

STUDIO
TWENTY
TWO



**Caring for
Mind, Body
and Home
*through***

feng shui



Feng Shui – mindfulness of space

Paying attention to all the details in our environment so you can be happier, feel nourished and supported in your life

BTB Feng Shui believes that your intention and your mindset work together with any physical changes you make in your space.

action + intention

CLEARING YOUR CLUTTER

Our life is a collection of experiences up to this moment, and our belongings represent this.

Your home is more than a place to keep belonging. It's where you heal, restore, dream, love and create memories. Be sure your surroundings are healthy and inspiring.

Be thoughtful before you begin: there is not a singular way this should be done or what your space should look like. Ask yourself: How have I felt when I've cleared or organized a space before? What approach works for me? Don't feel obligated to join social media challenges in this area, you won't feel good doing it.

Start small: Clearing out clutter is emotional and there will be an underlying reason why you're called to do it. Give yourself time to move through it slowly if you need to.

Look closely at space you want to tackle. When you're in a space that feels familiar, you get blinded to whatever it looks like. Take a photo of the space with the intention of sending it to a friend or posting on social media. What do you think they will notice? What would you want to explain to them.

Ask yourself a few questions: Do I use it? Do I love it or need it in my life? This is about releasing items that are taking up space and preventing what you want from entering – not necessarily a replacement object.

Think about who would benefit from the item if you donated it or alternatively sell on craigslist or FB marketplace.

BEDROOM CHECKLIST

Make your bedroom a sacred space: Don't have a work desk or computer in your bedroom and it may be difficult to break the habit but remove a TV from the space as well. Keep electronics away from where you sleep and not on night stands near your head. The ETF's interfere with sleep.

Have balanced placement: The bed should never have one side flush with a wall. If you share a bed with a partner, they need to exit and enter easily. If there are night stands, both should be balanced in scale and feel. They do not have to be identical but one can not be significantly larger than the other. This makes the relationship balanced and fair.

Place your bed in the command position: Placement for you bed is important. You should be able to see the door when you are laying in bed, although try avoid aligning your feet directly in front of it.

Remove any storage from under the bed: This will interfere with the circulation of energy while you sleep and it's especially important to not keep bills or paperwork under there. If you need it for storage, keep linens only and remember to clean under there frequently.

Buy Fresh sheets: If you're able to buy a new set, it's a great way to reset the energy of the bed. Green or yellow ones are a great way to symbolically add growth or change.

Incorporate a love color: Adding pink, peach, coral or terracotta colors to your bedroom will draw love in. Be mindful that adding too much of any color can cause a rush of romance vs stable partnership.



ENTRYWAY CHECKLIST

Front door is first impression: If you live in a house, make sure the walk way to the entrance is clear and not overgrown. Add greens on either side to welcome in fresh energy.

Entrance or hallway: Should always be free of large furniture, shoe collections, hooks or pegs weighted with coats. It should be open to receiving energy and should easily flow through to the rest of the house.

Clean + Sweep: With intention. Ask what you wish to bring into your home

Add a new light bulb: This will illuminate new opportunities and connections.

KITCHEN CHECKLIST

Stove - creation of life: This is considered to be the most important appliance in the home. It is where your health and money is nourished.

Facing a wall: If the stove faces a wall – most do in American homes, you can add a mirror or reflective surface to enhance and double the size of it. This also allows you to see who is coming from behind you and gives support like a command position.

Rotate burner use: If you only use your stove for tea or coffee, choose a different burner each day for it so that they are all activated and fueling your health and abundance.



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