



# CREATE *an* ENERGY SHIFT

## 3 Ways to Use the Bagua Map in Your Home

The Bagua Map is used when you Feng Shui your home. The map is laid on the floor plan of your space to determine which area of your home represents different parts of your life like abundance, relationships and health and well-being.

Once the Bagua Map has been laid on your floor plan, you will know where each area of your life energetically resides in your home. The Bagua Map also shows you which colors, elements and other Feng Shui cures need to be placed in each area.

**The Bagua Map represents completely balanced energy so it is also used in various places in your home to create a flow of positive energy.**

By placing the Bagua Map in 3 specific areas, you will create a shift the energy in your home and life.

# Using the Bagua Map to Shift the Energy

## Place the Bagua Map in these 3 areas of your home

### Under your Mattress

The Bagua Map can be placed anywhere under your mattress to help balance the energy in your bedroom. This will help to provide a space that nourishes and supports your energy while you sleep so that you can have more energy each day to create what you want most in your life.

When placing the Bagua Map under the mattress, place the map with the colored side up and the Self-Discovery area closest to the head of the bed.

### Under your Desk

Your desk area represents your work, your purpose and your passions. When you place the map under your desk, you are creating a more balanced approach and a boost in energy in your work and your life.

Place the map with the colored side up under your desk with the Self-Discovery area furthest away from where you are sitting. Tape the map in the middle of the desk if possible.

### In the Middle of Your Home

The middle of your home represents your health and well-being. When you place the map in the middle of your space, you are balancing the energy in your whole home and boosting your personal energy.

Place the map on the lowest level of your home. If you can place it on the floor, place it with the Self-Discovery area closest to the back of the house or you can place the map behind a piece of artwork in this area with the Self-Discovery area at the top.

### Remember this...

As you are placing the Bagua Map, do so with a clear intention of what energy you want to attract into your life in these areas. Think about this intention and the energy as you place the Bagua Map in each of these places in your home.



**Print 3 copies of the Bagua Map on the next page to place under your mattress, your desk and in the middle of your home.**

# FOUNDATIONAL Feng Shui© Bagua Map



Entrance

(One of these areas, that lie along the front wall of your home will ALWAYS be your Entrance)



FOUNDATIONAL Feng Shui©  
[www.jillethier.com](http://www.jillethier.com)

To learn more about creating a flow of energy in your home and life with Feng Shui, visit [www.jillethier.com](http://www.jillethier.com)