

The Mystical Pizza

Use the Super-Knowledge of Feng Shui
to Make Your College Space Work for You



By Mary Roberts

E-Kit Supplement

The Mystical Pizza Packing List

Colleges, retail stores, and books all provide information about what new students should bring to college. *The Mystical Pizza* College Packing List includes items you won't find on most other lists. Influenced by the art of feng shui, these items place your comfort and safety first, and meet the challenges of small and shared spaces.

Throughout this list, you'll find references to *The Mystical Pizza* e-Kit. If you would like more in-depth information about feng shui for college spaces, you can purchase one or more e-Kit parts on the Products Page at www.fengshuioptions.com.

The Mystical Pizza Packing List

Here is Mary Roberts' list of items which can help you make your new college home a comfortable, supportive, and functional place to live and work.

Clothing you will wear often, and which will fit in your dorm room's storage space.

Pack only the clothing, shoes, and accessories you will actually wear. If you will not wear it, leave it home. If it will not fit in your storage space, leave it home. Feng shui teaches us that over-stuffed bureaus, closets can jam your personal energy, and impede your ability to think clearly. E-Kit Parts 3 and 6 provide helpful tips on how to organize your clothing in a small space.

Battery-operated alarm clocks.

Bring two clocks so that you have one for backup. Why battery-powered? Electric alarm clocks are constantly drawing power through their cords, creating "electrosmog" which can make you feel wired and jittery. You can even go Green by using rechargeable batteries in your clocks. See e-Kit Part 10 for more information on electrosmog.

"I have three battery-operated alarm clocks. I set them to ring at five-minute intervals to be sure I wake up!" —MIT junior

Full-spectrum desk light.

A full-spectrum light helps you see more clearly, and will not tire your eyes like other types of lighting can. This makes it easier and healthier for you to study for long periods of time. E-Kit Part 9 provides information on full spectrum lighting.

Eye pillow or eye cover.

Eye pillows are soft, tiny rectangular pillows filled with flax seed or lavender. They soothe the eye area and block light, so you can sleep even while your roommate studies or watches television.

Ear plugs

Dorms can be noisy places. Ear plugs can help you get to sleep and stay asleep, even when others are up and about.

MAC-B carbon HEPA (high-efficiency particulate air) filter.

This air purifier removes airborne pollutants and chemical contaminants from your rooms' air. This can be especially important if your windows do not open. While an expensive item, this filter can make a huge difference for students with allergies or chronic upper respiratory infections.

"My friends call my air purifier 'R2 D2.' The first time I changed the filter, it looked disgusting. I was amazed at what the purifier pulled out of air I thought was clean!"

—Rollins College freshman

A trash can with a lid.

Your room will look and smell better when trash is covered.

Collapsible furniture.

Chairs and tables that fold flat can be stored in a corner or behind larger furniture, and are useful in small spaces. E-Kit Part 3 illustrates college students' use of collapsible furniture.

A torchiere.

Placed in a corner, a floor lamp which directs light upward will make your space feel more expansive. E-Kit Part 9 presents photos and information about lighting for your college room.

Storage containers made from natural or recycled materials.

Materials such as cardboard, rubber or bamboo are the best choices for storage in your college room. Small items which you would normally place on a table or bureau can clutter a small room, and stagnate your personal energy. Placing these items neatly in storage containers can make it easier for you to relax and focus in your room. Containers can also be an attractive part of your design scheme. E-Kit Part 6 presents a four-step process to conquer clutter in your college space.

Natural bedding.

While you sleep, your body regenerates. Sheets and blankets made from natural fibers such as 100% cotton or wool breathe better, and allow air to circulate over your skin while you sleep. Buying certified organic cotton or bamboo bedding can help to reduce your exposure to toxic chemicals—like formaldehyde, which is often used in fabric treatments. E-Kit Part 10 discusses other ways to create a healthy room environment.

Organic cotton dust mite pillow and mattress cover.

Dust mites dwell in your bedding. A 100% cotton cover creates a barrier between you and dust mites, and may reduce symptoms of upper respiratory allergies.

Glass cookware and dishes.

Food warmed in oven-safe glass dishes (like CorningWare) is healthier than food warmed in plastic, which, when heated, releases harmful chemicals into the food.

Round, free standing cosmetic mirror.

Place this mirror on a desk that faces the wall to provide a view of the door. Feng shui teaches us that people feel more at ease when they have a view of the door. E-Kit Part 4 discusses optimal desk and bed placement. E-Kit Part 9 present ways that mirrors can improve your experience of your room.

Decorative fabric.

Computer monitors and TV screens, even when turned off, can produce static electricity, and contribute to a "frazzled" feeling in your room. To reduce static electricity, cover unplugged computer monitors and TV screens with fabric. E-Kit part 10 presents ways to reduce electrosmog in your living area.

Power strip.

Plug all your electronics into a single power strip. With one flip of a switch, you can turn them off when you're not using them, and reduce electrosmog in your room.

Shoe rack or shelf.

To keep your carpet, floor and air clean, remove your shoes when you enter your room. Storing shoes neatly on a rack or shelf near your door reduces clutter and, according to feng shui teachings, may improve roommate relations.

Corner cushions.

In small rooms where furniture occupies most of the floor space, people often bump into the sharp edges. Corner cushions can help prevent injury. Look for them at the hardware store. For more tips on living comfortably in small spaces, see e-Kit Part 3.

Valuables.

If you'll be living in a single, you might feel comfortable just locking your room—but if you have roommates, it can be hard to keep track of who's in and out of your space. Leave your prized possessions home until you're sure you can keep them safe. Some students bring a small lockable trunk for valuables and store it under their bed or in their wardrobe. Also, some colleges rent small safes or lockboxes.

"When packing for college, my criteria for what to bring is, 'If it gets stolen, do I care?'"

—Johnson and Wales senior

Let's Get Packing!

It's not always advisable to buy every item for your room before you move in. Often, you won't know exactly what you need until all your possessions are in the room. If you're not sure what types of lighting, collapsible furniture, or storage containers you'll need, make a "shopping list" and wait to purchase the items until after you move in.

The Mystical Pizza College Packing List provides some key ingredients to help you make your room as comfortable and supportive as it can be. If you want to learn more about how feng shui improvements can support your needs, tastes, and goals in your college space, check out *The Mystical Pizza* e-Kit at www.fengshuioptions.com—just click on the Products link! Buon appetito!