Introduction to Feng Shui and Health

– Karen Rauch Carter, I'm so excited to have you on this this summit segment, you and I chatted before my radio show and and like I mentioned, we we can't run a Regenerative Medicine Summit without regenerating the house, right? – Exactly. You know, it's um it's kind of interesting how people just, I think they think health is just truly good luck or bad luck and there's so many factors that can make the good luck happen.

I don't know why people don't, you know, at least give it try. Sometimes. It's it's frustrating to me when when people don't believe that their environment can make a difference when the whole study of epigenetic says that's what it's all about. And, you know, even when you're trying to grow, get a plant to flower, you don't pick on the plant itself, you the soil and the sunlight and the water and all of the environmental factors are what makes the difference in whether that plant blooms or not, and it's just so logical to me, I'm gonna throw a bunch of metaphors out there until they get it. You know, it's just like it's so common sense, you know, get your environment in order and it will change your life.

So that's what I'm all about today. I hope you guys can hang with my fervor. – I love it, I love it. Yeah, so and that's the thing is exactly like that. You know, you can't I mean you can't just think that you exist in isolation and I'm so excited, we're going to go through, you know what you can do to your environment in your house, you know how it's set up and how it impacts your body and how you can maximize your health.

But let me first do a little intro of you, so that that all the people out there know how amazing you are. So, Karen Rauch Carter has an amazing ability to take the ancient art of Feng Shui and not only make it accessible and relevant, but make it fun as you can all see out there. She is awesome.

Uh if you read her national bestselling Feng Shui book, move your stuff, change your life or make a shift, change your life. You understand how she uses her lighthearted approach to writing and speaking to motivate her clients and audience to rethink their surroundings in ways that improve their health, career relationships and more as well as being an expert and bestselling author in the field of Feng Shui. Her credentials also include being a landscape architect, a certified healthy home bow biology practitioner, a longevity health counselor and a peak performance coach.

She has created a special opportunity for you to get your home workplace and life and sync with your ultimate future to stay tuned for that lace. Yeah, so I assume that we're gonna gonna offer something that people, you know that they can get a feel and get a glimpse of the incredible world of Feng Shui and how that can benefit them so that they can kind of take that first step with you later on.

– Yes, hopefully, you know if I can make a compelling case to really investigate what's going on in your environment because it is making an impact in your life and be your own best detective for your health by looking around your environment.

That's what I'm, that's what I'm all about. And hopefully I can help you people across that bridge and maybe if they want to do a consultation with me, I'm available so, – Awesome, awesome and there's so much to learn in regard to the house and how it's set up and so and and Feng Shui ties into all of that. So how would you describe Feng Shui?

And I know you you mentioned a little bit about you know a plant, you just don't focus on the plant, you focus on the whole environment, the soil, the nutrients, you know the past, all of these things around it.

You can't just kind of live in isolation. So what is Feng Shui and and how long has it been around and and why does it exist? – Well, Feng Shui I would describe as a method of mindfully arranging your environment so that it supports you consistently not willy nilly not if you're lucky.

You know you you are arranging your life with purpose, your your life and your surroundings, one begins the other. So we just figure out what you want out of life.

We think about the changes that we need to make in the environment and you know, some people call it luck, but you know, use another little metaphor kind of a thing, you know, you wouldn't put your baby down by the edge of the pool to take a nap.

It's you know, is it bad luck that the baby doesn't survive that, you know, or you know, what are your chances of of that? So we're looking to position ourselves in the most likely places for health and success and don't do these things that are well I guess I would say functionally sort of delves into the things that you don't think might be nipping at your health and you just never considered that that connection could be something that could be taking you down in some way or another. So, you know, there are the obvious things don't put the baby down by the edge of the pool or a nap.

And then there's the subtle things like, you know, is there a ceiling fan directly over your bed causing distress um to your physical body or a beam or a sloping ceiling or something like that. So what's closest to you over the most amount of time has the most impact on you.

So you can tell them, you know, like eight hours of the day sleeping boom, I'm going in the bedroom, eight hours working. Where do you work? You know, there's 16 hours of your 24 if I can get those two places.

So I'm trying to make it as simple as possible, I can get those two places supportive. Then we've got something rolling here. – Yeah. So so for an individual that wants to, you know we're talking about Regenerative Medicine, optimizing your health.

So what are some basic principles you know, even without because a lot of a lot of clients call you and say well I'm not successful at work or you know all of a sudden I need glasses or I mean all these different things that that come that you that can relate to the environment that they're in.

How Feng Shui Works in the Home

But let's say you somebody that you have no idea who they are and there's no complaints but you just want to optimize, I mean what are some basic principles to optimize your your workplace and your home environment, Especially your bedroom? – Perfect. Well you know if you think of the study of like epigenetic, so what you were talking about a second ago offline, um your environment has an impact on you and just as your environment has your an impact on you, the perception of your environment has an impact on you. So you look at something that you're like oh that reminds me of my you know whatever something negative and then your nervous system gets in a fight or flight or something like that.

Your nervous system is telling yourselves to do something and and D. N. A. Can be changed this way, you know, So it just filters down in. So it could be a positive or negative way, we just want to bank our odds towards the positive.

And some of the things that I would say without knowing anything about Feng Shui would be listen to your complaints. I find that people literally say what, you know, I go into people's homes and like tell me about yourself, and I'm like, I'm just literally waiting for them to give me all the things. It's so simple, they tell me their complaints and I can go and look at it in their environment.

People complain in architectural terms and our architecture and surroundings, we have personified. So it's very connected, you know, uh you say, it's like, I'm running into a brick wall whenever I try to get a promotion or whenever I try to give move forward in life, I'm just so stuck, it's like I'm running into a brick wall and I'm like, I bet your desk faces a wall, it's not facing the breath of the room, you know, looking way far away at the door over there.

So it is comical sometimes how literal you can take your complaints and go look for that very complaint in the

house. You know, we say breaking the glass ceiling, it's like what that means, women getting ahead in the workplace, what a weird architectural term, you know, And then we say, my house needs a facelift, you know, now we're personifying our, our house that it even needs a facelift, you know, take it to the plastic surgeon, right? So we're um, we're, I'm trying to marry those two and listen to your complaints.

So if you're not as sharp as you used to be, I would say when was the last time you sharpened your knives? I mean, I'm just giving you just something so like, like what? And I'm so stuck.

Well, that usually comes into the clutter conversation, which we may or may not have coming up and, but stuck nous can be uh in the doors and the drawers.

Uh, you know, the door doesn't open up all the way because you've got a rack behind it and you know, anything that cannot move to its fullest, you're gonna feel the stuck nous and what happens in your body, you start to get stiff and stuck and things aren't moving to their fullest, length and those types of bizarre connections. I'd love for you to listen to your complaints, especially if you say something chronically like getting a little diet, you know, husband wife or partners or whatever and, and, and say, you know, what do I say all the time and they're like, you always say how burned out you are, you know, something like that.

And I would say, I'm looking for a fireplace in the wrong position basically is where burnt out, might show up. And so I'm, you know, I go into people's homes, I listen to their complaints, I hear where they are now, I hear where they want to be and I bridge the gap and I've been doing this for so long.

I tell people most of the time, I don't even need to see your house to know what's, what's going on in it. I was, I speak on cruise ships a lot and I was on a cruise ship and I said that in the very first talk I did on the cruise and I said you know I've been doing this so long, somebody give me a complaint and I'll let me see if I can tell you what's going on, what's in your house and it looked like a plant.

You know like I put somebody because it was just, it was like the perfect thank you this lady, it was so right on. So this lady, she's like I cannot get up in the morning, like I'm not lazy, I want to, I just literally cannot get up in the morning.

And I said you have got a picture above the headboard of your bed that has the horizon in it or water. And I said I would even go so far as to bet it's an underwater scene picture above the head of your bed.

She's like ladies and gentlemen, I have a freaking Weiland underwater scene under, above my bed and everybody's like, yeah that's pretty like, come on. And it is the patterning.

I am a pattern detective. You know like a doctor just goes, what's that? I don't know what that's on my arm. And they go, that's measles. And you're like of all the choices.

How do you know I've seen it before? I have seen, you know, I've been around the world looking at people's drawers and around and listening to their complaints. And if you do that enough.

It is, it's just um it's just patterns sing. It's just making those connections. – You see it again and again and again and – Again and again. – It's fascinating. So it's almost like your your home, your environment creates a blueprint or matrix and then your, your physical body is shifting that energy.

I remember when I interviewed last time you were talking about it was I think it was an Asian family and none of them had glasses except for this 11 girl had glasses. – Little daughter.

– And you meant and you over the phone, you said we'll check and see if such and such window was broken or as a crack or something like that. And they came back and said, yeah, how did you know, – You know, I, I know all the rules of the traditional Feng Shui. You know, so it, when you tell me something, it's going through several sims of the five elements.

The bag, wow. Which is the map. A Feng Shui yin and yang, the nine traditional cures. The the what I call contemporary Feng Shui which is that about biology part which is all the healthy home stuff where I go into people's houses and I test with meters and you know, I'm looking at electrical fields and electromagnetic fields and raid on off gas and vapor emissions. All these things that the router, the wifi, the microwave, you know, all these things that we have brought into our home that is surrounding us and what's closest to you over the most amount of time has the most effect on you. You know, thumbtack face up on mars.

I don't know. Thumbtack face up on my chair. Yeah it's there you know, so if it's closer to you you will know the impact of it. So think about your immediate surroundings. Let's talk about the bedroom.

You know I would say no sharp metal anywhere near your bed in your nightstand. Don't have any knives, weapons. I found swords, Ice picks. Yes, you Canadians, get those ice picks out from under your bed. I have found you know scissors, knives, like all kinds of weapons to protect yourself. And usually when people – So tell me about that. I mean what what what what does that do?

I mean a sharp object will you have then a kind of sharp headache or I mean is is that what – I usually find that people get cut, they have surgery. – Oh – Yeah and often times for some weird reason it's the shoulders and somebody told me well it's a shoulder blade and it's the blade of the knife and I'm like a good one. But you know we're always making these connections but I have found people multiple, you know, they put the flatware box of grandma's silver under the bed, you know hide from robbers or something, multiple knives, multiple surgeries and the blades of the uh ceiling fan overhead, you know, not quite as much as a straight up knife or some object like that.

But we try to get these sharp um edges away from you. And so that would be one thing and then people that are really desperate to feel like they feel vulnerable in their bedroom or they feel vulnerable in life usually aren't positioned well in that safe command position. We always just naturally want to have our back protected. And if your complaint is nobody's got my back, they're talking behind my back, they stabbed me in the back.

I didn't see that one coming. Those types of complaints. I'm just gonna keep giving you the thing, the complaint and the thing, those types of complaints are your back is not protected.

That would be a window above the head of the bed. That would be the head of the bed along the same wall that the bedroom door is on, weak, weak, weak positions. You want to be think of the king, the Pope, the priest, the judge, you know, do you ever see a big window behind them?

No or their, their chair back, You know, Pope is like way up here, at least the judge usually has like a chair back up to about here. You know, you don't see them sitting on a little baby stool with no arms, No, no back, you know?

And um, so we're looking for that command position. You are protected. And I think I've said before, the mafia knows function. They don't even know they know Feng Shui, their life depends on knowing these really basic rules about don't let your back be exposed. And so many people or you're, you're forced in a cubicle where your back is exposed. You're in the little corner working like a little, you know, worker bee and your back is exposed.

Nobody wants to be in the cubicle. They want that desk with four walls, solid wall behind them to see who's coming in the door.

Bedroom Energy, Beds, and Mirrors

So those are the types of feelings which is kicking that epigenetic, You know, tipping the domino getting you in a fight or flight or anxious state. This anxiety, that's all over the world these days.

Everybody's anxious, you know, I'm looking at what's going on with that and that comes from weak positions all the way to the 5G. You know, kind of stuff. So we're looking at the breath of what's going on in your environment, the physically I can see it stuff and the invisible stuff like the radio waves, electromagnetic fields, things like that.

So that's what I did. I'm a little detective – Well and that's that's great and I love this for people that are listening viewing this that they can can see that these little small things that you don't think about.

I mean you don't think about. You know I have a scissor my nightstand. You know that seems practical. I need to use it at such and such time. You don't think that that is going to have an impact on you.

But then recognizing these patterns and and then I mean even though we're obviously you're not gonna cover all of Feng Shui in in an hour's interview but just kind of get a taste for how the process works as is key and in in your bedroom like you mentioned, I mean you spend eight hours there and that's where you regenerate.

That's where you detoxify. That's where you process emotions you know from the day. And so there's so much that that happens while you're sleeping. So that that's such a key components.

And obviously E. M. F. And and five G. And unplugging your router and and kind of cleaning up that electronically and signal wise is crucial and that's step number 111. And but then to recognize how you position the bed and like the painting above the head.

You know what what does that do? So I'm curious. So the water because you, you said was going to be some water seen, the water just kind of drains your energy then. – Well let's think about how we are in nature. We breathe air.

I don't want to sleep below the fish. You know, we don't want to be underwater. And the complaint, I can't get my nose above water, whether it is like I'm so busy or my real estate property, something like that is underwater. Can't, you know, things like that I'm looking for where water is overhead.

So we've got, you know, the stars and the sun and the clouds and the birds and the planes and the treetops and the bushes and the ground and the water is down low and oftentimes the, the, I see a lot of boys bedrooms done in surfer theme, you know, the mom is like, I'm gonna get so cute making interior design a surfer boy and they've got that little wave with the little surfer in the tube and there's that water overhead. And that boy generalized anxiety as his diagnosis. You know, I see that a lot where the water is overhead. You're gonna feel anxious and symbols are just as important as the real thing. You know, like a lot of the quantum field uh, stuff we talk about acting as if and you know, our bodies can't tell whether it's real or the dream. So make your dream a good one.

You know, life's an illusion, make it a good one. So when we are surrounded by these patterns that are illogical to us or unnatural for us, we don't normally sleep lower than the fish or underwater.

And that's so primitively what shows up in our system. – So what would be if you, if you had like the dream paintings in a bedroom? I mean, what would be kind of the best things that you would think that, you know, a person should have to sleep well? You regenerated, detoxify all of these kind of things. Have a great love life and yeah, – Yeah, well that is, you know, like detect, you know, sifting out what exactly they're looking for and I look for hitting the nail on the head. You know, people go higher any balance and I'm like, well can you tell me how much harmony do you need, how much balance do you need to, you know that I've done a good job for?

You tell me what that would be to make it a success where you would rave to other people that, that function we really worked and they're like, you know, I'm like, how many clients, how much more money, how many, you know what, what are specific give me quantifiable things?

Uh, you know, I, I get hired for the most bizarre specific things. You know, somebody wants to be a national best selling author, somebody wants their horse race horse to win the race.

I mean just like the legal win the case. I mean I have a 100% on that legal thing, but that's a whole nother story. We're gonna talk about health here, – But it almost sounds like doping to fix your, your environment.

Yeah, I don't need to do anything to the horses, but get it right. – So, yeah, so I'm, I'm just looking to create that. So when it comes to art in the bedroom, depending on what people are looking for, we might do something very

specific for that. So it's hard to throw a one size fits all thing is what I'm trying to say here. But if I were to choose, I would say photographs of nature, watch, watch where the water is, watch where the trees are, you know, depends on that pattern that we're looking for.

But um, photographs of nature, I would say versus architecture or versus um, people, especially in the bedroom, I usually say nobody else's eyes but those who sleep there. So you don't want grandma deities, you know, everything and looking at you while you're while you're trying to sleep.

Um, that's for adults. You know, sometimes the kids, it's good to have the parents in the room with them if they're not sleeping or they're running in your room at night.

Usually their bedroom is farther closer to the front door than the parents, which is why they're running back, you know, that the infantry out front, they're running back behind the general to, to feel safer.

So the position of the bedroom, the position of the bed, all these things makes a huge difference on why people are doing what they're doing and they think it's just who they are. And I'm like, no, I can prove to you that kid will sleep in that, you know, let me show you and they're like, they're gonna come in every night and I'm like, nope, and you know, first night they're sleeping in their bedroom.

– So those types of fascinating you should have then the Children kind of behind the general meaning that the, the parents bedroom should be closer to the door for the Children to feel protect. – That's why some of them do that.

Sometimes the bedroom is in front of the front door, like a piece of the house kind of sticks out in front, like a big L shape and you gotta walk past that piece of the L to get to the front door and the bedrooms are physically more forward than the front door.

You're kind of sleeping out in the front yard, so to speak. So if you're in front of the front door, you will feel that vulnerability. Children especially, you know, think of all those built in homework desks that no kid ever sits at the, built in that they're always out of the, you know, the island or the dining room table or something like that, rarely do they put themselves in that vulnerable position.

Adults will just like they will tough it out, you know, be in that little dunce position in the corner or that little subservient position in the cubicle. But kids naturally will show you where the weak, weak links are. You know, that's why you, what they call that baby proof the house, you know, they'll find every corner, you know, that's like the energy is all war billy right there because the corner is is creating this bizarre energy field and the kids are like, you know, and or your thigh, you're like, oh my God, where is this bruise?

It's always on my thigh, you know, and just adults just blank it out. But the kids, you know, they're like, they'll show you, but so we're just paying attention from the obvious to the subtle – And things like mirrors. I mean that like in the bedroom, you know, people like to have like a mirror to kind of check themselves, you know, see if clothes look good. I mean, how how do they play into?

I mean, are they something that's beneficial, harmful, – Mirrors actually equal water in the Feng Shui world? So you don't want a mirror above your bed. I usually say you don't want a mirror anywhere on your headboard wall, the entire wall because I've seen it, even the new interior design thing is like put mirrors above the night stands that's kind of a new fad or whatever. And I'm not a fan of that when there's mirrors on the headboard wall. Usually my clients are saying, well those were the days back then everything when I was prom queen, it was it's been downhill ever since. You know, So they're always looking back like those were the good old days, they're not looking forward and some that mirror just gives them sort of a view back all the time. So if you are fighting to dream up a freaking I love the future that I am creating and heading towards.

If you can't even imagine that it might be something like you're constantly looking back with a mirror. So mirrors equal water. So you don't want a mirror higher than you know, you're trying to get your nose above water.

So we don't wanna don't wanna put these mirrors up so high, especially where you're sleeping or spending a lot of

time. And if you're reflected when you're sleeping, that's a weird little subtle function.

Anything that means you might not know like those closet doors that are doubling the size size of the room a it doubles the size of the room, which is creating more young condition bedrooms should be more yin and cozy and you know, you want the smaller little space to sleep in these McMansion. Ized master bedrooms are really not supportive of a good night's sleep because of the square footage, basically just the size of it, People don't like to sleep on the 50, 50 yard line of the football field, you know, they want the little cozy, little, you know, the kids put the blanket over the dining room table, they want the Yin Yin Yin positions, so we're looking for that. And when you're reflected, when you sleep, it's a little bit of your energy is trying to come back and restore you. And I'll just say, just to give you a picture, if there's a mirror of you over there, you're here and there's a reflection of you over there.

Maybe half is going to that person in the mirror and the other half is going to you just to give you sort of like how I would picture the energy you're getting maybe half of the energy. – So it's kind of like you have a split energy in a way, you know, so that now you exist in two locations, you know, within the bedroom. So you aren't really centered.

I mean you're, you're always kind of partly over there as well, – Right. It's you're underwater, you're reflected, there's two of you um, your, you know, could be um creating that looking back position, There's lots of things that American do in a bedroom towards the negative.

The only other time I would use it towards the positive is if you're stuck with the door on the same wall as the headboard of your bed, you could put a small mirror on the other side of the room not reflecting you but reflecting the door.

So when you're in bed you can look in front of you and see who's coming in the door without going ah who's you know like that's a nobody's got my back kind of complaint.

So you want to be able to your bed solid wall, no punctures, no doors or windows along that wall. That would be a great headboard wall to be able to see who's coming in the door but not have the door directly in line with your bed.

So if you walk in your bedroom and you eventually run into your bed. You know, I would prefer getting out of the way, a functional cure for that. If you have, that would be 11 way to deal with. It would be to hang a crystal, one of those round, multifaceted kind of like a crystal chandelier, like a Swarovski round beveled glass crystal hang a crystal from the ceiling.

Somewhere between the door and the bed.

House Map, Organs, and Relationship Areas

To use the law of refraction to break the line that's coming in that door and hitting you whatever that body part is in line with the door is going to be hit. I had a client um was a major league baseball player and his son played baseball and um he he got hit in the head on the right side with the pitch. So he got hit with the ball on the right side.

But it was always his left side that he complained about. And the doctors like I don't know he got hit on the right and it's all healed. I don't know what that left is all about. They hired me and I come into his room he's not even around, I don't even know anything about the kid and I go into his room I go who sleeps here and what's wrong with his ear or up from shoulder to head and on the left side.

And they're like he's hit him right but his head left on his left hand hurts. And I said well I can see why the left side of his head hurts because the the door of the room is coming in and hitting the left side of the head of the bed.

And they also had a lamp that um you know like when you take a book and you you spin it all the way around 3 60. And it makes those paige paige paige paige all the way around the lamp was just these um uh strips of metal like in a 3 60 almost like little pages of a book when you pull the binding all the way around. And so I said well he's got

these lots of sharp metal edges hitting the left side of his head. And he's got that door coming in and I said well you know, I always like to do the X factor, we're gonna do one thing, we're gonna move him his head of his bed over there out of the thing, see what happens. I can give you 23 and four and five, but why do five things that the first one works and it moved his bed over and I like that, that's all that. So we're done, done, done, done it. It is so you know, it drives me crazy when people have an illness and then they go to the doctor who doesn't see what, what environment they're in and they're like fix it, fix it. And then they go right back into the environment that created that situation. I'm the house call doctor, I go in there and I find, you know, I find there it is, you know, I find the smoking gun, so to speak. And um I usually say let's just do that one thing, see what happens. And then we might do another thing, we might do another thing, but I'm I'm pretty targeted these days where I can figure out, you know, the most highest bang for the buck kind of cure to do a cure is just a fixer, a change to the environment.

– That's so cool how one of the things also that I think is fascinating is how the house is a symbol. I mean all the different places throughout your house, you don't need to go through all the different places.

But you know, you have like the lung area, you have this intestinal area, you have your relationship or intimacy, the area and you, I mean you have a house is divided into these different segments.

So if you have a lung issue, you know, for instance, where would that be? I mean where in the house would a person look for an issue If they're dealing with respiratory issues, – That would be the front, right hand part.

If you if you divided your house like a tic tac toe, some people have strange shaped houses, but if you had a rather rectangular house, I would say if you have a strange shape house, do this in every room using the door to the room just to give you guys something to do.

But it would be when you walk, stand on the threshold of the front door and hold your arms out and what's in front of you is in what's behind you is like I said out in the front yard and over in the front right hand area that is governed by the head. It governs the head and it also governs the lungs organ. And I see a lot of people with asthma that have a fireplace there, a lot of inflammation where the lung is supposed to be rule and the lung is associated with metal element.

So fire weakens metal melts metal And so that is weakening the long body part. Trust me, when I started this, I was the most skeptical person there was, I'm like, you gotta be kidding.

And I just started experimenting and you know, 30 years of this later, I'm like, I can't deny that stuff works. Don't say don't say stuff. So, um, yeah, so I do look into the front, right hand part of the house and when we were talking about that middle daughter with the, with the eyes and you know, there's a, there's a uh, your position in the family makes a difference as to what area of the house I go to your body part, your your life, situations like love, relationships, prosperity, career, health, those types of things.

There is nothing in the universe that you can throw at me that there's not a place to go find it in the map of Feng Shui takes a while to learn all these little nuances, but that's how I figure out where to go and what to look for you.

Tell me what your problem is. I want to hear the words you choose. Uh, and I go look for those in the specific area. We make a shift and change your life, which is, that's the title of my second book.

I'm not trying to push it, but I'm like I'm saying the title of my book, – Good plug. Well, it's the reason you put the title because it's it's real. So, okay, so that's fascinating.

So in addition to the map relating to, you know, like you're saying there's always a map and Feng Shui for pretty much anything, you know, within the house.

So we got the organs and then we, you know, throughout the house. Then we have the positioning of, you know, like you said, I'm the middle child, I'm the dad and the mom, You know, any of those also will, will have a place within the home.

– Mm hmm. Yes, time of day time of year. Uh, you can't throw anything at me. You know, I've done talks on just the most bizarre connections between some situation in life and, and that. So, but if I were to like throw, you know, I'm running out of time, what can I do to fix these?

You know, people that are listening, they're like, give me more stuff. I would say make sure that the energy, we're trying to get the energy in your house.

So you have enough to work with. It's like you're trying to collect energy like a big sack, Your house picture like a sack and the opening of the sack is the architecturally intended front door. So if that door is stuck or it's hard to find if it's hard to find your complaint is just opportunities don't come my way, opportunity has a hard time coming to knock on your door.

So make sure that front door is happy, you know, inviting the light works. The welcome mat, maybe some bright colors to attract the eye and energy towards it. Then once you get in the door, let's have the space to work with to get the energy to, to have room to be their space equals opportunity.

This is the clutter conversation. You know, if you're stuck with all this stuff from the past, you know, people get kind of old and they get like slow and they get old and I've proven to people like it's not necessarily just the age it is.

You have To target bags and five naughty bags and three bed bath and beyond bags yourself into a state of back. When you were young, you're like, well I got so much energy and then when you get older you collect all this stuff and you inherit all this stuff and you take on all this stuff and it will slow you down.

So we got to get the energy in the front door, We've got to make room for new opportunities. If the glass is always already full of stuff, there's no more can get in and then we need to position yourself in those spaces in the most safe and commanding respect, earning without having to say a word positions there. When you feel like people respect you.

When you feel safe, your, you know, your nervous system is in firing off and and really assaulting yourselves with like these um, these messages to, to produce uh cortisol and all types of negative things that affect your body. So it's it all comes down the pike.

So that's the that's the way I see it – And that's a huge way of, of looking at things. I mean kind of really recognizing and we only have a certain amount of energy and we want to conserve that flow of energy.

We don't want to be using a portion of that. You know, we're like you're talking about mirrors, you know, we're splitting our energy now we're over here and now we're here or you know a lot of clutter.

So now a lot of the energy is dealing with that clutter or your position yourself, but you don't feel safe and so now you're having to subconsciously continually protect yourself and and that will then deplete your energy.

So I love those components. One of the things I know that is a big deal. And that's toilets, – Toilets. The villain. I wrote this book, I get so many emails, oh my God, I have a toilet, I'm like, you know what, congratulations because many people in the world don't.

So yeah, exactly, so we have to know where our energy leaks are. So energy is coming in, where is energy exiting and what's the position and I do have my talk that I that I do called the sleep poop who cook talk, we have to make sure that the positions of sleep and poo poo and cook and poo poo and poo poo and you know like we just have to, you know, who has one of those kitchens that right off the kitchen, you see a bathroom door and you're like, what's that bathroom door doing in the kitchen?

Come on now. You know, so or they've got the kitty litter box right next to the stove, you're like, yeah, yeah. You know, so we're looking at the juxtaposition of sleep and cook some people and I look at it in a three dimensional world, three D.

I look through your wall ceiling, you know, So is poo poo directly above sleep is directly over cook. You know, Is there a wall where there's sleep on this side, people on this side and there's six a dry, you know, six inch a plywood and uh two sheets of drywall between you and poo poo.

So we're trying to get these arrangements in such a way that are healthy and safe back in the olden days, way back in the tribal days. You know, it's like you want to join the tribe because you're out in the lonely desert by yourself. You're like, please, can I join you guys?

And like, okay, this is what we do. We sleep here, we cook, here we go poop away over there. You get caught going anywhere near here. You're out because you're gonna take us all down now.

We have put all those in a certain amount of square footage and people aren't paying attention to that sleep people and cook ratio juxtaposition, you know, And so um that's my job to help people design, you know, I would say Feng Shui is um is like common sense needs quantum physics because as a designer, a lot of it just made sense to me, you know, having a design degree, but then the nuances of the esoteric, you know, overlay coming onto it. It's like it's it looks magical, but that's when I say it's common sense meets quantum world where most people don't know quantum physics, but it can be explained quite easily.

I actually did a talk and in the Stanford campus and to all the professors of the standard habits that have very tired and I'm like, oh, tough crab is gonna be a tough one. And they were all kind of like when I was talking, they didn't quite know if I should be accepted or not.

And the alpha dog uh physicist stood up, like I think he could tell I was going down or they didn't know whether they should like me or not. And he stood up and he goes, I just wanna let you know that everything she has said so far from a quantum physics point of view checks out and then immediately I was sort of in the my talk kind of went along and then like we can miss it now.

but it was funny how he felt like I need to save her because they weren't buying it from their science background or whatever they were or so the quantum that was blessed by a standard quantum physicist.

– That's because I love quantum mechanics and I and that's it's just about the energy of things. I mean I I interviewed Amit Goswami you know, talking about you know the quantum doctor, quantum medicine, quantum all the different quantum and it's it's so cool to see you know how these different patterns and energies and how that shifts reality and how that creates reality and so exactly what we're doing, we're shifting energy and we're shifting positioning of things and that then shifts reality. – Like I said life's an illusion, why not make it a good one and you know a recent new functionary tip turn off the tv my God people talk about assaulting on the cortisol levels, bing bing bing, you know, just feeling like your fight or flight all the time is not helpful. – So and I love the story and I think it was your grandma that was in the olden days, you know when she thought it was so weird bringing – When the outhouse came in – After she thought it was so gross so, – Yeah, when the there was a time when the outhouse was out and the house was over here and who was over there and then when the outhouse came in, my grandma was in that era and she just could not wrap her head around people poo poo in her house, it just, you know, it's just yeah, so now we're now we've got one bathroom per bedroom and then a couple of powder rooms and then it's just, it's insane how much square footage dedicated to exiting energy there is in people's homes – And it's exactly that so that you you have obviously that's an opening, so that's a draining of energy and if it's right by your sleeping kind of like you have the water over your head, it's continually draining, draining your energy.

And then how about, you know, some some toilets leak. I mean they are here in the middle of the night, they kick in and then fill up again. You know that does does that have an impact? – I would say the state of your water directly shows and reflects the state of your prosperity and ability to hold money.

I really find that people that have leaks and stuff are not holding on to their current c you know, the current of the water. Just think of it like that your your flow is um you're wasting water, you're wasting money. The rich people have the big fountains in front of their house and the poor people have stagnant dirty water, you know, the state of water really tells about the prosperity level of people.

So mind your water don't let it leak away, It's worth getting paying the plumber to fix that even if you don't have the money because it will just be more money constantly going away. So it fix it asAP.

– So one of the things that people always are interested in this is love life, you know, you're, you know, like, like I don't feel like I'm connected with my wife or my husband and and I really don't want him to touch me or I don't I don't have any interest.

I mean, what what are are places you know that people can look at in the home and what can they do to spruce it up in order to be able to maximize intimacy and love life?

Toilets, Water, and Energy Leaks

– Yeah, Well there's a lot of what, what to put in and what not to put in a bedroom? I would say the master bedroom would be that love relationship, passion, sex, uh you know, space that we're really looking to build relationship energy and take a look at your bedroom. Is this the most romantic, hot sexy spot you've ever walked into? You know, is it really calling you to to, is it making that opportunity available or do you have to throw the ironing board and the kids toys and the stuff off your bed?

You know, how easy is it? Do you feel good in that space? Most people, they spend a lot of money looking good for everybody else in the master bedroom, they've got the leftover stuff from when they were kids, you know furniture and so it is the retreat within the the sacred space of the house and we want to make sure that just you two are held together.

So ground zero would be the master bed, no work stuff, no workout stuff, no distractions from looking at each other. You know, take away the tv. I've even closed the curtain on big expansive views. You know, if you're looking at the city skyline outside and you're not looking at each other. So I look at what is distracting you taking those distractions away and then of course, um I would say Cold White is a killer of, of the heat of relationships. So I don't like a lot of the new white white white white white rooms, white bedding stuff like that.

It's a little uh little too chilly for the, for the love making I would say. And um and then so ground that would be ground zero in the bedroom, like I said, nobody else's eyes but those who sleep there, we don't want kids pictures and stuff like that.

And then ground one, ground zero is a bedroom. Ground one would be the dining room space, make sure that the dining room space is available for a chair for everybody, everybody's looking at each other. And um you have so companion comes from pan, you know the word bread and a lot of languages has that pan in it.

So we're looking to break bread together to build companionship, to have good communication and when all the chairs are turned towards the tv and nobody has, nobody's looking at each other, I just look at how the chairs and the couches and things are arranged in people's homes and I can see who's talking and who's not.

And so get those sitting circles, pull the furniture closer together, don't, don't think the architect has figured it out and put all your furnishings up against the wall. Make the furniture work almost like a hotel lobby where they have those little living rooms in thin air, there's no walls around the living room here and there's living room right next to it, back to back couches. That's weird, but it kind of works with the boundaries of the carpet that they've created a little living room next to a little living room.

So make the furniture speak to each other and forget the walls around it and and pull pull things together a little bit closer in a little sitting circle, don't have the pedestrian circulation cut through it to get from one part of the house to the other. If you're cutting through the little sitting circle, then the people on one side, it's us and them so don't break the sitting circle.

The only thing that can be cut off in the sitting circle might be the television, you know, walking between the television and the chairs, but don't walk between the chairs because that is severing that sacred sitting circle of communication. – I love it.

Love it. And, and are there certain areas you have the bedroom, you also have the, the dining room? Is there a certain corner of the house or certain that that also – The back right hand part of the house? So when you walk in your front door, go to the far back right area, that area governs the relationship and love marriage kind of energy there, family energy, there's business kind of things, but that back right area really holds the potential for relationships.

So people that have a bathroom in the back, right, they go, yeah, my relationships in the toilet, you know, something like that, they might complain about. So that's when we really work on, you know, undoing that, that pull that drain in the bathroom with our little secret little Feng Shui cures, not secret, but they're the oddball things that a functional consultant might say hang a crystal and do a mirror and the color red and you know, those types of things that you're just like, I don't know how this is going to do anything, but – So I'm curious. So how do you, so you can just, let's, let's say you haven't actually our bed, our bathroom is in that corner, one of the guest bathrooms. And so how would, how would I kind of maximize, you know, kind of get rid of that draining energy.

And I assume it doesn't matter. You know, if it's a prosperity corner or whatever corner it is, I would assume it's the same that you kind of shift the energy of that drain, you know in the down the toilet.

Yeah, what would that be? I mean you said like hanging a crystal, hanging, I mean what, – You know, I, I don't want to put you on the spot, but I usually ask my client, how do you describe the issue that's going on?

You know, like it's, it's like I really want to hear from you and then I can really create a cure that would counter that. But just in general it would be something like um a mirror face up to reflect the energy that is going down the drain back up. So you're using a mirror to um reflect.

We're using the law of reflection of the law of refraction like we did with the, with the crystals. And so I usually, if you encircle something in red, I just had a client yesterday that had a giant gun safe right next to his bed and I'm like come on baby talk about not feeling safe right now, grab a gun out of my gun safe. So things like gun safe, kitty litter boxes, things like that could be the toilet could be the outgoing pipe of the bathroom if you encircle something in red red, those two things in functionally it draws attention to and attracts energy. Like come on, that's why some people say, oh I painted my the front door red to attract energy.

Some people say I painted my front door red to stop that street that's coming straight at my front door. I live at the end of a T street and boom, you know, so you can read does attracts and red stops energy.

So if you put a circle of red, the energy cannot get in the circle. So if you encircle the gun safe, if you encircle the kitty litter box, the trash can whatever.

Or if you get underneath your sink and encircle the outgoing pipes then the energy, the dirty, the water is going down but your intention is the energy does not go down either.

There's two parts of every function. We cure the physical thing that you change in the environment and the intention behind it, the yin and the yang, the Feng and the Shui is wind and water, so the wind half is the unseen forces. The Shui part is the water, the scene stuff that you can move and manipulate three dimensional stuff, those two together. So your intention is a big part of the cure.

Love, Consultation Offer, and Closing

Sounds like hocus pocus but we all know that quantum world is all out there and Professor lin, my teacher used to say it's about 60 to 70% of the cure is the yen half the intention and I, I saw him in places he never moved furniture.

He was like zap zap zap. I mean he you could feel like what just went by me. I mean he could move stuff without you know it was it was wild to to sense what that man was. He could knock you over without even touching you. It was crazy what that guy could do.

And so we're looking at the yin forces and I now say he used to say 60 to 70% I say 60 to 100% of the cure could

be the yen half if you know how to move energy you don't need to move stuff you know so hone your mind and you can you can make a life without you know reckon you're back moving stuff.

– I love it, I love it. Well Karen this is awesome. I mean this this is so cool, that's so incredible and I yeah I love it. So how how how can people, you're mentioning that you had a little offer and and how how can people get ahold of you? – Yeah. Well they can they can go to um they can go to my name. karenrauchcarter.com.

And there is a there is a work with Karen, it's I don't know if it's if you see it on my name there down below Karen, R. A. U. C. H. Carter and go to work with Karen, there's a virtual consultation there that that you send in your floor plan pictures, you know and worksheet. I ask you how great your love life, right your career, has anybody died in the house?

How long have you lived there? What's the address of the house? All these little details? And then we talk on the phone for a couple of hours and discuss what changes need to be make.

And that is a $997 consultation and then if you buy it and type in summit 400 S. U. M. M. I. T. Me and spelling and then 400 all in caps. You'll get $400 off of that. So it's over 40% off because you know maybe you're a little skeptic like I was in the beginning and you might think that's not gonna change your life. But you know, it's like some people I tell people, you know, I don't want people to say thank you, you fix my problem. I want to say thank you, you changed my life. You know, that's my goal is to really propel people to get to their dream future. And quite often my biggest challenge is getting my clients to dream big enough so many people just can't even, they're like well I gotta take care of my mom and you know like they're just so stuck in the half to as they have not, which is why the universe is, is giving them more of that morrissey type stuff we want to project out.

Boom, I am heading in that direction. Let providence. The energy like look up providence, it's the unseen forces that gather and you didn't even do anything to propel it. You know people, everybody's, I travel the world and I do it for fun, you know like I I I'm in Zagreb Croatia right now and I just let you know, I'm like I make it and people go how do you do that?

So I buy the ticket somehow I get on the plane like stuff you know it works out but you got to buy a ticket, you gotta commit to a future and watch providence, help you watch your Feng Shui work for you. You know I am doing the grand experiment now.

I know we're running along a little bit here but I am doing the grand experiment. I experiment all the time and when I tell people space equals opportunity, when I'm helping them declutter I had to call myself to task and say, okay well how much space, what is there is it could there be a too much space?

You know like where is the line of space? So I legit Got rid of everything, you know, I'm like the little you know Gandhi going around here. So I sold it all, I have, I have been home free for over three years now May of 19, I sold everything I have no home, I am home free and that's the boy that puts up, that, that puts people in a cortisol level, just hearing about that my assistant, she's like, I don't even know how you're doing it.

And the opportunities that I'm like, I thought it was gonna be X, it's X plus plus plus plus. It's crazy how my life is unfolding. I would actually say I have hit the far end of it because there's so many opportunities, I get an analysis paralysis over which one to choose.

So I have hit that point where I'm just like, and I'm like this is, you know in yen is young and young is yen and boom, it came back around so I have hit the far reaches of that. So, um how much opportunity can you stand?

I'm here to help get you there and I put myself through it. So I have first hand knowledge of what an over watered houses, what an over wood, what over metal, what an over earth and what over fired houses, five um elements. And now I'm experimenting with the space equals opportunity. I'm always doing something.

And so I am confident, you know, it's not like hopefully this will work, I'm like, dude, I've been there and it works, you know, so that's uh that's what I'm up to and it sounds maybe crazy to some, but my life is here in support and

in service of other people.

And so I try to, I try to get as good at it as I can so that's what I'm up to. So Summit 400 getting the virtual consultation and I'd love to and I think if you go to moveitwithkaren.com, that might be an easier entry into my website, you can fill out a, you can join um it's called the move your stuff with carrying membership where you can send in questions and floor plans real quick and just ask me a question in a group setting. The first month is free and you can unsubscribe after that if you just have one quick question that you want to ask me that we didn't cover today. So I just, you know, it's not like everybody has to pay a lot of money to to chat with me, I want to be of service as much as I can.

So the move move your stuff with Karen program the first month is free, so feel free to go if you have additional questions. – I love it. I love it. Well, Karen as always, thank you so much. I mean it's yeah, I always get blown away by everything that you say.

This is so cool. Thank you so much. – Alright, bye everybody