

# Activity Idea

## Fung Shui

*Recommended for Adults*

Feng shui (pronounced *fung shway*) is an ancient Chinese system of balancing our physical environment to promote harmony and a sense of well-being. From a home's natural surroundings, down to its furnishings and decor, feng shui practitioners believe that everything (and everyone) has a certain energy, or "chi," and how we arrange those objects can affect all aspects of our lives.

### Books

*Clear Your Clutter with Feng Shui* by Karen Kingston on Overdrive <https://bit.ly/2ySbX69>

*Feng Shui Plain & Simple* by Sarah Bartlett on Hoopla <https://bit.ly/2KF7gPC>

*Feng Shui: 50 Ways to Create a Healthy and Harmonious Home* by Olivia H. Miller with Sheryll Hirschberger on Hoopla <https://bit.ly/2KLKqWo>

*Feng Shui Style* by Stephen Skinner on Hoopla <https://bit.ly/2SgNga5>

*Simple Feng Shui* by Damian Sharp on Hoopla <https://bit.ly/2Sf8C7K>

### Online Classes:

"Feng Shui 101" on Universal Class <https://bit.ly/2VJK2TE>

### Music:

Feng Shui Music on Freegal <https://bit.ly/2yUGVdV>

### Videos and Articles:

"How to FENG SHUI Your Home for the New Year" by Julie Khuu on YouTube

<https://bit.ly/3a00UrP>

"Feng Shui Home Decorating Ideas" by Kin on YouTube <https://bit.ly/2xXm9Kx>

"Feng Shui: Getting Started" at The Spruce <https://bit.ly/2x eoPmq>

Barcella, Laura. (2017) "The Skeptic's Guide to Feng Shui (in Your Apartment)." Healthline.

<https://bit.ly/3aLSuB9>

Sessums, Zoe. (2020) "7 Simple Ways to Use Feng Shui in Your Home." Architectural Digest.

<https://bit.ly/2xlGAR0>



**Spark an Idea!**

Now that you've learned more about the principles of feng shui, let's put it to practice. Select a room in your house to harmonize and balance. Take a before and after picture; you can share your results on social media by tagging us - @LACountyLibrary.