

High-Vibe Feng Shui: 11 Steps to Achieving Your Best Life

Ashley Cantley

Storey Publishing (Feb 2, 2021)

Softcover \$16.95 (192pp)

978-1-63586-238-6

Ashley Cantley's *High-Vibe Feng Shui* reworks the traditional Chinese philosophy of design and natural harmony, making it more accessible and less intimidating.

Cantley is a certified Feng Shui professional with experience as a design and lifestyle consultant. Her text recognizes that Feng Shui can seem complicated; with this in mind, her book extends the practice to those who don't need "a degree in Feng Shui," but who still want to apply its principles to transforming their lives and homes.

Cantley's interpretation of Feng Shui incorporates Chinese, Japanese, and Indian elements, along with New Age concepts like the Law of Attraction, visualizations, and aromatherapy. Mudras, or symbolic hand gestures often used during yoga, are suggested as a means of focusing intention, while wind chimes are championed for their ability to prevent energy from stagnating in a hallway, and sage or citrus are suggested to remove negativity, or "low vibes."

Cantley refers to the traditional Feng Shui *bagua* as an "Energy Map," with sectors relating to family, finances, love, career, and other vital areas. Her holistic approach also applies Feng Shui balancing efforts to healthy eating, wardrobe choices, and environments beyond the home. Keeping your car clean and uncluttered is important, she says, as is deleting excessive content from smartphones and tablets. The ultimate Feng Shui program she shares is designed to heal both personal energy and personal space, and its various steps are detailed in straightforward, welcoming language. The book's graphics are colorful and vibrant without being distracting.

More than about just moving furniture around, Feng Shui can improve a person's luck, opportunity, and sense of general well-being, Cantley argues. *High-Vibe Feng Shui* is an accessible guide to the practice, showing how it can be made to interact with other cultural elements and be adapted to individual styles.

MEG NOLA (January / February 2021)

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