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A GENTLE GUIDE FROM

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Featured in Money Magazine as One of Top Women Traders

*“7 Simple Ways to Bring Peace and
Positive Energy Into Your Home”*

Welcome, friend.

I'm so glad your path has led you here.

For more than thirty years, I have walked into homes much like yours — some bright and easy, some heavy with things left unsaid — and I have watched a home's energy shape the life lived inside it. Long before I studied feng shui, martial arts, or the quiet art of healing, I learned this simple truth: our surroundings are always speaking to us. The question is only whether we are listening.

This little guide holds seven of the gentlest, most effective shifts I know. None of them require a renovation, a large budget, or a weekend of hard labor. They ask only for your attention and a small amount of your time. I have used every one of them myself, in my own home, on my own hardest days, and I have watched them work in the homes of the students and clients I have been blessed to serve.

Move through these pages slowly. Choose one idea that speaks to you today, and let it be enough. Peace is not built all at once — it is built one clear corner, one open window, one mindful breath at a time.

With warmth and quiet excitement for what your home is about to become,

Myung Woods

FENG SHUI CONSULTANT & HEALER

Seven Simple Ways to Bring Peace and Positive Energy Into Your Home

1. Clear the Path at Your Front Door

In feng shui, the entryway is often called the "mouth of chi" — it is where all energy, opportunity, and fortune first enter your life. A cluttered, dim, or blocked entrance quietly tells the universe there isn't room for more good to arrive. Even a beautifully designed home can feel stuck if its threshold is crowded with shoes, mail, or forgotten errands.

YOUR SIMPLE ACTION

Tonight, clear everything from the floor just inside your front door. Add one item that delights you — a fresh flower, a small dish for keys, a scented candle — and light it or set it out tomorrow morning.

2. Let Light and Air Move Freely

Stagnant air holds stagnant energy. Homes that are sealed tight, curtains always drawn, windows painted shut by habit, tend to hold onto old moods long after they should have passed. Fresh air and natural light are the simplest medicine I know — they cost nothing, and they change a room within minutes.

YOUR SIMPLE ACTION

Open two windows at opposite ends of your home for ten minutes today, even in cooler weather. Notice how the air — and your mood — feels different once it has moved through.

3. Release What No Longer Serves You

Every object in your home carries a small emotional charge — gratitude, guilt, joy, obligation. When we hold onto things out of duty rather than delight, that quiet weight accumulates in ways we rarely notice consciously, though our bodies always do. Letting go is not about minimalism for its own sake; it is about making room for what is actually wanted.

YOUR SIMPLE ACTION

Choose one drawer or shelf. Remove everything that brings a flicker of guilt, obligation, or sadness when you touch it. Thank it quietly, then let it go — donate, recycle, or release it.

4. Balance the Five Elements

Feng shui teaches that harmony comes from balancing five elements — wood, fire, earth, metal, and water — throughout a space. A room with too much of one element can feel harsh or lifeless; too little, and it can feel flat. You don't need expertise to begin, only your own honest eye.

YOUR SIMPLE ACTION

Stand in your living room and notice which element is missing. No plants (wood)? No candle or warm lamp (fire)? Add one small, beautiful object to bring that missing element back into balance.

5. Rest and Work in the Commanding Position

The "commanding position" is one of feng shui's oldest and most trusted principles: place your bed and your desk so you can see the door without being directly in line with it. Sleeping or working with your back to an entrance keeps a small part of the nervous system quietly on guard, even while you rest.

YOUR SIMPLE ACTION

Check your bed and your desk. If either has its back to the door, and it's possible to move it, do so this week — even a few feet of adjustment can bring a surprising sense of ease.

6. Invite Living Energy Indoors

Living things — plants, fresh flowers, the gentle sound of water — carry a vitality that no decorative object can imitate. They remind the nervous system, on a level beneath words, that life is growing and moving forward. Even one healthy plant can shift the entire feeling of a room.

YOUR SIMPLE ACTION

Bring one living plant, a small bunch of fresh flowers, or a tabletop fountain into the room where you spend the most time. Choose it because it makes you smile, not because it matches the decor.

7. Create One Small Sacred Corner

You do not need an entire room devoted to stillness — one small corner is enough. A single chair by a window, a cushion on the floor, a shelf with a candle and a photograph that matters to you. This corner becomes an anchor: a place your body learns to associate with quiet the moment you sit down.

YOUR SIMPLE ACTION

Choose one corner of your home, however small. Place a chair or cushion there, add one meaningful object, and sit in it for five quiet minutes today. Let it become a daily habit.

A Gentle Closing

You do not need to do all seven of these at once. Choose the one that spoke loudest to you as you read, and simply begin there. A home transforms the same way a life does — not through grand gestures, but through small, faithful acts of care, repeated gently over time.

Wherever you are starting from today, know that your home already wants to support you. All it is waiting for is your attention.

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Myung Woods

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Myung Woods has spent more than thirty years helping people bring balance, clarity, and quiet abundance into their homes and their lives. As a feng shui consultant, she has guided clients across the world in shaping spaces that support health, harmony, and prosperity — drawing on decades of study, hands-on practice, and a deep respect for the traditions she was raised within.

Before devoting her life fully to this work, Myung built a distinguished career in the world of finance, where her discipline and instinct earned her recognition in Money Magazine as one of the nation's top women traders. That same clarity of mind — the ability to read subtle shifts and act with quiet confidence — now shapes the way she reads a room, a home, and the people who live in it.

A healer and lifelong martial artist as well, Myung brings a rare wholeness to her work: the discipline of the dojo, the sensitivity of the healer's hands, and the sharp analytical mind of a trader, all in service of one goal — helping others find peace, energy, and possibility in the spaces they call home.

ONE LAST THING

Your Home Is Ready. So Are We.

If these seven shifts brought you even a moment of calm, I would love to continue guiding you — with more gentle tools, deeper feng shui wisdom, and a community devoted to living with peace and intention.

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