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Catherine Zeta-Jones: New Body, New Movie

Change Your Love

Some women win the lottery and then marry millionaires. The rest of us feel as unlucky as Charlie Brown with his little redheaded girl. But just try making a few small feng-shui-style shifts in your life and your love luck may change faster than you can say four-leaf clo-

By Karen Robinovitz



Luck

Y

OU'VE GOT MORE going for yourself than you know what to do with: a killer job, friends who make you feel cooler than J.Lo's posse, and a cozy home you wrung out of your own paycheck and decorated like a page straight out of *House & Garden*. The only problem is, you want a guy to

share it all with and none has materialized. Maybe you should adopt a few principles from feng shui, a Chinese tradition of positioning the objects in your surroundings in order to generate positive energy, prosperity, health and love.

"It's a deep, esoteric philosophy," explains Judith Wendell of Sacred Currents, a feng shui design and consulting firm in New York City. Basically, the Chinese believe that everything—from a butter knife to the Backstreet Boys—is made up of *chi*. "*Chi* is energy," explains Wendell. "Inanimate objects have *chi*, but it's slow and dense, unlike that of living things like people or plants. You want *chi* to circulate smoothly around you and your surroundings. The better the *chi* flow, the better your interactions with people." Especially those with a gaze and a swagger like Benicio Del Toro's.

Feng shui also focuses on directions—north, east, south, west—breaking them down into nine sections, like on a ticktacktoe board. Each section corresponds to different goals. Southeast, for example, represents wealth, while southwest indicates love and romance. You can increase your chances of meeting Mr. Right—and pump up your overall love flow wherever you go, say feng shui adherents—by following a few easy suggestions for keeping your *chi* moving southwest, straight to the source of romance. (Don't worry if you have a bad sense of direction—just grab a compass.)

So stop complaining to your coworkers and two cats and take control of your love life: Start activating the right



feng shui to spark love so hot it will make Bogey and Bacall's movie pairings look like forgettable buddy flicks.

● STEP NO. 1

Bone Up on the Bedroom Basics

Put those Lara Croft biceps to good use by moving your bedroom furniture to the most feng-shui-friendly places. Your goal: to keep the *chi* flowing smoothly in and around the most action-packed room of your home.

"Arrange items around your bedroom in sets of two, as pairing them symbolizes a doubling of happiness."

● **Go two for two.** Noah was onto something when he loaded up his ark—the pair symbolizes a doubling of happiness. So either arrange items in sets of two or place objects representing the number two around your bedroom: Hang a postcard of a couple kissing or a framed photo of you and your best friend. Or place two candles, two bud vases or a pair of 'N Sync dolls on your bureau. Steer clear of going solo, cautions Denise Linn, author of *Feng Shui for the Soul* (Hay House), as single items connote loneliness.

● **Bolster your bed.** If you don't live in a New York City shoe box and actually have a choice as to where to put your bed, place the head up against a wall, as far away from the door as possible. Don't sleep with your feet facing the door (the Chinese consider this the "death position" because the dead are carried out feet first), and don't place the head of your bed against a window. "A window is a hole in a wall," explains Lillian Too, a Malaysia-based feng shui expert and author of *Lillian Too's Easy-to-Use Feng Shui for Love* (Collins & Brown). "When a bed is against a wall, it represents support. There shouldn't even be any space between the wall and the bed. The slightest gap can cause stress."

● **Move your mirror.** Don't tell the managers of those tacky hotels in Vegas, but a mirror should never reflect a bed—from the ceiling or otherwise. The Chinese believe that a reflection of a bed represents the danger of infidelity. Claire*, a 30-year-old artist, swears by this. "My boyfriend and I were fighting because his ex-girlfriend was always calling him," she says. "I was jealous and kept thinking he was going to go back to her. Then I read a feng shui book and moved the mirror away from my bed. She stopped calling at that same exact time—I swear!—and things between us got better."

● **Unplug it.** Electrical equipment brings down the energy of a room. "The electromagnetic waves found in clocks, lamps and televisions can be harmful to sound sleep," claims Madeleine Glick, owner of MJG Designs, a New York City-based feng shui consulting company. If you can't move your electronics out of the room, shove them far from the bed—an equally effective way to force yourself to haul your butt out of bed instead of playing snooze-button batting.

● STEP NO. 2

Go Southwest, Young Woman

Just as the drive-in movie is the perfect place for making out, the southwest corner of your bedroom or living room is the official love spot, according to the *I Ching*, a 3,000-year-old Chinese text. Punch up the area you spend the most time in with these simple suggestions:

● **Put your heart on a string.** Admit it: The minire you see Valentine's Day displays popping up in Hallmark store windows, your romance radar shifts into overdrive. Do this at home by placing "love symbols" in the southwest corner of a room to keep those intimate thoughts bubbling in your subconscious. Try long-stem roses, red candles or heart-shaped picture frames.

● **See red.** If you want to attract strong male energy, paint the southwest wall of your bedroom or living room a bright or dark red, which symbolizes passion and heat. A softer shade, like mauve or pink, is more tame, representing harmony and romance.

● **Get peachy keen.** The color peach denotes flirty, frivolous fun. "But," Too warns, "too much of any one color can cause an overdose of energy." Like in the case of Rachel, a 30-year-old singer: Two years ago, when she was getting nowhere in the dating scene, she applied feng shui to her bedroom by painting it peach. "Overnight, I met tons of guys. But after eight months of fun," confesses Rachel, "no one interested me for the long term." So she hired Glick, who instructed her to add reds and pinks to her love corner. "I wouldn't say it was magic, but now I'm dating someone I really care about."

How to Make It a Great Night

Here's how to sit tight and eat right to make the best of your time out together.

● **The restaurant:** Forget that trendy, dimly lit basement bar where you practically need a secret password to find the bathroom door. The optimal place for a date is somewhere bright and near plants. "Nature represents growth, which is what you want from a relationship," feng shui expert Madeleine Glick says. Request a table in the outdoor garden or by a window.

● **The table:** Water represents energy flow, so stake out seats by an indoor waterfall or fish tank.

● **The seat:** If you let the maitre d' choose your chair, you may also be putting the fate of your love life in his hands. "The 'connecting' seat at a table is the one facing the door," explains author Louise Elderling. "It invites conversation and keeps you open to a relationship. Sitting with your back to the door cuts off the flow of energy."

● **The menu:** All foods have *chi*. They also have a type of *chi*—either yin (female) or yang (male). Yin foods are gentle: Think shellfish and white rice. Yang foods are red, spicy, salty and heavy: Think rich tomato sauces and caramel-dipped plums for dessert. Although the ideal meal balances both yin and yang, you'll up your chance for romance by focusing on the former. Beware: Ingesting more yang than yin can leave you too lethargic (besides adding a paunch above your Frankie B. jeans) to follow through on your fantasies. Eating more yin, like a plateful of those fabled preserve-your-energy oysters, will put you more in the mood for sex than for snoozing.

● **The meal:** Sharing food will do more than just cut costs—it's also a feng shui method of initiating and extending romance. "Sharing is a very sexy

process—in fact, much like sex itself," declares Simon Brown, coauthor of *Feng Shui Food* (Lyons Press). "You're merging both your energies into what you're sharing." Order tapas at a Spanish restaurant, cheese fondue at a Swiss eatery or the ultimate: *shabu-shabu*, a Japanese dish that consists of a hot pot of broth in which you and your date dip and cook your own veggies, fish or meat.

● **The drinks:** Skip that Carrie Bradshaw cosmopolitan—cold drinks are the feng shui equivalent of an icy good-night handshake. "Cold drinks physically cool you down and make you icy inside," explains Brown. "They have such a strong energy that they set your system off balance." He suggests ordering red wine with dinner and a hot herbal tea for dessert. The stimulating energy of these warm drinks should last you to the nightcap.



Feng shui the night away.

explains Glick. So display a piece of pink rose quartz, or buy a lamp that has a shade with crystals hanging from it and place it on a corner table to keep *chi* from getting trapped there.

● STEP NO. 3

Feng Shui Fashion

Here's how to make a closet case for love:
 ● **Colors.** Wear pink—an auspicious color for love and romance. “The man doesn't even have to see it,” asserts David Daniel Kennedy, feng shui expert and author of *Feng Shui for*

Wear pink—
 it's the color for love
 and romance; whether
 it's hidden lingerie
 or a sweater, the
 energy will be there.

Dummies (IDG Books Worldwide). “Pink lingerie has the same power as a pink sweater. The energy will be with you as long as it's somewhere on your body.” Think pink silk scarf, pink socks, a pair of rose quartz earrings or a lacy little pink thong. *Mrrrow!*

● **Coordination.** “People connect to a person if they repeat their eye color in their garment,” says Louise Elerding, a personal-appearance coach and coauthor of *Formulas for Dressing the Whole Person* (Mansion Publishing). “Or repeat your skin color. A person with peachy skin could wear peach.”

Someone with darker skin could wear olive or brown.

● **Scents.** Which one scent can drag a man away from the final minutes of an NBA playoff game? Buffalo wings. But since it's not practical to put a little hot sauce behind your ears, purchase some aromatherapeutic oils (available at any health food store) and dab some on your wrists to nudge his nose into noticing you. Try rose, which stimulates love and romance, or patchouli, which is said to trigger animal passion. “The first time my boyfriend told me he loved me was when I wafted the scent of rose oil through my apartment,” recalls Carrie, a 29-year-old jewelry designer. “I put some oil on a handkerchief and put it in front of a fan to spread it around. I don't know if it was the scent or me, but who cares?”

● **Designs.** Wearing the Chinese character for double happiness on a T-shirt or necklace is a shortcut to doubling your pleasure. “This character symbolizes that true happiness comes from the development of family and loving relationships,” explains Too. In other words, sporting the emblem sends him the subliminal message that he'd be happier if you were in his life. ©

- **Find a place for a vase.** That vintage fifties glass vase you saw at the flea market? Buy it. “The vase is a symbol of harmony,” explains Too, “and filling it with flowers will invite growthful romance.” But if you add roses, Too suggests that you remove the thorns first: “Thorns kill relationships.” Not to mention your fingers.
- **Light up your love life.** Too recommends placing a lamp with a red shade in your southwest corner, or replacing that everyday white lightbulb with a red or pink one. “When my daughter was 18, she wanted to know what love was, so I activated her corner by putting a bright red light in it,” recalls Too. “We'd leave it on for a few hours every night. Suddenly, her boyfriend wanted to marry her. My daughter came to me and said, ‘Mom, I'm not ready for marriage!’ So I told her to deactivate it. As soon as she stopped turning on that red light, they broke up.”
- **Rock on.** Pull that peculiar crystal dinner bell you got from your grandmother out of your junk drawer and proudly display it—crystal attracts and encourages the flow of good *chi*. “Clear, round, faceted crystals let in light and energy and reflect them throughout the room,”

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