

## Features

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### Seeds for your Spirit

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The gardener of today is advantageous; they are creative and eager to further their own unity with nature, but sometimes they misconstrue the role location has in attaining this harmony. Historically, the science of Feng Shui has professed that applications such as orientation and proper spatial arrangements insinuate prosperity and wellbeing in our lives.

Feng Shui is associated with properly maintaining a positive flow of energy (chi) consistent with your environment. Plants are often considered a key factor in harnessing this energy through forms of air purification. As Feng Shui distinctions ring clear in the beliefs of Asian culture, some western minds are still unconvinced. Feng Shui interpretations about the specific benefits of plants can now be more deeply understood through modern science.

For example, jade plant is a perennial demonstrating the ability to eliminate benzene levels in the air. Studies performed by NASA have proven that over a 24-hour period, benzene levels were reduced by 73%. The hazardous side effects related to benzene are fatigue and decreased mental function. Considered in Feng Shui as the money plant, the jade pathos encourages financial stability through stress reduction and mental clarity. Suitable placement areas include the western side of the living room, the southeastern side of the dining room or eastern entrance lobby spaces.

The rubber plant is a herbaceous perennial popular among gardeners because it's low-maintenance. Of all ficus relatives, the rubber plant is best at reducing household chemicals like formaldehyde at a rate of 940 ug/hr, ammonia at 1480 ug/hr and xylene at 27 ug/hr. The National Institute of Occupational Safety and Health (NIOSH) says these chemicals cause symptoms of depression in the central nervous system or respiratory irritation, along with adverse side effects such as memory loss and possible loss of muscle control. Feng Shui defines the rubber plant to be capable of sustaining positive revenue growth through increased mental function. Feng Shui logic instructs the rubber plant to be housed in areas such as the entrance or portal spaces, living and dining rooms, and other rooms intended for social engagement.

The croton mammy red is an evergreen perennial shrub. It displays both anti-amoebic and anti-plasmodial activity, which are often consistent with autoimmune disorders, malaria and various forms of cancer.

According to Feng Shui the croton mammy seeks to relieve levels of stress corresponding to relationship issues. The best arrangement for this plant is in rooms such as the master bedroom and bathroom in south and southeastern locations.

The peace lily is an evergreen perennial admired worldwide for its benefits and beauty. It's proven the peace lily is capable of filtering chemicals across numerous categories, such as formaldehyde at a rate of 673.6 ug/hr, trichloroethylene at 1127 ug/hr, ammonia at 1269 ug/hr and benzene at 1724.6 ug/hr. All of these chemicals have known cancer-causing properties and cause ailments ranging from mental depression to respiratory concerns. The peace lily is one of the most highly regarded plants according to Feng Shui, as it's known to balance distress and task management in both personal and business practices. The best spatial positioning is within areas such as the east side of kitchen, north and southeast sides of the living room, and within business transactions spaces.

Feng Shui and science play a significant role in understanding the correlation between indoor air quality and plant applications. This relationship seeks to create an atmosphere that not only improves health and wellness, but specific aspects of life. Natural air purification with plants helps us create positive environments while promoting a vital balance between nature and human beings. **GP**

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