

JANE ANTONOVICH DESIGNS



# YOUR HOME AS MEDICINE

## A Guide to Soul level Space Design

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# INTRODUCTION

## Your Home Is Telling a Story



### But whose story is it telling?

If you picked up this guide thinking Feng Shui is about moving furniture, hanging crystals, or following Pinterest "rules," I'm about to completely shift your understanding.

What you're about to learn isn't the watered-down, Westernized version of Feng Shui or even modern-day, rule-based, Chinese approaches you've seen online. This is the real work—the ancient wisdom that understands something most people never realize:

### Your home is always reflecting a story about YOU.

The question is:

1. **Is it reflecting your ego's limitations**—the small stories, the fear-based beliefs, the "I'm not enough" programming?
2. **Or is it reflecting your Soul's greatness**—the unlimited version of you that isn't bound by old patterns?

Right now, if you've designed your own space (or have hired a traditional interior designer without this kind of deep, extensive training), it's likely reflecting your current beliefs. Not your dreams. Not your potential. But your beliefs, as they stand today.

And here's the thing about beliefs—most of them are limitations dressed up as truth. But here's where it gets exciting:

When you understand what your space is currently reflecting, you can intentionally redesign it to reflect something different—something truer, deeper, more aligned with who you actually are.

Your home can become **medicine** — actively pulling you up, into alignment with your highest self.

It can be the actual CAUSE of massive transformation.

And that's the real work of Feng Shui.

Once you understand that, everything changes.

# Part 1: What Your Home Is Currently Reflecting



## Every Choice Reveals a Belief

Walk through your home right now and look around with fresh eyes.

### What do you see?

- Beige walls everywhere? That's playing it safe. Not claiming your full power or personality.
- Mass-produced generic art? That's not valuing your unique story or trusting your own taste.
- Broken things left unfixed? That's a quiet belief that you're not worth the investment.
- Furniture that blocks flow? That's resistance to connection, opportunity, or change.
- Clutter you can't seem to clear? That's holding onto the past, afraid to make space for what's next.
- One nightstand when you want partnership? That's unconsciously designing for solo life.
- Keeping things out of guilt or obligation? That's living someone else's life instead of your own.
- Dark, closed-off spaces? That's hiding, protecting, not letting life in.
- Bland colors that feel "safe"? That's not allowing yourself to be fully seen or expressed.

### Every choice—or non-choice—in your space is revealing a belief.

And I can promise you this: Most of those beliefs are your ego's limitations, not your Soul's truth.

## Your Home as Diagnostic Tool

This is actually good news.

Because once you understand that your home is reflecting your beliefs, you have a map. A diagnostic tool. A way to see what's really going on beneath the surface of your conscious awareness.

Your subconscious mind is running the show—making decisions, creating patterns, keeping you stuck in familiar territory even when that territory doesn't serve you.

And your home?

It's the most honest, intimate window into what you're believing deep down about yourself and the world.

Every choice—to buy something, hoard something, throw something out, leave something broken, organize or not organize—is a reflection of your mind in that moment.

This is why I can walk into someone's home and immediately understand where they're stuck, what they're afraid of, what they're avoiding, and what they're ready for (even if they don't consciously know it yet).

Your space doesn't lie.

## The Soul vs. The Ego

Here's the distinction that changes everything:

### Your ego is the part of you that:

- *Believes in limitation*
- *Operates from fear and scarcity*
- *Tells you you're not enough*
- *Keeps you playing small and safe*
- *Holds onto old stories and identities*
- *Resists change and growth*

### Your Soul is the part of you that:

- *Knows your unlimited potential*
- *Operates from love and abundance*
- *Remembers your inherent worthiness*
- *Calls you toward expansion and truth*
- *Releases what no longer serves*
- *Embraces transformation*

Right now, your home is likely designed by your ego.

But it doesn't have to stay that way.



# Part 2: The Power of Intentional Design

## Your Home as Medicine



Here's where the magic happens:

Once you understand that your home is reflecting your beliefs, you can flip the script. Instead of letting your space continue to mirror your ego's limitations, you can intentionally design it to reflect your Soul's greatness.

And when you do that, something extraordinary happens:

### **Your home becomes causative.**

It stops being a passive reflection and becomes an active force—feeding new information back to your subconscious every single day.

- *Colors that ignite emotion and vitality*
- *Balance that corrects your imbalances*
- *Objects and artwork that symbolically reprogram limiting beliefs*
- *Flow that invites connection, opportunity, abundance*
- *Space that whispers "You are worthy. You are powerful. You are unlimited."*

Your home becomes medicine—actively pulling you into alignment with who you're meant to be.

## The Transformation Process

This doesn't happen by accident.

It requires someone who can:

1. *See what your space is currently reflecting (the honest diagnosis)*
2. *Intuit who you truly are at the Soul level (beyond your current limitations)*
3. *Design a space that bridges the gap (creating the energetic pull toward transformation)*

This is the work I do.

I don't design based on what you think you deserve or what you've settled for.

I design for who you actually are—the unlimited version—and then your space actively calls you forward into that truth.

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# Real-Life Examples

## The Woman Who Couldn't Break Through:

Sarah was a high-achieving professional who felt perpetually stuck. Despite her talents and hard work, the next level kept eluding her.

### Her home told the story:

- *Cluttered office (no mental clarity)*
- *Desk facing a wall (no vision, no forward movement)*
- *Dark entryway (blocked opportunities)*
- *Bland, "safe" colors throughout (not claiming her power)*

### We didn't just "clean up" her space. We redesigned it to reflect her Soul's truth:

- *Clear, organized office with a power position desk*
- *Bright, welcoming entry that invited opportunity*
- *Bold colors that declared "I am here and I matter"*
- *Art and objects that symbolized her next-level identity*

Two months later, she got the promotion she'd been chasing for three years.

*"I don't know if it was the Feng Shui or just coincidence," she said, "but I feel different. More confident. More clear. Like I finally gave myself permission to be who I actually am."*

It wasn't coincidence.

The Man Who Couldn't Find Love:

Michael had been single for eight years. "I just can't meet anyone," he told me.

**His bedroom told a different story:**

- *One nightstand (designed for one)*
- *Piles of stuff on "her" side of the bed*
- *Photos of himself—only himself—everywhere*
- *Gym equipment facing the bed (not exactly romantic)*

His space was screaming "SOLO LIFE" while he claimed to want partnership.

**We made space—literally and energetically—for a partner:**

- *Added a second nightstand*
- *Cleared the clutter*
- *Brought in paired objects*
- *Created visual balance*
- *Softened the energy*

Four months later, he met his now-wife.

The space gave him permission to receive what he'd been unconsciously blocking.

## The Executive Who Found Peace:

Linda's kids had left for college, and she felt lost in her own home. Every room was still designed around their childhood—sports trophies, school photos, furniture from their teen years.

"Who am I now?" she asked.

Her space was reflecting an outdated identity—one she'd outgrown but couldn't let go of.

**We honored her past while making space for her future:**

- *Transformed her son's room into an art studio*
- *Created a meditation sanctuary in the old playroom*
- *Brought color and life back to the main living areas*
- *Removed obligation-driven objects and replaced them with Soul-aligned choices*

"For the first time in 25 years, this house feels like mine," she told me. "I'm painting again. I'm traveling. I'm rediscovering who I am. The space gave me permission to evolve."

# Part 3: Debunking the Myths



## The "Rules" of Feng Shui (and Why I Don't Follow Them)

Let's get something straight:

**Real Feng Shui isn't about rules.**

There's a big difference between *laws* and *rules*.

**Laws are nature's way.** Gravity. Energy flow. The way light moves through space. The fact that clutter creates stagnation. These are immutable—they work whether you believe in them or not.

**Rules are man-made.** Often oversimplified. Sometimes completely misunderstood as they get passed down, translated, or posted on Pinterest.

And Feng Shui has become drowning in rules.

## The Mirror Myth

Let's take a popular Feng Shui "rule" you might find online:

*"Hang a mirror in your dining room and it will double your wealth."* (When I heard it, I rolled my eyes.)

### Here's what's actually true:

Mirrors reflect light. And light is important in Feng Shui—it activates energy, creates ambiance, makes spaces feel more expansive.

But the mirror itself isn't magically photocopying your money.

The ancient Feng Shui Masters understood mirrors as tools for working with energy flow (chi).

### Used correctly, they can:

- *Visually expand a small space*
- *Redirect energy around obstacles*
- *Bring beneficial outdoor views into your home*
- *Create balance in a room's energy*

### But they can also:

- *Bounce energy around too chaotically*
- *Reflect things you DON'T want amplified (clutter, bathrooms, sharp corners)*
- *Disturb sleep if placed incorrectly in a bedroom*
- *Create confusion rather than clarity*

Context matters. Intention matters. Understanding the deeper principles matters.

Slapping up a mirror because the internet said it would make you rich? That's following a rule without understanding the law.

## Other Myths We Need to Bury

### Myth: "Feng Shui is about tchotchkes and lucky bamboo"

**Truth:** Authentic Feng Shui is about energy flow, intentional design, and creating spaces that support your highest good. Yes, we might use objects as tools—but they're symbols of deeper energetic principles, not magic talismans.

### Myth: "Just follow the bagua map and you're good"

**Truth:** The bagua is one tool in a comprehensive system. Using it without understanding energy flow, element balance, and spatial relationships is like trying to bake a cake with only flour.

### Myth: "Feng Shui is one-size-fits-all"

**Truth:** What works for one person's space might be completely wrong for another's. Your goals, your Soul's calling, the existing architecture, the natural energy flow—all of this matters. This is deeply personalized work.

### Myth: "It's all about red and gold for prosperity"

**Truth:** Red and gold are wonderful colors. But every single color holds a specific frequency — and causes a different emotional response, depending on where you're stuck, or where you're at in your evolution. One color can be a powerful healer for one, and a stagnant tone to another.

### Myth: "You need a compass or your birthdate astrology"

**Truth:** Sure, if you're building a new home, directional coordinates can ensure that you don't get too much sun in summer, and you stay warm in winter. But designing based on "rules" like directions or numbers disconnects you from your intuition, which is a million times more important.

But when intuition directs me to select specific colors for a client and their family, it's like putting an acupuncture needling into a body: It can ignite dormant or imbalanced energy unlike almost anything else I do to a space.

# Part 4: How Energy Actually Works



## The Five Elements

Ancient Feng Shui is built on the understanding that everything in the universe can be categorized into five elements. These aren't just aesthetic choices—they're energetic forces that interact in specific ways.

### Wood – Growth, expansion, new beginnings

- Colors: Greens, blues
- Shapes: Tall, columnar
- Materials: Wood, plants, paper
- Energy: Upward, rising, vital

### Fire – Transformation, passion, recognition

- Colors: Reds, oranges, purples
- Shapes: Triangular, pointed
- Materials: Candles, lights, animal products
- Energy: Expansive, radiating, transformative

### Earth – Stability, nourishment, grounding

- Colors: Yellows, browns, earth tones
- Shapes: Square, flat
- Materials: Ceramics, stone, brick
- Energy: Settling, centering, supportive

### Metal – Clarity, precision, efficiency

- Colors: White, gray, metallics
- Shapes: Circular, spherical
- Materials: Metal, crystals, stones
- Energy: Contracting, focusing, refining

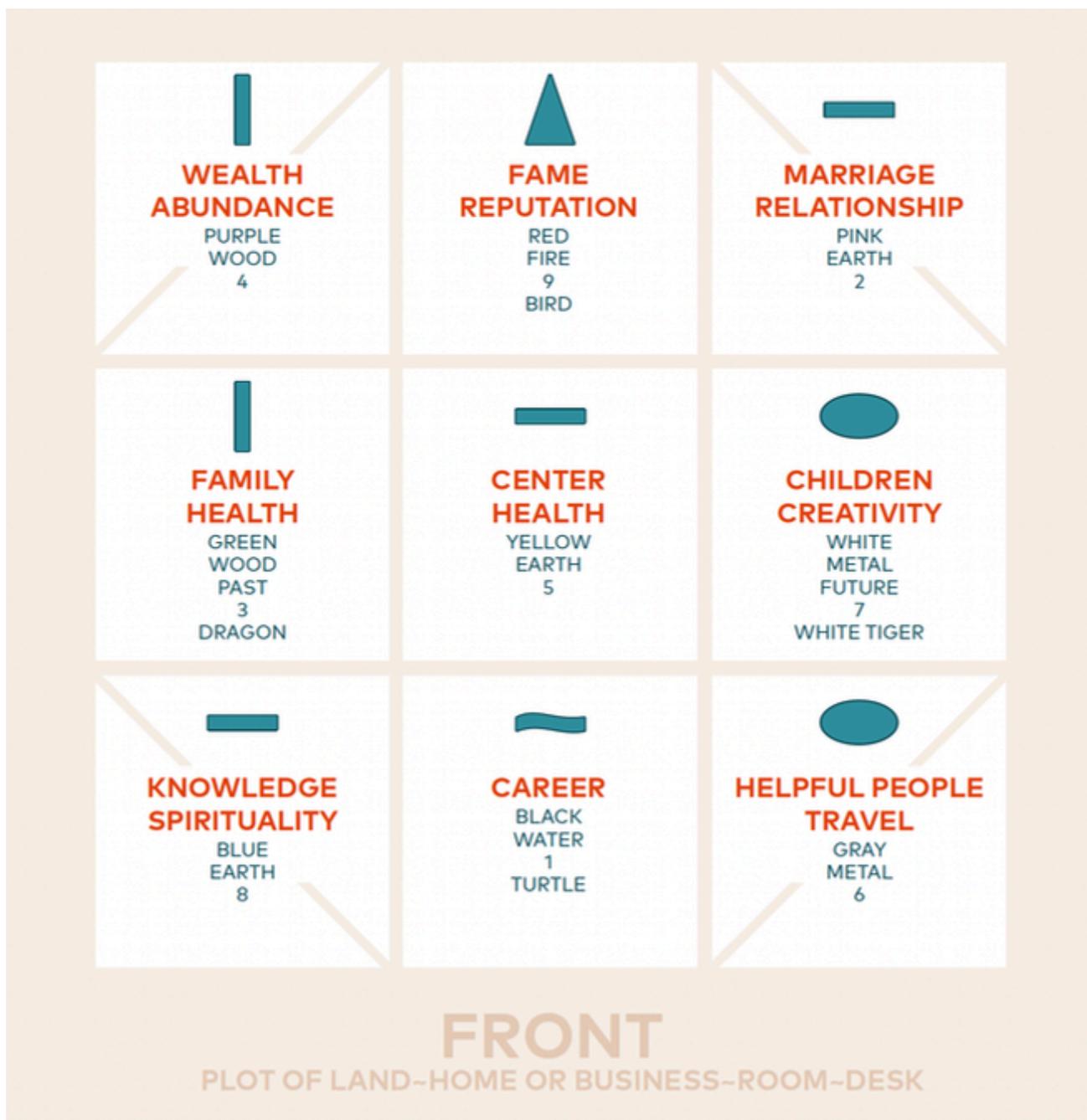
### Water – Flow, wisdom, wealth

- Colors: Black, dark blues
- Shapes: Wavy, flowing
- Materials: Water features, mirrors, glass
- Energy: Descending, flowing, connecting

These elements interact in specific ways—supporting, controlling, or exhausting each other. When your space is balanced with the right elements in the right places, energy flows smoothly and supports your goals.

When it's out of balance? Things feel off, even if you can't pinpoint why.

# The Bagua Map: Your Space's Energy Blueprint



The bagua is an ancient energy map that divides your space into nine areas, each corresponding to a different life aspect:

- **Career & Life Path** (Front/Center) – Your direction and purpose
- **Knowledge & Self-Cultivation** (Front Left) – Learning, growth, spirituality
- **Family & Community** (Middle Left) – Ancestry, foundation, support systems
- **Wealth & Abundance** (Back Left) – Prosperity, resources, gratitude
- **Fame & Reputation** (Back Center) – Recognition, how you're seen, integrity
- **Love & Relationships** (Back Right) – Partnership, romance, connection
- **Creativity & Children** (Middle Right) – Expression, projects, joy
- **Helpful People & Travel** (Front Right) – Support, mentorship, adventure
- **Health & Well-being** (Center) – Physical vitality, balance, integration

## How it works:

Stand at your main entrance looking in. That's the Career area. The bagua extends from there across your entire home (or you can apply it room-by-room for more detailed work).

### Each area can be enhanced with:

- *The corresponding element*
- *Appropriate colors*
- *Meaningful objects that represent that life area*
- *Conscious intention and awareness*

## But here's the critical part:

The bagua is just one lens through which to view your space. It works in concert with:

- *The compass directions of your home*
- *Your personal energy and goals*
- *The existing architecture and natural flow*
- *The five element interactions*
- *Your Soul's calling*

This is why DIY Feng Shui often falls flat. You're working with 20% of the equation and wondering why you're not getting results.

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# Chi Flow: The River Running Through Your Home

**Imagine your home as a body, and chi (energy) as the blood flowing through it.**

When blood flow is healthy, the body thrives. When it's blocked or stagnant, problems arise. The same is true for your space.

## Good chi flow means:

- *Easy, meandering pathways (not straight lines that rush energy through)*
- *Natural light reaching all areas*
- *Fresh air circulation*
- *Clear, welcoming entryways*
- *Organized, clutter-free spaces*
- *Rooms that feel inviting and alive*

## Blocked chi flow looks like:

- *Furniture blocking doorways or natural pathways*
- *Clutter everywhere (especially in entryways and hallways)*
- *Dark, cramped spaces with no light*
- *Stagnant air that feels heavy*
- *Broken objects left unfixed*
- *Piles of "I'll deal with it later"*

**When chi can't flow, life can't flow. It's that simple.**

This is why even beautiful, expensive homes can feel "off" if the energy isn't moving properly. And why simple, modest homes can feel absolutely magical when the flow is right.

# Part 5: What Transformation Actually Looks Like



## It's Not Just Physical

- Yes, we'll move furniture.
- Yes, we'll declutter.
- Yes, we'll bring in beautiful objects and meaningful art.

### But real Feng Shui transformation happens on multiple levels:

1. **Physical:** The tangible changes to your space
2. **Energetic:** Clearing old energy, setting new intentions
3. **Emotional:** Releasing what you've been holding onto
4. **Spiritual:** Aligning your space with your Soul's purpose

You can't skip the inner work and expect the outer work to stick.

This is why working with a professional who understands the deeper dimensions is essential. Surface-level changes create surface-level results.

Soul-level design creates Soul-level transformation.

# The Process



**Here's what comprehensive Feng Shui work actually looks like:**

## 1. Discovery

We look at where you are now and where you want to be—in life and in your space. What's working? What's not? What patterns keep showing up? What does your Soul truly long for?

## 2. Assessment

I evaluate your space using multiple traditional Feng Shui systems—energy flow analysis, element balance, bagua mapping, directional considerations, and more. I also tune in intuitively to what your space is reflecting about your current beliefs and what wants to shift.

## 3. Clearing

Out with the old—physically and energetically. This is where most people resist (and where the most transformation happens). We release what no longer serves, clear stuck energy, make space for what's coming.

## 4. Designing

Intentional placement, color, objects, element balance, flow optimization. Your space becomes a visual and energetic representation of your Soul's truth and highest aspirations—not your ego's limitations.

## 5. Integration

The space settles. You adjust. Energy starts moving in new directions. Your subconscious mind begins receiving new information. Life responds.

## 6. Evolution

As you grow, your space grows with you. Feng Shui isn't one-and-done—it's a living practice that evolves as you do.

# What Happens Next

You have a few options:

## 1. Take the Home Energy Assessment Quiz

Not sure where your space stands? This quiz will give you a detailed assessment of your home's current energy and specific recommendations for your situation. It's free, takes about 10 minutes, and you'll get personalized results immediately.

[\[CLICK HERE TO TAKE THE QUIZ: www.HomeAssessmentQuiz.com \]](http://www.HomeAssessmentQuiz.com)

## 2. Explore Your Toolkit

Keep diving into the resources at [janeantonovich.com/toolkit](http://janeantonovich.com/toolkit)—I'm adding new guides and tools regularly to support your journey.

[\[CLICK HERE TO ACCESS THE TOOLKIT: www.JaneAntonovich.com/toolkit \]](http://www.JaneAntonovich.com/toolkit)

## 3. Schedule a Complimentary Call

Ready to talk about what's possible in your space? Let's have a conversation about where you are, where you want to be, and whether comprehensive Feng Shui design is right for you.

[\[CLICK HERE TO SCHEDULE A CALL: www.JaneAntonovich.com/comp \]](http://www.JaneAntonovich.com/comp)

## 4. Keep Learning

Stay connected through my newsletter for ongoing Feng Shui insights, before-and-after transformations, and practical tips you can implement right away.

# HOW WE CAN WORK TOGETHER

You already know the power of intentional space. You've felt it. You've lived it. Now I'm inviting you to experience what happens when you partner with someone who can help you keep evolving it.

**Because I promise you:** No matter how good your space is now—it always can be so much more uplifting, healing, powerful & radiant.

Let's schedule a call or consultation—not because something is broken, but because you're ready for the next level.

We'll walk through your home together — and I'll help you see it through fresh eyes. I'll identify the subtle opportunities you can't see because you live there. I'll spot the areas that are ready for activation. I'll tune the energy in your space the way a master piano tuner tunes an instrument—bringing everything into perfect resonance so it plays at its highest capacity.

## Options for Working Together

- 1. Seasonal tune-up:** A session focused on refreshing energy, identifying what's ready to shift, and making strategic adjustments to keep your space evolving with you.
- 2. Specific activation:** Focused work on one area of your home or one area of your life—activating your space to support a business launch, relationship deepening, creative breakthrough, or spiritual expansion.
- 3. Color consultation:** Let's unlock the transformational power of color in your space. I'll create a custom color palette designed specifically for your home and your energy—colors that heal, energize, ground, and inspire. This includes room-by-room color recommendations with paint selections, fabric swatches, and implementation guidance.
- 4. Complete overhaul or new home design:** This is the full transformation. Whether you're renovating your current home or building new, my team and I handle everything—from initial energy assessment and design concept through paint, wallpaper, tile selection, furniture placement, art curation, and final styling. We create a living, breathing vision board that's as stunning as it is transformational. Full-service design and implementation with feng shui principles woven into every choice.

You've done the work to get here. Now let's do the refinement work that keeps you expanding. Whatever your needs, I and my experienced, full-service Team can help those dreams become reality.



# HOW WE CAN WORK TOGETHER

You've mastered the fundamentals. Now let's explore the advanced practice together.

## START WITH A COMPLIMENTARY 20-MINUTE PRE-PROJECT CONSULTATION

Whether it's a seasonal refresh, a specific activation, or a deep-dive consultation, I'm excited to see where your space—and your life—want to go next.

**You're not done growing. Neither is your home. Let's evolve together. I can't wait to see what's ready to emerge.**



*Let's Talk!*



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