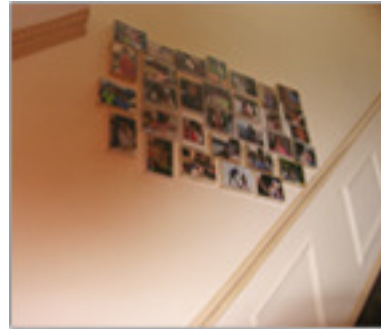
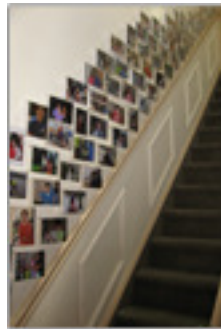


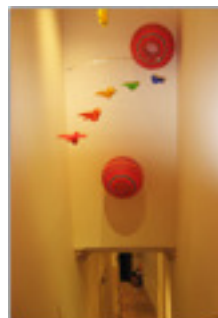
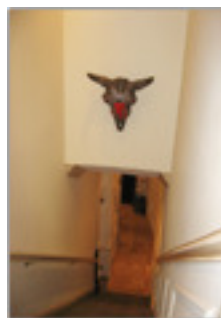
Creative Stairways

One of the joys of my work as a feng shui consultant is discovering the creative ways my clients interpret my recommendations. The results are often fun and unique.



Because stairways act like waterfalls of chi (vital energy), decorating them can be a challenge. One useful rule of thumb is to capture, or hold, valuable chi as it flows down the stairs rather than letting it rush by in a torrent. When chi rushes, it can't provide nourishing support. Think of a flooding river--it violently uproots plants rather than nourishes them.

For example, compare these two stairways. In the **Before** stairway above, the client has created a "waterfall" of photos. It's fun, but she inadvertently accentuated the rushing chi with a second waterfall, creating a torrent. In this case, the stairs faced directly into her son's bedroom. The chi rushed down the stairs, through his room, and out his window. In the **After** photo, she pared down the photos and "puddled" her favorites, which has slowed down the chi. In addition, she hung a crystal at the base of the stairs and a small mirror on the outside of her son's door to further slow down the chi. At night, he sleeps with his door closed.



In the same home, my client transformed her entry stairwell. In the **Before** photo above, the stairs flow directly out the front door, directing beneficial energy away from the home. The animal skull, while interesting, does not adequately lift or modulate the chi enough to keep it from rushing out the door. The **After** photo demonstrates how my client's creative genius has transformed the stairwell into a fun and joyful space. The colorful Chinese lanterns and mobile gather and lift the chi before it can rush out the door and out of the family's lives.

The moral of our story--stairways can be tricky. Unleash your creative juices and capture that chi!

Words and Music

Looking for unusual holiday gifts? Consider giving the new CD by Michael Cook, "The Sun Shines at Midnight." With catchy tunes ranging from rock to jazz to gospel and poetic meditations, the songs will have you humming happily throughout the holiday season. It's perfect for parties! [Click Here](#) to listen to the songs and purchase.

Or, give Michael's recently published book of poems, "The Rise and Fall of the Mind." Full of rhythm and imagery, the sonnets, villanelles, haiku, and ballads explore states of the mind and their spiritual significance. [Click Here](#) to read the reviews and purchase.