to you and you have to make an extra effort.

Rearrange your storage so that what you need is more accessible and your life too will reflect the changes.

- Storing piles of things on the floor, can reflect a bogged down state of mind.
- Bring them up off the floor to feel lighter and more productive.
- Objects strewn all over the floor can reflect a feeling that you are running an obstacle course in life.

Make a clearer, easier path for yourself in life by getting your stuff off the floor.

- Photos of a stern person looking down on us can reinforce our feelings of intimidation by authority figures. Paintings depicting unhappiness can make us feel bad.

Remove them and replace them with pictures of happier, more supportive people in your life.

- Chairs and desks can be placed to hinder communication rather than facilitate it.

Play around with new formations and watch what happens to the behaviour of your family or employees.

The list goes on. Think carefully about how your attitudes might be reflected in these hidden messages and know that making changes means that alchemy is at work. Your external world starts to send you positive messages and your inner world begins a clearing out process.

Make your home or office tell a new, fresh and different story.

## **Chapter Four – The Predecessor Law**

### *Living in someone else's shadow*

There is a fascinating principle in Feng Shui known as The Predecessor Law. This law recognises that events that have happened before in a building can happen again to new owners.

You may have observed this in houses where a succession of owners all separated and divorced or experienced illness.

Or you may have noted something similar in your work place. Different people who have occupied a particular office seem to consistently do better than those in other offices. Or a series of people who occupy a particular office are consistently in conflict with those around them. Yet others are trouble free.

### **Invisible Energies**

There are several reasons for this. The first is that when a building is constructed, certain invisible energies fly in and predispose it to certain kinds of experiences. The extent of the experiences depends on several factors like the external environment, its internal layout, architectural design and the flow of traffic and people into the property.

When new people move in, they also move in to these same energies and will be affected by them to varying degrees. An expert practitioner can identify these unseen energies and help balance them.

### **Old Energy Traces**

The second reason is that buildings often store the energy of their history. Over time, as occupants move around a building, they establish particular energy pathways moving from room to room. These energy pathways are absorbed by the building and have an effect on new owners or employees who come to live or work there.

Buildings also absorb types of energies that have gathered in some places because of the particular activities that took place there. For example if a family often used a certain room as an active, fun, noisy playroom, that energy can linger, leading to another family moving in and behaving in the same way.

Or there could be more general behaviours or circumstances such as squabbles, illnesses or disorganisation associated with particular areas of a building.

Strong emotions also have a qi. Every time you have a thought with a strong emotion attached, you are creating invisible vibrations around you and putting them out into the atmosphere. They linger and can be felt by others.

If an office used to be occupied by a very angry or depressed person, this energy can linger, affecting the next occupant.

I stayed for a while in a house where I just felt strangely ill at ease. Later I discovered that a murder had taken place there, years before.

So if you are living or working in a building where something is affecting your family or workmates in ways that are different to their previous ways of behaving, it could be The Predecessor Law at work.

*But the Law can be repealed!*



## DIY Strategies

There are some DIY steps you can take towards clearing your negative energy.

### *Clean and Tidy*

Firstly a good clear out, dust, sweep, tidy and even fresh paint can make a big difference. Setting up good organization systems in the home or office is important. Make it look as though you care about what's there. Allow some space between furniture and objects for qi to flow. Make sure the centre of your building is open and clutter free.

### *Sage Stick*

Burning a sage bush stick is a great way to get rid of heavy or negative energy. Whether it's the energy of previous owners or the energy of visitors who drain your energy, it can really help.



### The Method

Ask all other occupants of your space to leave while you do the clearing. Close all windows and doors and light the sage. The smoke from the sage does the clearing. I put the sage into a bowl and make sure it is well lit to get a good lot of smoke going.

Then walk around your space, taking it into every corner of each room, around beds, desks and chairs and finally around yourself, waving the smoke everywhere. You'll feel like a witchdoctor and if that pleases you, all the better.

For an even more beautiful ceremony see my website;

<http://www.frangleesonfengshui.com/2013/09/a-space-clearing-ceremony/>

Finally, if misfortune has come your way, it is possible for a consultation to clearly identify if this misfortune resides in the Feng Shui of your home or office or you need a major Space Clearing.

Thankfully there are reliable advanced remedies that can be put in place to transform old energy patterns and set the building on a fresh new track. The Predecessor Law, in the hands of a good practitioner, can be repealed.

## Chapter Five – 7 Essential Tips to Attract Wealth

### *Easy ways to treat your rooms and your mind*

Feng Shui is about making space to maximize abundance in all its forms. Everything already discussed in the previous chapters is designed around the idea of flow, and making space for more flow. When that is established, it attracts new people and new opportunities into your life to improve your circumstances. And that creates prosperity and freedom.

Having said that, here are several more things for you to do to give your prosperity a helping hand. But remember, you still need to develop good financial sense and know-how. It's no good having prosperity if you don't look after it and make it grow.

The aim of this chapter is to help you benefit from increased focus. We create a better flow of abundance and wealth when we introduce practices that focus our attention. Think of the adage from Chapter One – "Where attention Goes, Qi Flows." The more energy you focus on a goal, the closer it comes to you.

Here are the tips to get you started:



### *1. Your Wallet*

Have a look at your wallet. Eric Shaffert, the author of *Feng Shui and Money*, says that the state of your wallets can provide a snapshot of your attitude to money. Is your wallet organised with neatly stacked notes? Or is it bulging with receipts, too many cards and small change?

Start to change your attitude to money by ordering your wallet and getting it ready to receive a steady improved flow.

I suggest you carry around a \$50 or even a \$100 note but don't spend it. This will reinforce the idea that you are already wealthy, strengthening the energy around you to bring in even more.

## *2. Wealth Corner*

Every building has its own 'true' wealth area, based on the building's age and compass direction. This area is one of the first I look for when I'm doing a consultation. BUT it is different for every home. Your wealth sector is based on the age of your house and its compass direction. I do not subscribe to the idea that the Southeast is always your wealth corner as many magazines or books will tell you. This is not Traditional Feng Shui and there is no such thing as a generic wealth corner for all time.

However, having said that, there are two location connected to wealth during this 20 year period that we can strengthen, even though they are not necessarily your MAIN wealth areas. They are the Northeast and Southwest.

### **The Northeast**

The natural energy for the Northeast is Earth. This particular Earth qi is the most vibrant energy for Period 8, the period we are currently living in, which began in 2004 and ends in 2024.

Make sure the rooms here are clean and clutter free. Give them a good tidy up and throw out anything you no longer use or need so that success can find you more easily. If there is an external door here, all the better. If there are windows here, open them often to let the wealth in on the wind. Make sure the lighting is good as well. Do not put water here though. The most auspicious environmental form in the Northeast is a mountain. If you have one in the Northeast, lucky you!

### **The Southwest**

During this 20 years, the Southwest is another wealth area. Once again make it clean and tidy and keep it looking prosperous. You can put water here OUTSIDE to enhance your wealth. If there is a body of water like a lake, a pool or a river in the Southwest, you will gain benefits from them. If not, a water feature will give you a boost.

### *3. Money and Fear*

Many people experience fear around the subject of money. This paralyses them into an emotional state that can be overwhelming. To reduce the fear and introduce courage, try this aromatherapy remedy and put a few drops around the Northeast and Southwest areas of your home or business as well as on the palms of your hands. Breathe it in deeply when you are particularly worried about money.

#### Recipe:

In a 10ml bottle put 5 drops Bay leaves essential oil, 5 drops rosemary essential oil and 4 drops cinnamon essential oil. Top the bottle up with an organic vegetable oil.

### *4. The Kitchen*

The kitchen is intrinsically linked to your health and wealth. The stove is pivotal in attracting abundance. Keep it sparkling clean and in good working order. If you use all the burners regularly, you are more likely to create a stronger flow of wealth.

A main principle is not to have the wet areas such as the sink, opposite the Fire areas such as the oven and cook top. If you do have this line up, place something green, like a small mat, or even a green tea towel, between them. This introduces the Wood element that creates a bridge between the Water and Fire elements.

### *5. Clutter*

There is really no better way to get started with wealth attraction than to get rid of your clutter. Getting rid of unwanted and unused items means Qi is freed up to flow in healthier ways around your home or office. Otherwise the life force energy is stuck and stale and can't work for you.

As explained in more detail in Chapter 1, start with one single drawer. Throw out old bills, receipts, broken objects and things you haven't used for ages.

See how good it feels to do that! You'll have a little more energy for the next drawer and the next..... then watch your wealth improve!

## *6. Your Car*

Don't forget that your car can be a source of wealth attraction. It's another one of those snapshots of your attitude to yourself as well as to money. Take a peek into the back seat of your's at the moment. Can you see lolly wrappers, parking tickets, a child's toy, unopened letters or packaging and crumbs from some recently devoured food?

Dare we look in the boot?

That's clutter, drawing attention to something about us and our emotional and mental state. Clean it up, let in fresh air. A clean, fresh smelling car is a positive expression of health and wealth and of who you are. It improves your mental state, keeps you alert and makes the journey safer. In turn that attracts more positive energy and opportunities for prosperity.

## *7. Fix Anything Broken*

I can't stress enough how important it is to get things fixed when they are broken. Broken appliances put a drain on your energy and your wealth. The dripping tap, the mower, the window that won't open, the computer that needs repairs. All these cause Qi to either leak or block, neither of which is attractive to wealth.

Get them fixed and watch how good it feels. Start with something small and gradually watch how abundance can find you more easily.

## *8. Mastering Your Mindset*

According to Nicholas De Castella, an expert in the field of emotional intelligence, "if there is one thing that differs between successful and unsuccessful people it's their attitude to life. Successful people have an attitude of never giving up, of finding the good in every situation,

of being resourceful to achieve the result they want. Unsuccessful people (victim mindset) often start off with the belief: nothing I do ever works, I can't get what I want or there is no point in trying.

Optimists have been shown to be happier, healthier, more productive, get on with others better and live longer. So why wouldn't you want to be one?"

Your mindset is given a huge boost if you have set up your home to allow space and fresh flow. This then allows your thoughts to become unblocked and your mind to be open to a new set of beliefs about yourself and prosperity.



## Chapter Six – Searching for Home Sweet Home

### *What to Look For When Buying a House*

*"Your home is the connecting point between heaven and earth. It is the place of your centre, your axis. It connects you to the land."*

*Denise Lim*



Are you looking for a new home? Choosing the right building in the right location is vital to ensure your future happiness. It must be a place where you will be happy and secure; a haven from the outside world.

Alternatively if you are looking for a new business premises, it must be able to capture the most vibrant yang energies, so your business prospers to bring you maximum results for your efforts.

The spaces you live and work in are a mirror of your beliefs about yourself, your fears, dreams and hopes. Make sure your new purchase is one that mirrors you positively and gives you security to develop more fully as a person, both professionally and personally.

What should you look for if you were considering buying so that it will feel like home or that it will bring you prosperity?

Feng Shui can help you locate the best building for your needs.

It assesses the quality and flow of qi and examines the external environment.

It creates a compatibility rating between you and the building.

For a business, it assesses the nature of the building and its compatibility with the nature of your enterprise.

There are a number of principles, which you can follow yourself as a useful tool for what to look out for. It's not possible to go into detail here about the reasons for what to avoid and what to include, but here is a list to guide you:



## **FOR A HOME**

*Avoid buying a house:*

1. On the end of a dead end street.
2. On the end of T junction.
3. On a steep incline.
4. Perched on top of a mountain.
5. On a sharp bend
6. Next to much taller building.
7. Next to a very ugly building.
8. Near a cemetery, a police station, a hospital, a funeral parlour, an airport, a train line, high tension power lines.
9. That has the front door aligned to the back door with a narrow hallway in between.
10. With the bathroom facing the front door.
11. With a bedroom over the garage.
12. With wall close to and facing the front door.
13. With stairs close to and opposite the front door.
14. A kitchen in the Northwest.
15. A railway line or busy freeway nearby.

## **FOR A BUSINESS**

### *What to look for on the outside:*

1. Make sure the entrance door is large and welcoming and not out of proportion to the size of the building.
2. Have a large open area on both the outside and inside of the entrance.
3. Avoid buildings with stairs or downward escalators opposite the front door.
4. Check to see if there are any sharp angles in the environment pointing at your building.
5. Avoid buildings near a cemetery, a police station, a hospital, a funeral parlour, an airport, a train line, high tension power lines.
6. Avoid buildings opposite two buildings with a small space in between them.

### *What to look for on the inside:*

1. How you feel as you walk around the building. Try to see how it feels in different rooms, especially in the entrance and the bedrooms, if it is residential.
2. A curved pathway to the front door.
3. An open centre of the building. If the centre is closed in, no matter how big the rest of the space, it will feel cramped and not allow qi to spread.
4. An amount of natural sunlight.
5. An easy movement of energy around the building.

## Water

Water brings wealth, or it can bring disaster, depending on where it is located in relation to your building. The Chinese believe that water is the most powerful element on the planet and its placement must be considered seriously. My advice is not to buy a property near a canal, lake or river without consulting an expert practitioner.

## Chapter Seven – Feng Shui in the Garden

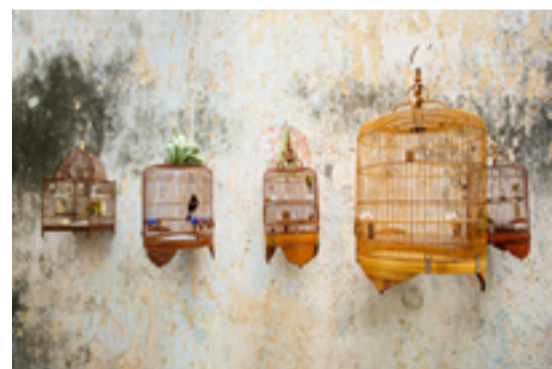
### *The sensual side of feng shui*

Qi is everything in gardens as well as inside a building. It is the ingredient that creates a stunning and restful place to be. When it's interrupted it stagnates. So this final chapter gives you 8 ways to bring harmony to your garden and restfulness to your life:



1. Aim for curves in garden beds, pathways, and garden furniture. Round off sharp edges and corners, either directly or with softening overhanging leaves or creepers.

2. Create movement with bird attracting plants or those that move easily in the breeze. Hang an old-fashioned bird cage for an exotic look.



3. For small gardens, repeat a limited palette of colours and plants around the garden to direct the eye from place to place.

4. Attention grabbing pots that are rounded or octagonal, will help the flow and when placed strategically will create visual interest and energy.

5. Mirrors are wonderful for creating a sense of spaciousness, light and magic. When they reflect a group of interesting plant combinations, the effect can be stunning.

6. Create a gentle balance between light and shade. Sunshades are great if the light is too strong. Or alternatively, lift very shady areas with white, pink and yellow colours in foliage, flowers, pots, paint colours and trellises.
7. Create a focal point with a statue, a stunning tree, or a beckoning seat. A water feature works well (the Southwest is good for water). But if you do not know the correct elements for your property be careful with water placement.
8. Finally, perfume in a garden is a MUST to allow the breeze to gently carry it from place to place for that ultimate touch of bliss.

### **Bonus Little Gems for Success**

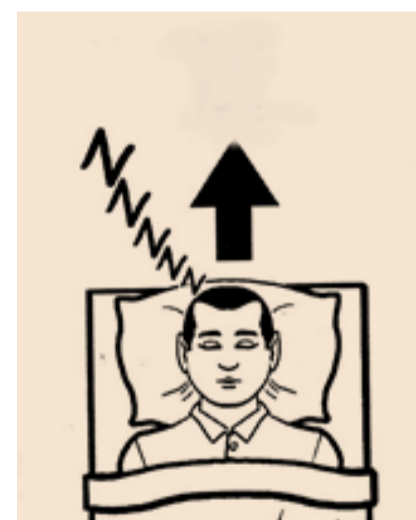
#### *Bonus Tip #1*

Your thoughts are also a type of Qi. Try to observe what is going on with your self talk. When you find you are being critical, angry or blaming of yourself or others, remember that this contributes to the atmosphere around you. Take responsibility for your own mind set. Discard limiting behaviours and thought patterns and watch your world expand.

#### *Bonus Tip #2*

Bedroom arrangements are very important for your health and your moods.

The best arrangement for a bedroom is to have the bed against a solid wall, lying with your head lined up towards one of your best directions. To calculate your personal element and best directions, check my website.



<http://www.frangleesonfengshui.com/2013/11/calculatingpersonalelement/>

Avoid technology such as mobile phones, computers and TVs in a bedroom or at least have them a metre or more from your head when sleeping.

### *Bonus Tip #3 - Mirrors*

Mirrors were not invented in ancient China when Feng Shui first began. But you can use them today to help manipulate your surroundings:

- If your entrance hall is small and dark, add in a mirror to 'widen' it. Repaint it in fresh light colours and use lighting or skylights to banish the darkness.
- A long narrow hallway with a door or wall at the end can make people irritable and even ill. It can create a sense that there are no chances of advancement in life. By hanging a mirror on the door or wall, you can create a longer vista and deflect the qi flow so that it's more calming for the nerves. And it provides hope.
- If your building is overshadowed by a much larger one, which dwarfs yours, it can stunt your opportunities in life as well as your business prosperity. Hang a mirror in your building or out the window, facing the larger building to bring it down to size
- A small hallway with many doors leading off it, can lead to bickering. Each door is a separate mouth of qi. Imagine each having its own opinion! Hang mirrors on all or some of the doors to 'enlarge' the space.

## Roadblocks to Success

I've spoken to lots of people who WANT to make their lives better and who understand the benefits of Feng Shui. But there are typically three things that get in the way of calling in a professional. This book gives you ideas to get you started but let's see what holds others back from getting the full benefits.

1. They can't seem to find the time in their increasingly busy lives
2. They have a sceptical partner
3. Money

### *Roadblock #1: Time*

There's only so much time in a day. Work, family commitments, commuting and the cost of living all contribute to stress and anxiety.

Sometimes you might be so stressed you can't see the forest for the trees.

What if I told you that stress often stems from the very places where we spend so much of our time; our homes and offices. Wherever we spend time, we are surrounded by this thing called Life Force Energy or Qi. To work really well for our physical, emotional and mental health, Qi needs to be able to move and flow in a nourishing, easy way.

It's the easy movement that makes us and our spaces feel vital and energised. If it's blocked by anything, even by poor arrangement of furniture, its impact can be profound, affecting our prosperity, causing anxiety, illness, unhappiness or even more stress.

*Sarah Reece of Balaclava says:*

*I have to report a MARKED difference since you came last week. Particularly between my husband and I. The energy is quite noticeably different and far better. Thank you so much Fran.*

## *Roadblock #2: A Sceptical Partner*

Often people say that they are really keen to have a Feng Shui treatment but their partner, often the husband, is sceptical and not enthusiastic.

I agree, it's a challenge to make changes with a partner who can't see the point.

Fortunately, most partners do not step in the way when it comes to letting their loved ones call in a practitioner. But even better than that, many find the changes to their liking and bask in the new prosperity and sense of delight when others visit.

*Lin Bogeski of South Morang tells the story of how her sceptical husband became a convert to Feng Shui:*

*My husband, having never heard of Feng Shui, much less taken any interest, wasn't convinced that it was wise to invest our scarce financial resources in something he didn't believe in.*

*My way around this was asking for the consultation as a birthday present.*

*From the initial consult with Fran, I learnt some principles of how to use space better with the furniture and I put that into practice straight away. As soon as my husband entered a few hours later, his first words were, "THE HOUSE FEELS AMAZING!"*

*Being a male, I'm not sure he noticed the furniture change but he felt the difference and this is the point after all.*

*As the years have passed and more changes have been put into place, our lives have improved in all areas. No sceptic can ignore this. My husband is making enormous strides in his work and recently got another promotion which means yet another pay rise!*

*We have never been so financially independent. And importantly we are both grateful for our environment being a peaceful home where our space is "just right". And we owe it all to Fran.*



### *Roadblock #3: Money*

For many people, Feng Shui seems like a luxury they cannot afford, especially before buying a house.

But Feng Shui is like the research you do before buying a car or the building inspection before a purchase. Would you go ahead without the security of that expert advice? NO.

Feng Shui offers you the same kind of insurance against making a huge mistake.

This mistake can mean you buy a house that just isn't right for you and your family. Or it can mean that the house is a **BAD INVESTMENT** financially.

There are principles you can use as a guideline to assess the Feng Shui of a house before buying. (See Chapter 6)

Or you can call in a practitioner.

A practitioner carries out an energy audit of your home or your intended home to make sure it's a match with your own energy and that it captures the best possible nourishing qi flow from the surrounding environment.

It can examine the invisible qi combinations to see how well they will support your wealth, health and relationships to make sure they are not compromised by being in the wet areas like the toilet or laundry.

They can check to see that the bedrooms will support each family member, because sleeping in a bedroom with challenging energies can even affect the personality of the person who sleeps there.

Getting a check up as an investment in your future harmony and prosperity.

Where harmony resides, each family member feels good in the home, relationships improve, and you attract more lucky coincidences and opportunities.

In the long term the money you spend on the Feng Shui repays you with real understanding of the relationship you will have with your house. This understanding is a very powerful thing when it comes to your quality of life.

*Belinda Cohen of Hawthorn tells her story:*

*We recently finished building a house and moved in late last year. It was designed from the word go in accordance with Feng Shui principles. The result is a space that is beautiful and peaceful and people regularly say this to us when visiting for the first time.*

*Genevieve G from Port Melbourne tells of her breakthrough:*

*2009 was a very challenging year for us, and in particular for my two step daughters who experienced illness and a major accident respectively. Fran recognized how the energies in the house had contributed to their experiences.*

*Her suggested changes had a big impact on our overall wellbeing and financial flow. It is now our 'normal' practice to have Fran return each year to set us up for the following 12 months with advice on the Annual Energies.*

## Resources and Working with Fran

From Frustration to Freedom was a gift: one I hope you have enjoyed reading. If after reading and implementing the advice in this e-book you are still hungry for more information and further resources to assist you in your quest to create harmony in your surroundings, then please go to my website at [www.fengshuifran.com.au](http://www.fengshuifran.com.au)

You can sign up to my Newsletter, follow my Blog or Facebook page.

BUT if you share the same kinds of challenges as many of my clients, if you want the kind of outcomes that they have experienced and you are serious about improving the quality of your life and prosperity, then I can help you.

Here's what happened for Gabrielle Mahony, who had a house for sale in Blackburn:

*We recently called in Fran to give us some Feng Shui advice when we put our unit on the market. The changes she recommended to help the sale were subtle and didn't involve any major overhaul. But they certainly made a difference! We had intended to go to auction but it sold well before that date and we got considerably more than we expected. Thank you Fran.*

*If you are skeptical, I ask you to suspend the skepticism and just try it out. You'll be surprised by the outcome just as Carmel Scaringi's husband was.*

*'Last November we launched our new Bed and Breakfast, Baringa Villa in Croydon. In the first few weeks we had plenty of enquiries but no one had actually booked in.*

*We decided to put up the sign to make it official. While speaking with Fran she suggested we wait a week as there was a great supportive energy coming in on a specific day and time. So we waited and put the sign up during the suggested time.*

*We were not expecting what happened next!*

*That very same night, people booked in for a two week stay. MY HUSBAND WAS GOBSMACKED! That booking eventually ended up being a two month stay.*

*We received several other new bookings in the following weeks. Since the beginning of this year, we have had three months booked solid and others almost booked out. We have had to knock back 15 requests because we full. Future bookings are already in for 2015. And our guests say it feels like home, they feel so relaxed they don't want to leave. We are so grateful Fran, your expertise in this area is so vast.*

If you've ever wondered why some homes and businesses just work successfully without seeming to try anything different to you, now you know the secret. They flow, are balanced and are in tune with their owners.

The fact is that some people just intuitively get it right. They know how to put things in flow. Their homes and businesses just effortlessly follow the principles without the owners knowing anything about Feng Shui. They manage their lives well and attract prosperity to them easily. I would say they have good luck in their destiny.

But most people need help. They are standing on the sidelines saying 'Why not me? , or maybe they say, 'When is it my turn'? or That's for them, not me'.

You know, you have a choice. You can choose to be in flow, or choose to remain stuck. You can continue to avoid making changes by blaming people and circumstances around you, sticking to the known and familiar, even if it gets you nowhere. OR you can decide you want to live in flow and lead a life infinitely more satisfying and prosperous.

I have to tell you loud and clear, that NOTHING will change without you taking steps with commitment and intention to transform your life. If you want that to happen I promise you full attention and commitment to help you go along the path to transform and evolve into the person you really want to become.

This is about welcoming in prosperity. Prosperity comes in many forms. What you want is what I promise to help you achieve.

This Is How It Works:

While what I have given you in this ebook can get you started, if you want to go further, a Home or Business Revival Consultation tailors the Feng Shui of your unique home or business to match you and your circumstances individually, in way that helps you to transform your surroundings so they more powerfully say, 'Prosperity lives here'!!!

Many people have told me they noticed a distinct change after activating advice from these options.

Deb Dalziel of Hawthorn bought an apartment but once she moved in she experienced all sorts of problems and it didn't feel good. After her consultation she had this to say:

*Fran, since your visit, the changes that you recommended have made an amazing difference and my personal energy is just brilliant. For the first time in over 10 months I'm loving being here.*

Here's what Paula Scarmozzino, Director of Northern Naturopathic Services in Preston had to say:

*I can I say I have already felt a difference in our motivation – as a family and in the clinic too – the week after I made changes to the clinic, the phone started ringing more, and the practitioners renting out my rooms resumed trading after a long absence! I feel like a weight has been lifted and feeling more productive with my business.*

## Date Selection

Increasingly more clients are becoming aware of the benefits of choosing a fortunate date to launch a project or task or to sign important documents. Using a lucky date can maximize your potential for success, because it triggers powerful synchronicity, which brings you the right people and creates a smooth path of Qi to success.

This little known method, called Xuan Kong Da Gua, is practiced by very few consultants in Australia but I have been lucky to have been given the opportunity. It can identify very auspicious days for you, which can powerfully maximise your potential for real wealth.

Here's what happened to two clients after implementing special strategies on a very auspicious day.

In my office, Fran has rearranged my desk using a special strategy to increase prosperity. Since that time we have noticed an increase in enquiries for office space, which have subsequently increased our permanent and virtual client base. There is also now a wonderful feeling of calmness and good energy in my office. (Hazel Kuperholz, Director, Collins Street Business Centre, Melbourne).

Amanda Munro of Tullamarine, who has been in show biz for 10 years, used the day in November to plan a show in Perth for February this year.

*"I was a bit sceptical really, but I went along with the idea, ready to be disappointed and wanting to be pleasantly surprised.*

*I had a new show, in a new market and I was presenting myself in a new way so I was nervous during the planning stage. I listened to Fran on the most auspicious time to commence the project and I actually started writing and planning at the appointed hour and thinking, 'nothing ventured nothing gained', I also planned a brand new promotional strategy for the season.*

*Well, opening night exceeded my expectations and was actually the best opening night I'd had audience wise. As for the rest of the season it was the smoothest and most delightful experience I can*

*remember. Problems seemed to melt away and the audiences were consistently wonderful. The critics (always a problem!) were all on my side and I'd have to say the season went without a hiccup. At the end of the tour I rang Fran to say a big thank you! Her help was invaluable."*

If you would like to experience the power of Feng Shui as these clients have, check out my services at: [www.fengshuifran.com.au/services](http://www.fengshuifran.com.au/services) or call me on 0437072027.