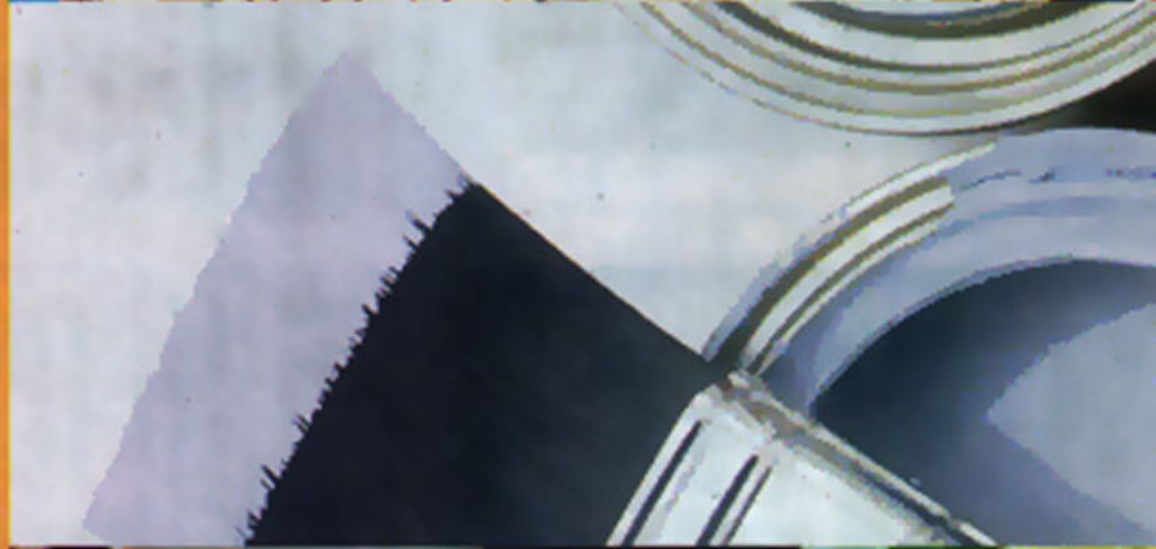


# HOME IMPROVEMENT

FALL 2007



# Distribute energy throughout your house

BY MELISSA RUSSELL  
CNC CORRESPONDENT

No matter how she tried to get organized, the house was always cluttered. Her young son and husband developed digestive problems. There were unexpected bills and freak accidents, all of which added to a general sense of unease.

So Jarzynka did what many people in the Eastern world have done for centuries. She turned to a Feng Shui practitioner to get to the root of the problem and set things right.

Although often associated in this country with interior decorating and furniture placement, Feng Shui is the ancient Chinese practice of bringing home environments into balance with nature. According to the principles of Feng Shui, which translates as "wind water," our lives are deeply affected by our physical and emotional environments. If we surround ourselves with the ugliness and noise we corrupt ourselves, but if we surround ourselves with beauty we

make the Jarzynka family more comfortable in their home, she said the time to consider a home's energy is before you buy it.

"Most people think about their comfort only after they move," Kaylin said. "You need to consider before buying, does the piece of land have good energy? Does it have supportive or drawing energy?"

While most homebuyers focus exclusively on a site's location, cost, and architecture, Kaylin suggested adding energy to the equation.

"If a property has good Feng Shui, everything will fall into place easily; your life and work

**FENG SHUI, PAGE 9**

**'If a property has good Feng Shui, everything will fall into place easily; your life and work will improve and you will feel balanced and strong.'**

NATALIA KAYLIN  
FENG SHUI CONSULTANT

will find harmony and peace.

According to Westford-based Feng Shui consultant Natalia Kaylin, every place and object has an energy field or is energy itself, and some energies are better for people than others.

While Kaylin was able to

## Fall Home Improvement

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# Distribute energy throughout your house

**FENG SHUI, FROM PAGE 2** will improve and you will feel balanced and strong," Kaylin said. She said homebuyers should take note of how they feel in the first few minutes they spend at a site.

"Consciously or subconsciously, people are attracted to good Feng Shui sites," she said. "Some homes have truly wonderful energy that makes you not want to leave, while others will trigger negative responses. Feng Shui answers "why" for both cases."

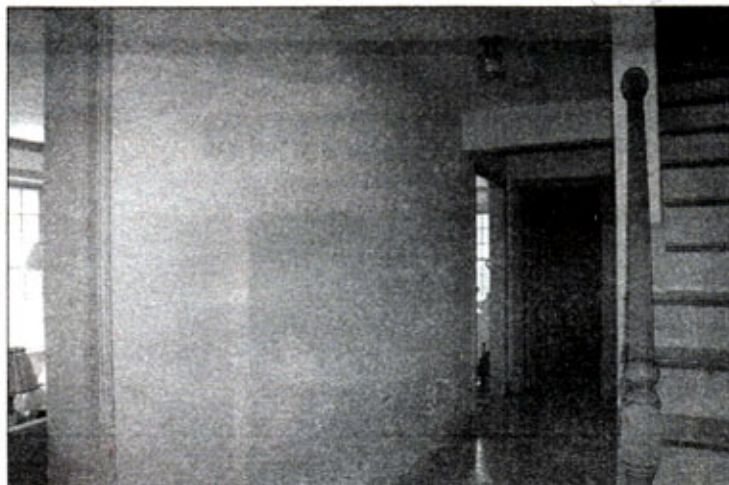
What should you watch for at a potential home site?

Trees, for one thing: large sturdy ones that protect your privacy and create a feeling of comfort, Kaylin said. Too many trees, however, will keep energy from collecting, so it is best to have an attractive open pathway at the front of the house. Occupants of a house that is situated too close to a highway or busy street will feel stressed and restless, Kaylin added.

Houses that are situated below street level don't hold energy well, and represent a life "going down hill," Kaylin said. Similarly, a house on a hilltop should be avoided, except for those with extremely high personal energy, as sloping land makes it difficult for energy to collect.

Because of the importance of water to the concept of Feng Shui, sites with a water element are ideal for creating a peaceful state of mind. Water is also associated with bringing in and activating wealth. A feng shui practitioner can advise a potential home buyer if water near the home has positive or negative energy, or suggest the placement of a water feature, such as a swimming pool, fountain or fish pond, if there is no natural element present on the site.

The shape of the house is also significant, Kaylin said. Curvy walkways and paths move energy along, while unnaturally straight, geometrical lines may not be harmonious. Entryways that are dark or small not only feel unwel-



PHOTOS COURTESY OF NATALIA KAYLIN

The before photo (above) shows a long corridor at the front door ending with the restroom. In this case energy is directed from the entrance right into the bathroom. To slow the energy down and distract the view from the bathroom, Feng Shui consultant Natalia Kaylin used a wavy, watery patterned rug and beautiful welcoming art with a mirror across from it to reflect the beauty and open up the space more.



coming, they don't distribute energy properly throughout the house, she said. Staircases close to the front door send energy out of the house too fast, as will a back door that is visible from the front. And a bathroom at a front entrance is disastrous: it literally sends energy down the drain, Kaylin said.

What if you've already purchased your house, but can't quite feel at home? Kaylin said some problems can be corrected with Feng Shui, while others cannot.

For a city dweller, neighboring buildings with sharp angles that point towards the bedroom can slow the collection of supportive energy. Kaylin suggests softening the effect with rugs and curtains, and placing a plant in the window. A small hallway can be remedied by placing artwork and mirrors to add dimension to the house. A chandelier will diffract energy throughout a house.

"It's not 100 percent, but good enough," she said.

Some things just can't be fixed. A split-level house, with stairs inside the front door, is "impossible to repair," Kaylin said, and offers no good place for energy to distribute in the house. A home situated on sloping land represents "life going downhill," Kaylin said.

"I once saw a businessman move into a house that had land sloping away, and he almost lost his business within eight months," she said.

The question lingers: does it work?

Months after using Kaylin's services, and launching an extensive addition that changed the overall "balance" of the house, Jarzynka said she has seen an improvement in her family's health and in her general comfort level.

"Feng Shui neutralized everything," she said. "Things feel smoother and more comfortable. The house is now a more comfortable place to be in."

Natalia Kaylin can be reached at [www.eastern-sciences.com](http://www.eastern-sciences.com).

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