

The Power of Mirrors (April 2008)

A renowned feng shui expert recently visited my home—yes, even we feng shui professionals consult others to illuminate our blind spots! He advised hanging a mirror in a small space near a closet to “open up” the missing Knowledge & Self-Cultivation area of the bagua (a map that shows how areas of the home correspond to specific life processes). The consultant insisted that it be large enough to reflect both my husband’s and my faces—standard feng shui practice. I had been resisting this cure for years, but as a test, I decided to try it. Did I like it? No! Facing into the mirror to reach the closet was so off-putting that I immediately removed it.

Knowing this to be a powerful solution, I decided to try again. This time, I placed a smaller mirror off to the side of the wall so that I wasn’t facing directly into my reflection. From an aesthetic point of view, I still don’t like it. A day or two later, though, I had a powerful insight. A short time after that, I spent nearly a month learning exciting new aspects of feng shui and space clearing from teachers who thought outside the box. These studies “opened up” new possibilities for me and clarified what I love about feng shui—its wonderful creativity and power to help us live more consciously. One need not subscribe to mystical interpretations of feng shui for it to work. Yet, in this instance it is clear to me that placing a mirror in this area precipitated a shift in both my knowledge and appreciation of feng shui and of myself.