

Welcome to your *Home Energy Map*



The Holistic Place
with Carla Samaden

www.theholisticplace.com



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In Feng Shui

the home is divided into nine key areas, known as the Bagua Map.

Each of these areas correspond to a specific aspect of life.

You can identify each area by using a compass.

You can use a compass, your phone compass or download a compass App.

Stand in the centre of your home (which is also an area included in the Bagua map) and identify North or South and then you can locate the rest of the areas from there.

Please note that before you take your compass reading, it is better to take off any jewellery as this can affect the magnet inside the compass.

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*Once you have identified each
area*

Look at what each of the areas represents in your life.

What do you want for these areas of your life?

Is there something that you would like to change or improve?

Are you happy with how it is?

Good energy in the home feels supportive, calm or uplifting and makes
you want to spend time in the space



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Nine areas of the home

South East

Wealth
Abundance
Prosperity



South

Fame
Recognition
Reputation



South West

Love
Marriage
Relationships



East

Family
Community



Centre

Health
Self Acceptance
Self Worth



West

New Beginnings
Fertility
Children



North East

Knowledge
Skill Building



North

Career
Business
Life Journey



North West

Helpful people
Travel



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My top tips to get you started:

Make sure the areas are free of clutter, dust and cobwebs. If you do nothing else, decluttering improves the energy in your home. You do not have to do it all at once. Pick one life area that feels most relevant right now and start there.

Small changes are powerful.

Remove broken, unused, or unloved items.

Turn the lights on and open curtains and windows in the rooms you may not use regularly to avoid stagnant energy building up

When you are tidying and cleaning a certain area, do it with the intention that you want to bring fresh energy to that area of your life.

Make sure the windows are clean inside and out. Energy comes in through the windows and dirty windows can stop fresh energy flowing in easily.

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Hello
I'm Carla
Samaden



I am so happy you are here. I am the founder of

"The Holistic Place"
Your place of balance and flow.

My intention is to help you feel calm, balanced and supported within every layer of your life, inside and out, so you can move forward with clear intention and energetic support.

I combine holistic wellbeing practices with the principles of feng shui to help you identify and clear any energy blocks that may be quietly holding you back in any area of your life and help you create spaces that reflect harmony, intention, balance and flow.

If you enjoyed this guide and want to find out more, I invite you to come and explore my website and join my newsletter for Feng Shui and Holistic tips and special offers and updates.

Visit my website www.theholisticplace.com

Email - hello@theholisticplace.com

Or connect with me on social media

Facebook: [theholisticplace](#) - Carla Samaden

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