

# Live with What You Love

By Laura Jean Whitcomb • Photography by Tim Calabro



Every day after work, you trip over the numerous pairs of shoes in the entryway and stub your toes on tools that haven't made their way back to the garage. Your son's skis are balancing precariously next to the bench so when you plunk your purse down, they fall and hit you on the shoulder. As you remove your coat, hat, scarf and gloves, you realize that there isn't a spare inch of space for them, and they will probably be buried after your husband and son come home. Even though you may have had a good day at work, walking into your home has made you frustrated and irritable.

If this scenario sounds familiar, it may be time to introduce feng shui (pronounced FUNG SHWAY) into your life. Feng shui, a Cantonese word that translates to "the wind and the water," is the ancient Chinese art of placement. Practitioners of feng shui believe that by arranging furnishings and decor in a way that aligns with nature, it is possible to

draw harmony and good health into our lives. According to this ancient philosophy, everything from the front door to the toilet is alive with chi (pronounced CHEE), the Chinese word for energy, and the energy

flow plays a part in our overall happiness.

"Feng shui is about the flow of energy through your space and through your life. It is about setting up supportive living and working environments," explains Hanover resident Nancy Tehan.

"Interior decorating is about making your environment look great and feel great...but it may not always be good feng shui."

Tehan, 52, is a practitioner and teacher of feng shui. For many years, she worked full time as a registered nurse. "I loved healing work, taking care of people," she says. But as a single mom, she wanted a career that was a little more flexible, giving her additional time at home with her two sons, Michael and Brendan, then 7 and 8. She took a faux painting course in Boston and, with a part-

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If your entryway is cluttered and it doesn't bother you, don't worry — you're not immune to the principles of feng shui. A completely disorganized house may be fine for a certain period of your life.

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