

HOME & LIVING



Feng Shui and the Art of Recycling **Clear Reclaimed Furniture with Feng Shui Space Clearing**

by Maureen K. Calamia | posted November 2008

Something that I truly love about "Going Green" is the idea of repurposing and recycling. I've always been one to accept furniture donations from family and friends, gently used clothing that just happens to fit me or my children, and reclaim other's "garbage" to re-paint and fix up for use in my home. Hey, I've even been known to invert a ketchup bottle on top of a new one to get every last drop out of it. (Something I learned from my father – that Scottish heritage coming out!)

But, it's not about being cheap. (My husband can attest to that!) It's about limiting waste and getting the maximum use out of things. Now, my husband, who's recently gotten into the business of helping others find new homes for their stuff, is suddenly green! I just love it! His endeavor to recycle items is a noble one, and I applaud others that do the same. Why should good furniture and other household items go into a landfill when they still have plenty of life in them?

Just last week, while helping a friend unload some of her stuff, I found two beautiful little tables that I couldn't part with. My husband and I found temporary homes for the tables in our kitchen – and they may just stay there, too.

As a Feng Shui consultant, I've been taught by many of my teachers that used furniture was not auspicious (meaning unfortunate). If you need a desk for your home office, they would recommend against getting a used desk. Used furniture retains the energy of the previous owner and could influence your energy and fortune. However, as a Feng Shui consultant, I've also been trained how to clear energy. This skill is very useful in my home and will continue to grow in popularity as people increasingly reclaim furniture to be more "green."

How to Clear Reclaimed Furniture

If reclaiming furniture is a decorating style that you use, you may want to learn how you can remove the energy of the previous owners. There are many ways to "clear" an object. There are Western techniques which incorporate the elements of air, fire, earth, and water. The most popular clearing is the Native American technique of "smudging" by using wrapped bundles of white sage or cedar. Simply light the bundle of herbs, blow it out after a minute, and use the smoke to "clear" the object. There are also Chinese ceremonies which incorporate the Chinese elements of metal, water, wood, fire, and earth. Chinese clearings tend to be more complicated and use a variety of materials, including orange peels, rice, and ceremonial medicinal powders. Other traditions (Celtic and Balinese) use sea salts, crystals, flowers, and incense.

Reclaiming good furniture is economical, gentler on the earth and good practice for these modern times. Now, with the techniques of space clearing, you can feel more confident that your furniture is also good for you.

Maureen Calamia is a certified Feng Shui consultant, board marketing director for the International Feng Shui Guild

(IFSG), and member of the U.S. Green Building Council (USGBC) Long Island Chapter. For information about her Feng Shui practice, Luminous Spaces, call (631) 513-0059 or visit www.luminous-spaces.com