

# EVERYDAY FENG SHUI

## Movement

Things that move in the wind like colored ribbons and weather vanes can also stimulate positive qi or deflect negative qi. Ribbons tied to an artificial ventilation system in a bathroom will get qi moving while a weather vane on the roof of your home will help discourage sha qi that is directed towards you from a neighboring building.

## Solid Objects

Large, heavy objects can help create a sense of stillness — whether it's a piano in a living room or a rock or statue in a garden. It is important to have places or things that encourage quiet and contemplation, as well as acting as devices to slow down fast-moving qi.

## Sound

The most common way sound is used in feng shui is with wind chimes. Their gentle song is a sign that stagnant qi is being activated. They can slow qi down if it travels too quickly through a house or deflect sha qi both inside and outside the home. Wind chimes also act as a subtle alarm to let you know when someone is coming, as they react to subtle air movements.

## Water

Water represents life and good fortune and, where possible, it should be used for the positive energy that it brings. Moving water like fountains and bubbling aquariums can help stimulate qi, but also have a calming effect because of water's cool and passive qualities.

(HOWARD CHOY)



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## SAMPLING OF FEATURED LISTINGS



**IN ESCROW! KAHALA** 1013 Koloa Street  
4bd/4ba, 10,546 sf land. Offered at \$2,098,000 FS



**SOLD! MANOA** 3027 Waipuna Rise  
3bd/3ba, 12,310 sf land. SOLD at \$1,129,500 FS



**SOLD! MAKIKI** 2045 Mott Smith Drive  
15,228 sf vacant land. SOLD at \$970,000 FS



Living in a friendly neighborhood may be good for your heart, according to a recent study by psychologists at the University of Michigan. In fact, the more social connections you have among your neighbors, the less likely you are to die from a heart attack.

The study analyzed the social connections of more than 5,000 adults in urban, suburban and rural areas over a four-year period. Researchers controlled for factors like age, race, income, marital status, education, mental health, optimism and other known health-risk factors associated with heart attacks, such as diabetes, obesity and high blood pressure. By the end of the four years, 148 of the individuals studied had suffered a heart attack.

Maintaining friendly relationships with your neighbors may be good for your health because neighbors are more likely to check on each other and notice any potential health problems, share resources and health information, and lend money. They can also offer emotional support, which can be a buffer during times of stress. Conversely, other studies have shown that negative aspects of a neighborhood can have a detrimental effect on a person's health. For example, living in areas with violence, noise, poor air quality and access to too many fast food restaurants can have a negative impact on a person's health.

Further, a study at the University of Pennsylvania finds that living in areas with abandoned buildings can lead to isolation and hamper social relationships, which can lead to poor physical health of residents who live nearby.

Being helpful and neighborly is not only good for your health, it's good for the health of the neighborhood.