



**Nadia Lapadula-Merino is running a course on good feng shui for the garden.** Picture: MARTIN REDDY N34DT403

## Finding answers through feng shui

NEED help with your health, relationship or career?

Growing a green thumb could be the answer, feng shui expert Nadia Lapadula-Merino says.

She said applying feng shui principles outside was just as essential as having harmony inside the home when it came to sorting out your life.

"Feng shui needs to start outside the house," the Research resident said.

"Changing things inside the house will not make everything

perfect if the approach to your home is barren and uninviting.

"You are not bringing positive energy into the home, so you want to create a pleasant atmosphere."

Feng shui, an ancient Chinese practice, aims to balance positive and negative energy through the placement of objects and arrangement of space.

Ms Lapadula-Merino said making simple changes to your garden could turn your luck around.

Well-conditioned and accessible pathways, suitably sized and arranged plants, water features and sufficient sunlight could enhance wealth, career and relationship prospects, she said.

"It's about feeling good when you approach your house," Ms Lapadula-Merino said.

Ms Lapadula-Merino will be holding a two-week feng shui workshop for gardens at Bulleen and Templestowe Community House from March 19.

To book phone 9850 5155.