

The Juliette Interviews: Feng Shui Practitioner Anita Rosenberg

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A few months ago, Anita Rosenberg worked with me to balance the energy in my home in Venice. She mentioned it has great Qi life-force energy. Sometimes, all you need to do is tune-up the good vibes to attract more of what you want into your life like abundance, success, loving relationships and vibrant good health, and thanks to Anita – I have been experiencing much more of that.

I also had the pleasure of interviewing her for my continuing series The Juliette Interviews and here's what she had to say:

JH: Why should we consider Feng Shui? What are some of the benefits?

AR: Feng Shui is an environmental science that has been around for thousands of years. In ancient times, good Feng Shui created emperors and kings and built empires. In the modern world and especially through Asia in Hong Kong, Singapore and Kuala Lumpur, business moguls and developers rely on their Feng Shui and BaZi Chinese Astrology experts for advice on all areas of their lives, not just the homes and offices.

JH: What sparked your interest in the art Feng Shui?

AR: In the late 1980s, I was one of the few female directors in Hollywood having made cult classic chick-flicks Assault of the Killer Bimbos and Modern Girls. After 14 years in a male-dominated business, I decided to start my own hand-painted furniture and décor business and grew a million-dollar company in 5 years out of my garage in the Hollywood Hills.

My Feng Shui journey began in Hong Kong on a business trip to oversee production of my collection. As the tour bus climbed Victoria Peak for a dramatic view of the city and harbor below, the guide chatted away in her microphone about Feng Shui this and Yin/Yang. It was then I began to understand that Asian life was firmly rooted in the ancient Chinese Art of Feng Shui and I had to know more.

JH: What are your main tips for someone just getting started with this practice?

AR: First of all, there is no perfect Feng Shui. There are different schools of Feng Shui and although all roads lead to nirvana, most of the techniques counter each other. I practice Classical Chinese Feng Shui which requires compass directions using a Luo Pan. I wrote a DIY Feng Shui guide called Feng Shui Luck where I address myths and truths, how to set up bedrooms, why the entry or Ming tang is important and so much more. For those selling property, I have an Advanced Degree in Feng Shui for Real Estate and wrote Real Estate Luck – sell faster, to help you see through “Feng Shui eyes” when listing property.

JH: What are a few of the main reasons your clients hire you?

AR: I have been an expert in Chinese Metaphysics and spirituality for over 17 years, and my specialty is working with creative entrepreneurs. Having been in the world of art and film, I understand what it takes to be at the top of your game and climb even higher. I work with a person's physical space through Feng Shui, to boost the Qi energy and attract more of what they desire. I am also one of the few experts in the West who does BaZi Chinese Astrology, which is based on a person's birth date and time. Everything in your life is in your chart and by analyzing the four pillars of destiny we can gain clarity on your true purpose and potential. I call it “Cosmic Coaching” because successful people have coaches, but spiritual people have Cosmic Coaches.

People hire me to gain focus and clarity on their life, clear away stuck energy and reboot, and help them manifest their personal and professional goals.

JH: We hear a lot about how Feng Shui will bring more abundance into our lives, can you elaborate on this?

AR: No Feng Shui expert can bring you more money or attract the love of your life. If we could sprinkle fairy dust to make all your dreams come true, we would.

What Feng Shui can do is shift your physical and personal energy to attract more of what you desire. Once we have made our recommendations and left a consultation, it's up to you to roll up your sleeves and get to work. The changes you make are totally up to you. The awareness you have is in your control. When a client has a major break-through or they receive a magical phone call right away about a job or a sale, I am thrilled. My goal is always to see positive changes.

JH: What is your favorite thing about teaching your clients about Feng Shui?

AR: I am a practitioner, not a teacher but a few times per year I hold workshops where everyone gets to learn about their Guardians of Destiny aka “Super Powers” and we practice Sage Mode meditation and how to empower your inner guides to manifest your reality. My Chinese New Year events are my most popular because everyone wants to set up their year correctly. I hold these in the fall every year because the Chinese New Year energy kicks in officially on February 4, so we want to get the all-important Feng Shui “water activations” for wealth set up in advance. If you miss those dates, well – you miss them and I can say that they work!

JH: Is there anything unique about your technique in comparison to other practitioners?

AR: Qi Men Dun Jia is the hot new practice that until recently only old Chinese men in caves knew about, and certainly not women. But now, this mystical practice is being taught by my teacher Joey Yap and I find it to be one of the most powerful and fascinating tools in my repertoire. We use Qi Men for forecasting the future, analyzing the best areas of a house, winning at negotiating and meetings, being empowered when speaking to an audience, choosing best dates for important activities like signing contracts, ground-breaking, and even marriage, and that's just some of the miraculous ways to work with Qi Men. For those on a higher consciousness path, wanting to dig deeper into taking charge of their own destiny this is the metaphysical tool for you.

JH: What is one simple thing everyone can do right now to be in harmony with the space they are in?

AR: Tips for romancing the bedroom:

- Bedrooms have 2 purposes only; recharge your battery through sleep and rejuvenate your spirit through romance
- The room is all about the bed
- Headboards up against a solid interior wall are best
- Two bedside tables and two bedside lamps for balance (they don't have to match)
- Add romantic art – what says romance to you?
- Only photos of you and your lover, if you are single no photos
- No ceiling fans – these are chopping blades above your head
- Overhead beams will give you a headache
- No plants – they use up your oxygen and release carbon dioxide
- No mirrors – they stir up too much energy
- No books – you will be sleeping with every character in every story and this is too active for a bedroom
- No multi-tasking; no computer, no TV, no dirty laundry, no children's playrooms, no exercise equipment
- Add rose quartz crystals to open your heart chakra and attract love on all levels

JH: Can you point us to any additional resources if someone wanted to learn more?

AR: My teacher, Joey Yap is also an amazing resource at www.masteracademy.com.

JH: And where can we reach you?

AR: I invite you to join my community on my newsletter at www.anitarosenberg.com or stay posted on social media: FB and Instagram are both Anita Rosenberg Studio.

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Juliette Hohnen
DRE Lic# 01772623

323 422 7147

Juliette.Hohnen@elliman.com



150 S El Camino Drive
Beverly Hills, CA 90212