

More About Mirrors (May 2008)

A mirror doubles what it reflects. This doubling effect is beneficial if it reflects your favorite painting, a spray of colorful flowers, an inspiring quote, or a beautiful outdoor scene. But if your mirror reflects an over-stuffed bookcase, clutter, or even a dead tree outside, you may feel overwhelmed or experience a loss of vitality.

A mirror placed at the end of a long hallway makes the hallway continue into infinity. The chi (energy) moves so quickly down the hall that you won't be able to capture its beneficial effects. Instead, hang a mirror on one of the lengthwise walls to open up and enliven the narrow space. At the end of the hallway, hang a painting or image that does not have any perspective (depth), or place a table with flowers there to slow down and gather valuable chi.

A mirror hung on a wall facing your front door reflects chi entering through the door back outside, making it unavailable to you. To capture supportive chi entering your home, hang a favorite painting framed with nonreflective glass opposite the door. If the wall is close to the door, choose a painting with a design that has depth. The wall energetically "disappears" so chi can "pass through" it into your home.