Find Your Shway

TAKE the QUIZ

CHAPTER 4

Find Your Own Shway: Take the Quiz

Take the quiz and find out if your Shway is fun or in a serious funk. Circle the answers that fit best.

1. When I walk into my room, I feel…

A. Uplifted and inspired. It's a great place to bring my friends over to chill.

B. I can't wait to get out.

C. Ommmm… like it's my sanctuary.

D. Overwhelmed and confused.

E. Like I just want to fall on my bed, and sleep for a thousand years.

2. When it comes to figuring out what I'm going to wear in the morning…

A. It's easy. I've picked out my outfit the night before.

B. I just pick up whatever is on top of the mountain of clothes in my closet and that's what I wear.

C. I hate it. I can never find what I'm looking for.

D. I love it! My clothes are organized.

E. I get so overwhelmed by all the choices.

3. My bed…

A. Hasn't had a change of sheets since—um, I can't even remember when.

B. Is where I wake refreshed from a good night of sleep.

C. Is where I do homework, eat, and watch TV.

D. Is neglected since I'm never home.

E. Is very uncomfortable to sleep in.

4. Spending time alone in my room…

A. Is like a death sentence.

B. Helps me clear my mind and figure out what I really want.

C. Happens only when I'm tired of too much socializing.

D. Can be creative and fun.

E. Is boring.

5. Success to me means…

A. I have plenty of awards, trophies, and attention.

B. I feel like I am a successful person regardless of my achievements.

C. I can only feel good about myself when I meet my expectations.

D. I can only feel good about myself when I meet my parents' expectations.

E. Nothing. I don't strive for success.

6. I sleep…

A. With my iPad and/or laptop on.

B. With my teddy bear.

C. Alone.

D. With one of my siblings.

E. What's sleep?

7. When your room is really messy, what do you do?

A. Clean it, of course!

B. Shove everything to one corner, under the bed, or into the closet.

C. Shout, "Mooooooooooooooom, can you clean my room please?"

D. Nothing.

E. Wait until it becomes unbearable and then clean it.

8. If I'm upset at someone, I will usually…

A. Bury the feelings inside until they get so big I explode.

B. Confront the person in a calm manner.

C. Confront the person, ready to argue.

D. Tell all my friends and let them deal with it for me.

E. Feel it, release it, and move on.

9. I can see the door from my bed…

A. Completely— it's directly in front of my bed.

B. Partially—I have to crane my head.

C. Not at all.

D. Easily, because it's to the right or left of the foot of my bed.

E. I don't have a bedroom door; or, I sleep on the couch in the living room.

10. My walls reflect…

A. My favorite artists, musicians, actors, and colors.

B. My friends and family.

C. Pictures of exes, old friends, and images that no longer represent me.

D. Wallpaper from before I moved in. I can't stand it.

E. Nothing. They are bare.

11. When it comes to making a choice…

A. I ask my friends for their opinions first.

B. I check inside myself and then ask my friends for their feedback.

C. I consult with a psychic.

D. I decide on my own.

E. It's hard for me to make a decision, so I wait for my parents to make it for me.

12. My friends…

A. Are supportive, like-minded, and fun.

B. Are super sarcastic and like to pick on me.

C. Usually point out my flaws and criticize me.

D. Have very little in common with me even though we get along.

E. Are just okay.

13. When I sit at my desk…

A. I face a wall and my back is to the door.

B. I stare out a window and my back is to the door.

C. I'm in the same line as the door. It's directly in front of me.

D. I see the door. It's to the right or left of my desk.

E. The door is on the same wall as the desk and I can see it if I turn my head.

14. My desk…

A. Is covered with food crumbs, old tissues, and stuff I don't know what to do with.

B. Is overflowing with papers and projects I need to finish.

C. Is neat and organized.

D. Is sometimes organized and other times chaotic.

E. I don't have a desk, I do my homework from my bed.

Once you're finished, please assign these numbers to your answers and add up your score.

1.	2.	3.	4.	5.
A. 5	A. 5	A. 3	A. 1	A. 3
B. 1	B. 2	B. 5	B. 5	B. 5
C. 4	C. 1	C. 4	C. 3	C. 4
D. 2	D. 4	D. 2	D. 4	D. 2
E. 3	E. 3	E. 1	E. 2	E. 1

6.	7.	8.	9.	10.
A. 2	A. 5	A. 1	A. 3	A. 4
B. 3	B. 4	B. 4	B. 4	B. 5
C. 5	C. 3	C. 2	C. 2	C. 1
D. 4	D. 1	D. 3	D. 5	D. 2
E. 1	E. 2	E. 5	E. 1	E. 3

11.	12.	13.	14.
A. 3	A. 5	A. 1	A. 1
B. 5	B. 2	B. 2	B. 2
C. 1	C. 1	C. 3	C. 4
D. 4	D. 4	D. 5	D. 3
E. 2	E. 3	E. 4	E. 5

How Fun Is Your Shway?

If you scored 49–70 points: Pretty Fab Shway!

You and your room are totally in alignment with the universal flow of energy, and you pretty much manifest and create at will. Your room empowers you and you know how to keep yourself in a positive frame of mind most of the time. However, you're human, and like all humans you're prone to flailing around occasionally. Fun Shway gives you some super cool tools to help you to reach your full potential.

If you scored 31–48 points: Your Shway Could Use Some Fun!

When things are going your way, your space is amazing. When they don't, you feel like life has knocked you down and you have a hard time getting up again—and your room reflects your moods. What you're longing for is balance and serenity. Your Shway could really use some fun and harmony. Although you're pretty good at creating what you want in life, Fun Shway will support you in feeling like you're a co-creator of your destiny.

If you scored 14–30: The Funk Has Got Your Shway!

Life feels like it's happening to you most of the time, and your room is a reflection of the windstorm that hit last week, and the week before, and last month. You generally feel out of control and wish someone, or something, would help you see your life differently. The good news is that Fun Shway is a great first step into gaining mastery over your mind and life. This book is definitely for you!

Perhaps you've grown comfortable with your clutter. It's just the way it is, right? Maybe you think it doesn't bother you.

Imagine wearing your favorite sneakers. They are pretty worn out and the soles have holes in them so that your feet occasionally get cold. You could throw them away, but you don't, because you've gotten so used to wearing them that you just tolerate the discomfort. Then one day you finally get yourself a new pair. And hey, they look and feel great! You can hardly believe that you tolerated the old sneakers for so long!

It's the same with clutter. We get used to our clutter, to the point that we don't notice the discomfort it causes anymore.

Let's play a game. Let's pretend your clutter is alive and can speak. Answer the question below:

Fun Shway Time

If my clutter had a voice it would say:

. . . . . .

. . . . . .

Which of These Clutter Types Sounds Most Like You?

Rebellious Roxy

Roxy does not want to take orders from anyone. She might be trashing her room as an act of rebellion. For Roxy, clutter is a way of asserting her autonomy, as well as a protest against feeling controlled by her parents. Unfortunately, her fear of being controlled ultimately backfires because the clutter controls her! What Roxy really wants is more control over her life so she can experience responsible freedom.

Limiting Belief: "I feel out of control and others want to control me."

Roxy's Affirmation: "I allow myself to have control over my environment. Treating myself and my stuff with love and care helps me stay responsibly free."

How do you relate to **Rebellious Roxy?**

Flashy Franky

Franky's motto is, "You only live once, so I might as well look good." On its own this statement isn't such a bad thing, but for Franky it often means living in excess. Franky keeps buying new clothing, handbags, and shoes, then tires of them and buys some more. Instead of filling herself up from the inside, she finds her self-worth temporarily in her Dolce&Gabbana handbag and Free People dress. Unfortunately, the "feel-good" of shopping, a.k.a. retail therapy, is short-lived and attempts to fill something much deeper that stuff can never replace.

Limiting Belief: "I'm not enough. I don't deserve to be loved for just being me."

Franky's Affirmation: "I am enough and approve of myself exactly as I am. I have a lot to offer as my true self."

How do you relate to **Flashy Franky?**

Someday Oneday Sam

Sam is a bit of a sentimental hoarder. Her room is a collection of items that she's been hanging onto since preschool. She can barely remember what she has anymore. But don't ask her to throw any of it away. She believes that someday oneday she will want her childhood memorabilia. But who knows when that day will ever come? Sam possesses a scarcity mindset. She doesn't yet trust in the abundance of the universe and is in the process of letting go.

Limiting Belief: "There's never enough for me."

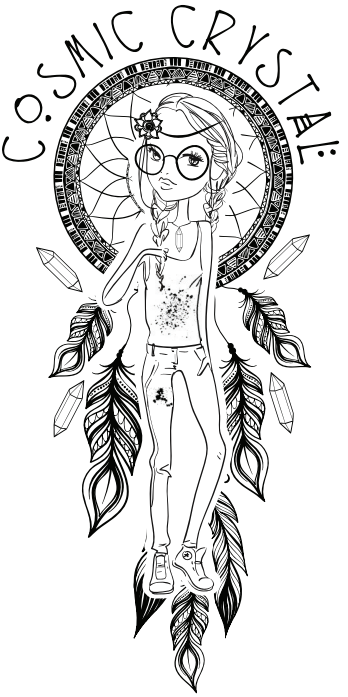
Sam's Affirmation: "I live in an abundant universe. There is always more than enough for me."

How do you relate to **Someday Oneday Sam?**

. . . . . .

. . . . . .

Cosmic Crystal



Crystal spends more time up in the clouds than down here with the rest of us earthlings. She is a sparkle-brain and complains that she has more ideas than time to execute them. It's hard for her to prioritize and she ends up doing five things at once—but not very successfully. Ultimately, chaos ensues in her room reflecting all the half-started tasks, which she calls "a creative mess."

Limiting Belief: There is never enough time.

Crystal's Affirmation: There is enough time for me to complete the things I start. I trust my creative process.

How do you relate to **Cosmic Crystal?**

. . . . . .

. . . . . .

Perfectionist Pam

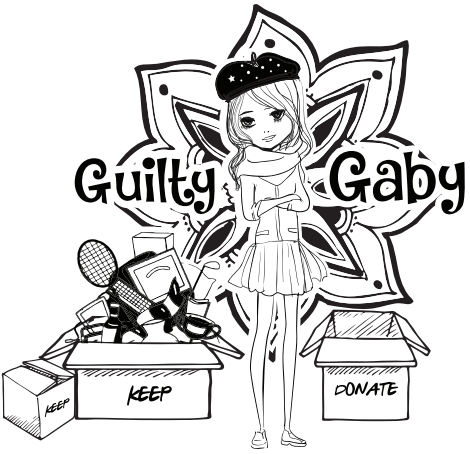
Pam is good at lots of things and has multiple projects she is successfully juggling at once. But no matter how many accomplishments she has under her belt, she never quite feels good enough. She's fixated on her flaws and rarely relishes her successes. When she feels good about herself, her room is neat and tidy. When she feels bad about herself, her room is disorganized.

Limiting Belief: There's no room for mistakes. I need to be one hundred percent perfect, even if it hurts.

Pam's Affirmation: I release the need to be perfect. There's no such thing as a mistake, only opportunities to learn.

How do you relate to **Perfectionist Pam?**

Guilty Gaby



Gaby holds onto all the gifts she's received over the years. They fill her room and make her feel overwhelmed. She has a very difficult time letting go. Her excuse is that they were once a gift from her mom, dad, grandma, boyfriend, or a relative, and contain sentimental value. Every time she thinks about letting something go, she is confronted with feelings of guilt that she uses to rationalize why she can never ever part with her possessions.

Limiting Belief: If I disappoint others, I may be rejected and lose their love.

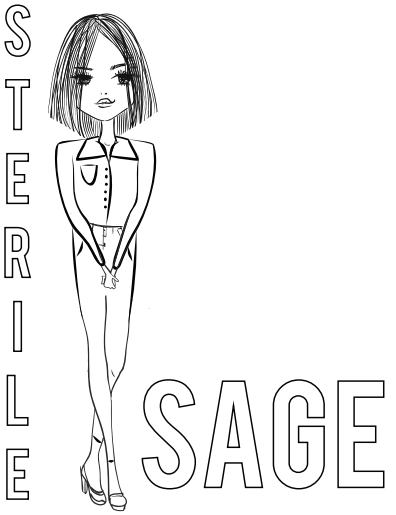
Gaby's Affirmation: It's safe for me to be true to my own needs and feelings and let go of those things I don't use, love, or need anymore. I love myself even in the face of rejection.

How do you relate to **Guilty Gaby?**

. . . . . .

. . . . . .

Sterile Sage



Did you know that there's another side to the clutter issue? It's when someone is too neat, and their room is void of energy, color, and inspiration.

Meet Sterile Sage. Her room looks like a hospital. She's all pent-up and afraid of making mistakes. Although she appears like she's got it together, she's playing it safe and not living life to her fullest. She cares too much about what other people think about her, and that keeps her stuck creatively.

Limiting Belief: It's not safe to express myself freely. People may not like who I really am.

Sage's Affirmation: It's okay for me to make mistakes. I accept myself as I am.

How do you relate to **Sterile Sage?**

Fun Shway Time: What Clutter Types Are Most Like You?

- What do you think are your limiting beliefs?
- How have these beliefs influenced the way you treat your room?
- What price do you pay for setting up your room this way?
- Who would you be without these limiting beliefs?
- What judgments do you make about yourself for having them?
- Are you willing to forgive yourself for any judgments you have made against yourself?

like I want to fall asleep, whenever I see this thing or pick it up?

- Does this item make me feel lighter and happier, or sad and depressed?
- Does this represent who I am today, or who I was in the past?

Notice how you feel in your body while asking these questions. If you feel open and light, then most likely the item is a Lovable and you can keep it, but if your energy goes flat or just blah, then it's probably a drainer. Some things neither lift nor deplete your energy, which is okay. You can always revisit those items later.

What is one thing that you can start doing today to help manage your clutter? Example: I can spend at least five minutes before going to bed straightening out my room.

Remember nothing ever gets done unless you take the first step. Don't beat yourself up if you can't just plow through your clutter in one day!

Cleaning out an old filing cabinet or drawers that are crammed full of stuff can give you a much-needed spark of energy and a feeling of being empowered. It might inspire you to do something bold and courageous like submitting a short story to a writing contest or learning to play an instrument. Where you felt bogged down and depressed, you may now have openness, clarity, and enthusiasm.

gratitude. Your mind is most susceptible to suggestion in the few minutes before you fall asleep. Try it and you will soon see things to be grateful for everywhere!

Here are some examples:

I'm so grateful that I have an amazing mom who loves and supports me.

I'm so grateful that I have a healthy body that gets me where I need to go!

I'm so grateful for my abundance of wonderful friends that are always ready to listen.

Fun Shway Time

List the things you are grateful for:

. . . . . .

. . . . . .

and make it easier to move about your day—and deal with your clutter. Just write down anything that comes to your mind. You might be surprised at the things going on in there.

Here's your first CAVE assignment:

Fun Shway Time

Use this space to write wildly and unabashedly. If you have more to say, then continue on another sheet of paper. Throw caution to the wind and just let yourself go, and most importantly, don't censor or think too much. If you need to keep going, then continue in your journal.

Example: Ugh! Jennifer was so mean in chemistry today. Who does she think she is? And OMG—I can't believe Mom won't let me go to the party this weekend. She's so uptight.

Remember, the message can be anything about the physical space and/or about that part of your life. Most likely, it will be a combination of both. Like the other day, for example; I walked into the relationship corner of my room and listened to what it had to say to me. It said,

"YOU HAVE NEGLECTED ME AND NOW I'M A MESS! I WOULD LIKE TO SPEND MORE TIME IN NATURE WITH YOU."

As result, I scheduled a playdate with myself and went to the beach, and then I had the energy to clean up the corner.

What My Room is Trying to Tell Me:

Try this writing exercise to help yourself tap into your unconscious mind. Don't think. Just write the first thing that comes to mind.

Here are some writing prompts that will help you decode your room's secret language.

Room:

I wish…

I need more…

I love…

I don't love…

There's too much…

There's not enough…

Rate Your Room

Now that you have listened carefully to some of the things your room was trying to tell you, I would like you to bring your attention to the chart below where you will rate each area of your life. Rate the level of satisfaction on this scale of one to ten. You can even write inside the boxes.

RATING SCALE

1–4: "I am miserable and wish things could be different."

5–7: "I feel average and kind of apathetic." (an overall blah feeling, like you don't really care one way or another)

8–10: "I feel totally fulfilled. I love my life and feel satisfied with myself, like the universe is a friendly place to live."

Prosperity	Self / Image	Relationships & Love
Family	Health	Creativity
Wisdom	Career & Life Path	Helpful People/ Travel

The lower the number is on the scale of one to ten, the more this area of your life needs your love and attention. Pay specific attention to any areas you rated seven and lower.

In the chapters to come, you will learn both inner and outer activators for enhancing the different areas of your life.

By now you have a better sense of Fun Shway, and you get where all of this is going, and I think you are ready to look more closely at each of the nine zones of the Ba-Gua. As you look at each of these nine areas, we'll focus on the **Inner Shway,** the mental and emotional and spiritual work you do to help you function at your optimal level, and the **Outer Shway,** the physical expression of your inner experience, both in your room and in your life. These will always go together because the better you get at inner support, the more you will feel capable of going for what you want in the world.

As you move in and around the nine zones of the Ba-Gua, you will use the chart below as a guide for all the nine zones and their corresponding activators (i.e., elements, colors, shapes, numbers, and objects that are associated with those zones). Before you make major changes to your room, read the next chapters to form a deeper understanding of what each of these nine areas means.

Prosperity Color: Purple, Gold, Green Element: None Enhancers: Coins, piggy bank, pictures of what makes you feel abundant! Jewelry.	**Self Image** Color: Red, Green Element: Fire Destructive Element: Water Enhancers: Stars, shiny objects, headshot, candles, awards, red wall.	**Love** Color: Pink, White Element: None Enhancers: Objects in pairs, hearts, picture of your boy/girlfriend, happy people in love, symbols of love, roses, romantic poetry.
Family Color: Green, Black Element: Wood Destructive Element: Metal Enhancers: Plants, family pictures, heirlooms, pic of trees or the forest, wood objects.	**Health** Color: Yellow, Orange, Red Element: None Destructive Element: Wood Enhancers: Yoga mat, bright yellow bean bag, yellow square rug, ceramics.	**Creativity** Color: White, Yellow Element: Metal Destructive Element: Fire Enhancers: Art, music, bells, crafts, paint, instruments.
Wisdom Color: Blue Element: None Enhancers: Books, desk, scholastic awards, honors, degrees, pics of people you admire for their wisdom.	**Career & Life Path** Color: Black Helper Color: White Element: Water Destructive Element: Earth Enhancers: Water fountain, mirror, bells, Chimes, vision board of your ideal career.	**Helpful People** Color: Grey Element: None Enhancers: Symbols of places you want to travel, pictures of helpful people, religious objects, hands.

The placement of your door aligns with the lower grid of this map: Wisdom, Career & Life Path, or Helpful People

Here's the catch though: to feel prosperous for the rest of your life no matter what means letting go of the list. Does that sound counterintuitive? There's nothing wrong with having a list of nice things to aspire to. It's important to have goals. You should have seen my lists when I was a teenager. They spanned entire journals!

But when feeling good inside hinges on having the items on the list, we run the risk of never truly experiencing our innate worthiness. We become dependent on having stuff to feel good about ourselves. In truth, what most people want is the emotional experience they associate with the items on their list.

All the great and wise sages have told us for eons that happiness is an inside job. By aligning your energy with the feelings that come from the things and experiences you want, the easier it will be for those things to find you.

Fun Shway Time

Identify what you most want right now. Then think: what is the experience I'm looking for? How will it make me feel once I get there?

Here are some examples.

I want: to travel to Paris for a month.

The experience I am looking for: to experience adventure and freedom.

I want: to lose weight and have an awesome new wardrobe.

The experience I am looking for: to feel secure in myself and feel fabulous.

I want: my parents to stop hassling me.

The experience I am looking for: to feel approval and love.

I want: a romantic relationship.

The experience I'm looking for: to give and receive love.

Your Turn

I want:

.....

The experience I am looking for is:

.....

I want:

.....

The experience I am looking for is:

.....

I want:

.....

The experience I am looking for is:

.....

Once you identify the experience you're looking for, then you can call it in! For example, let's say you want a relationship, and the experience you are looking for is to feel loved and desired; you can use a turbocharged affirmation that you learned in chapter 9 and say, "I am grateful for the love I am receiving now. I deeply love myself exactly as I am. The right person recognizes my unique worth and value!"

When you get in touch with the experience you are seeking and affirm it, you naturally attract opportunities to have more of that experience. Give it a try!

Now that you have the inner foundation (Inner Shway) for prosperity, let's take this and anchor it into your room for some Outer Shway! The cool thing about Fun Shway is that we can use our rooms to reinforce the quality and experience we want to feel about ourselves.

Make sure the prosperity section of your room is always clean and watch out for any broken items. Feng shui is a symbolic language, so if something is broken, you may be feeling very broken too.

List five people you admire and what qualities make them admirable to you.

1.

.....

2.

.....

3.

.....

4.

.....

5.

.....

Now that you've identified these people and their outstanding qualities, I encourage you to go over the list and find where you have exhibited the same or similar qualities in your own life. A big part of growing your self-worth and value happens by owning those Positive Projections and acknowledging yourself! Find examples in your life where you've exhibited the same qualities you find amazing in the people you listed above.

For example:

1. I am working hard and committed to getting a better grade in European history.

2. I have forgiven my friend Jen for posting that embarrassing picture of me on Facebook, and we will continue to be great friends.

3. I am creative and I come up with the most incredible ideas!

4. I was very confident during my class presentation on "Why the Kardashians Are Not Great Role Models for Women."

Your Turn

1.

.....

2.

.....

3.

.....

4.

.....

Can you see how you have those things inside you already? There is always room to grow, but it's easier to grow from a positive starting point than a negative one.

Identify five qualities that you really like about yourself. These may or may not be things that other people know about you. Here are some examples:

1. I have a great sense of humor and make my friends laugh.

2. I am generous and I share my gifts with my family and friends.

3. I am intuitive and am blessed with a strong inner vision.

4. I am creative and I come up with the most incredible ideas!

5. I am an inspiration to myself and others.

Your Turn

1.

.....

2.

.....

3.

.....

4.

.....

5.

.....

Remember, writing down these positive affirmations can help anchor them deeper into your subconscious mind until it becomes a part of your belief system. Now that you have the inner foundation (Inner Shway) for Self-Image and Power, let's anchor it into your room for some Outer Shway.

Knowing yourself is a major step in the process of finding out what you're here to do. Don't worry; you don't need to have it all figured out right now. Adolescence is your time to open your mind to a vision of the future—one where you are deeply satisfied and thriving, even if it changes along the way.

You can start by answering these questions:

1. What are my natural gifts?

2. What comes easily for me?

3. If I had all the money in the world, what would I do with my time?

4. What are the things I do for hours that make me lose track of time?

5. Is there a voice in my head that keeps urging me to try something, but I think of every excuse in the book for why I can't? What is it?

Your Turn

Define the qualities that are most important for you to experience in a job.

. . . . . .

. . . . . .

Fun Shway Time

Envisioning Your Purpose

Set aside some quiet time when you know you won't be interrupted to do this exercise:

1. Close your eyes.

2. Relax all the muscles in your body.

3. Take three deep breaths in through your nose and breathe out of your mouth.

4. Once you are completely relaxed, invite your higher self forward—the part that can see into the future and know the larger picture of your purpose on this planet.

5. Ask that it show you an image of yourself in the future. Let go of trying to figure anything out. Just allow yourself to receive an image.

6. Once you have received the vision or a feeling, write it down here in as much detail as possible.

Put your hand on your heart and repeat these statements (out loud or silently) to yourself. If emotions start bubbling up just say yes to them and let them pass:

I forgive myself for judging myself as

.....

I forgive myself for judging my mom and dad as

.....

I forgive myself for buying into the belief that

.....

The truth about me and my family is

.....

If you're holding onto their stuff, some part of you isn't totally available for love. Check for other ways you might be showing up as "unavailable" in your bedroom. Is your room an homage to Harry Styles? Not only is it highly unlikely you'll end up his darling no matter how much creative visualization you do, but having him on your wall might send the wrong message to the universe. Also, make sure that the Relationship Zone of your room (the far right-hand corner from the door) is symbolic of the love you want. In the next section on the ***Relationship Zone,*** you'll do an inquiry and check for anything that could be potentially zapping the romance out of your life.

Fun Shway Time

There are two parts to attracting the right relationship. First, you'll want to figure out what your emotional needs are. It's easier to recognize the right person when you've identified what it is that you're looking for.

Example:

Someone to love me exactly as I am.

Someone whom I can trust.

Someone who will make me feel beautiful.

Someone who is faithful and keeps their word.

Someone who is social and likes to go out.

Someone who is driven and ambitious.

Someone who shares my family values.

Someone who listens and gives constructive feedback.

Your Turn

1.

.....

2.

.....

3.

.....

4.

.....

Although it would be a miracle to meet someone who could fulfill all your needs, the truth is that you can't expect someone else to do all the work for you. First, it would place too much pressure on the relationship. Second, even if they wanted to, somewhere along the way they may fail, because there are places inside of you that only you can reach.

When you identify your own needs and start to meet them in small and large ways, you will feel so full that it will be impossible to stop love from finding you! One small way to start this process is to use affirmations to reinforce your intentions. As many people know, where intention goes, energy flows.

Example:

- I love myself exactly as I am.
- I approve of me.
- I can trust myself.
- I am beautiful inside and out.
- I am faithful and true to my word.
- I create time for friends.
- I am excited about my dreams and take action to achieve them.
- Family is important and I make the time to nurture those relationships.

Your Turn

1.

.....

2.

.....

3.

.....

4.

.....

But first, you need to ask.

Your inner wisdom doesn't always respond in a booming voice that you can hear. It's important to remember that inner guidance comes in many forms: creative ideas, insights in a dream, hunches, gut feelings, intuitive knowing, and premonitions.

If you haven't been following your inner wisdom, it may have gone on hiatus for a while. The good news is that you can always bring it back. It's important to set aside some time for tuning back in. Keep a journal and track each time you get a hunch. Write down your results. Name the positive experiences you have when you follow your inner wisdom, and what happens when you don't. This will help build confidence in your inner wisdom.

Fun Shway Time

A Letter to Your Wise Inner Self

Use the space below to write a letter to your wise inner self. Begin with "Dear Wisdom." Then write about a difficult situation that you are going through and need guidance with. Give voice to all your feelings. Don't hold back. End the letter by saying, "Please, write through my pen. Thank you very much." Then write a letter back to yourself from the voice of your inner wisdom. Use a personal journal if you need more space to continue this exercise.

Dear Wisdom,

Please, write through my pen.
Thank you very much.

Each of these forces exists in relation to the other. You can't truly understand the effects of one without first having experienced the other. Don't let the black-and-white thing fool you, though. It's not as simple as good and bad or right and wrong. These two forces are complementary—and not that judgmental! When used collaboratively, Yin and Yang can help you to create a harmonious life.

Fun Shway Time: Yin & Yang Tune-Up

Peek into your bedroom and ask yourself some of these questions:

- Do I have too many frilly, pink things?
- Am I holding onto childhood toys and dolls?
- Is it hard to walk through my room without tripping on clutter?
- Do I feel kind of sluggish and unmotivated most of the time?
- Do I find it hard to go to the gym or socialize and make new friends?
- Would I rather stay in my room at night and read than go out with friends?

If you answered yes to most of these, then your bedroom may be suffering from a Yin overdose. Here are a few more questions that will help you determine this:

- Am I eating mostly junk food?
- Do I talk for hours on my phone and send a gazillion texts (even during study time?)

- Do I have so many posters and prints that they are starting to look like wallpaper?
- Is my email inbox overflowing?

If this feels like your life, then you are living in an extreme Yang lifestyle. To live in harmony, you need the Yin and Yang in your life in moderation!

Where Are You on the Scale?

Put on your Fun Shway goggles and look at your room and your life from a Yin and Yang perspective. The chart below is a list of characteristics of a Yin and Yang lifestyle. Place a checkmark near the word that feels like the best fit for you and your room. Once you are done, add them up and write the number in the empty columns below. The column that has the most checkmarks is your predominant inclination on the Yin/Yang scale.

The Yin life and her attributes	The Yang life and his attributes
Black, blue, dark green	Red, hot orange, bright yellow
Soft	Hard
Dark	Bright
Low	High

Ocean	Desert
Moon	Sun
Quiet	Loud
Clutter	Organization
Curvy	Straight
Round	Square
Slow	Fast
Embroidered/ flowy	Geometric
Suburbs	City
Meditate	Socialize
Sleep	Work out
Chill	Create
Contracting	Expanding
Cool	Warm

Quiet	Loud
Introverted	Extroverted
Passive/follower	Active/leader
Study	Party
Feeling	Thinking
Intuition	Sense
Spiritual	Physical
Total:	**Total:**

Heavy on the Yang

If your scale is tipping heavily on the Yang side, you might need to offset some of that quaking energy. You know you are tipping the scale with too much Yang if your lifestyle feels way out of control. But no worries, it's easy to balance out. Spend time alone in nature and reflect on the beauty that surrounds you. Reading, meditation, and restorative yoga can all produce a more Yin lifestyle.

If your life feels like there is always drama on the rise, even if it's not your drama, then that's a surefire sign that you are in a Yang environment. Creating a drama-free Yin zone can be simple. Find a place you can chill where you won't be bothered. If you can't achieve this in your room, there is also the great outdoors.

Simply walking on the grass barefoot, hugging a tree, or walking on the beach can balance and ground your Yang energy and help you feel more serene.

Heavy on the Yin

If your scale is tipping heavily on the Yin energy side, it won't hurt to put the books down for a night and go out with friends to a movie. The vampire romance novel you are reading will still be there when you get home.

Sluggish, low energy is just as contagious as the common cold, so if you find yourself surrounded by people who are always down, depressed, bored, complaining, and would rather stay at home most of the time, then you might want to join a club or start a hobby. If you really like being home a lot, then have a sleepover and invite your friends occasionally.

Anything in extreme will usually backfire later. If you're not taking time for self-care, you may get a cold, which will force you to spend more time at home. If you're always going out, then you're not-so-great report card may be a good indicator that things are getting a bit out of control. Balance is key to experiencing Yin/Yang harmony.

Fun Shway Time

1. Is your bedroom predominantly more Yin or Yang?

2. If you see that you are tipping the scale, can you add some attributes from the opposite side of the column to your room and/or life? Which ones can you implement today?

3. How do the principles of Yin and Yang play out in your life? Use both your bedroom and your lifestyle to answer this question.

4. What can you do to create more balance in your room and in your life?

Water

- Black
- Water fountain
- Pictures of water
- Mirrors (they symbolize the water element in Fun Shway)
- Vases or cups with water
- Undulating shapes, representing the waves in the ocean
- Fish tanks

Fun Shway Time: Elemental Reading

Walk through your room and make a list of how many elements below appear in your space. Then add up the number of elements for each. Are most of the things in your room wood and fire? Are water and metal missing? Take notes.

Wood	Metal	Fire	Water	Earth

Total:	**Total:**	**Total:**	**Total:**	**Total:**

Too Much of a Good Thing

Too much of one element in your room may create an imbalance, even an overdose of something in your life. A typical element that I've found out of balance in many people's homes is wood. Wood floors, wood bed, wood dresser, drawers, wood paneling (okay, mostly in the 1970s). Some people have wood *everything*. What does any of this have to do with how you feel or think? Well, a lot actually! What are some qualities that come to mind when you think of wood? What comes to mind for me is:

Strong

Firm

Steady

Secure

	FIRE	
WOOD	EARTH	METAL
	WATER	

front door *front door* *front door*

Fun Shway Time

Want to welcome the power of nature into your space? Go out and find examples of all five elements in nature and bring the ones you need more of into your room. Notice how you feel as the energy changes immediately. Write your observations here.