

Relationships

Prosperity

Fame

FENG SHUI

How to create harmony and balance in your living and working environment

Family

Health

Creative Energy

Travel

Knowledge

Helpful People

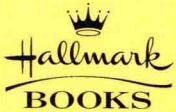
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FENG SHUI

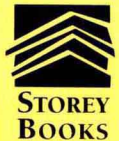
*How to create harmony and balance
in your living and working environment*

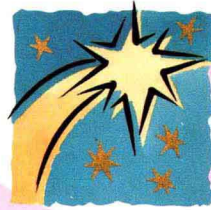
風水

*Text: Belinda Henwood
Consultant: Howard Choy*


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Fame



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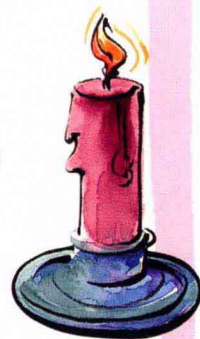
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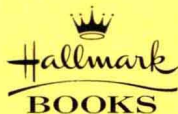


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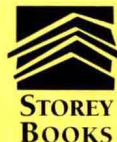
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The Basis of Feng Shui

What is Feng Shui?

FENG SHUI (PRONOUNCED “FOONG SWEE” IN CANTONESE AND “FONG SHWEE” IN MANDARIN) IS A WAY OF CREATING HARMONY BETWEEN HUMANS AND OUR ENVIRONMENT TO ENHANCE OUR WELL-BEING. AN ANCIENT CHINESE THEORY OF DESIGN AND PLACEMENT, FENG SHUI GREW FROM OBSERVATIONS THAT PEOPLE ARE AFFECTED – EITHER POSITIVELY OR NEGATIVELY – BY THEIR SURROUNDINGS, WITH SOME PLACES BEING NOTICEABLY LUCKIER, HAPPIER, HEALTHIER OR MORE PEACEFUL THAN OTHERS.

In your home, good feng shui helps create harmonious family relationships, fosters good health, revives energy and enthusiasm and even encourages fertility. In business it attracts prosperity and success. By changing your surroundings feng shui allows you to change your life for the better.

Because there are many elements contributing to your environment, applying feng shui may seem like a complicated business, but there are some basic, time-honored remedies which won't involve you in any great expense or effort. In some cases, feng shui can be as simple

as moving furniture around, changing the colors of your decor, hanging wind chimes and mirrors, or placing leafy green plants at your home's entrance.

As you start to adopt the principles of feng shui you will begin to feel the difference. Described as the art of placement, feng shui is largely common sense and good design. It is important you take the time to listen to your intuition about what feels right and wrong rather than what you think is right because each situation is different and there is no strict, foolproof formula for you to apply.

How it Works

A feng shui expert would take into consideration the many different elements affecting your environment. For example, they would look at how the energy or qi (chi) moves around your home; the position of your house; its surroundings; the shape of the land; the shape of your house; the directions your rooms face – north, south, east or west; the location of each room – whether they are at the front, back or center; the shapes of your furniture and its placement; the decor of your home as well as the landscaping in your garden. They would also look at each of these in terms of the balance of yin or yang and whether they are associated with the element of earth, fire, metal, water or wood.

All this may sound overwhelming but you don't have to become a feng shui expert overnight. You can take small steps. This book introduces you to the basic concepts behind feng shui and gives you some general "cures". There are also two simple formulas to choose from – the bagua (pages 62–63) or mingua (pages 64–66) – which you can apply to your own home to balance your particular problem areas. Sometimes major changes are suggested but there are also less dramatic alternatives to pursue.

Remember, the remedies you use are likely to have different effects – some will have more impact than others. Installing a window or skylight, for example, in a windowless room will have more effect than placing a mirror there. The window is a physical solution while the mirror is considered a "psychological" cure because it affects your perceptions and therefore your feelings about the place.



Qi or Life Force

Many cultures believe that a universal energy – sometimes called qi (chi) in China, prana (prahna) in India or ki (ki) in Japan – flows constantly through all life forms. This energy or qi flows through the universe and the earth in the same way that it flows through the human body, and changes made by nature or humankind will vary its course. Just as acupuncture, chakra balancing or shiatsu massage can adjust the flow of energy in the body, so can feng shui adjust the flow of energy around us.

Feng shui literally means (the flow of) “wind” and “water”. The wind disperses the invisible life energy and the water contains it. When you practice feng shui you attract and cultivate positive energy or sheng qi (shung chi) and dispel or eliminate negative energy or sha qi (shar chi).

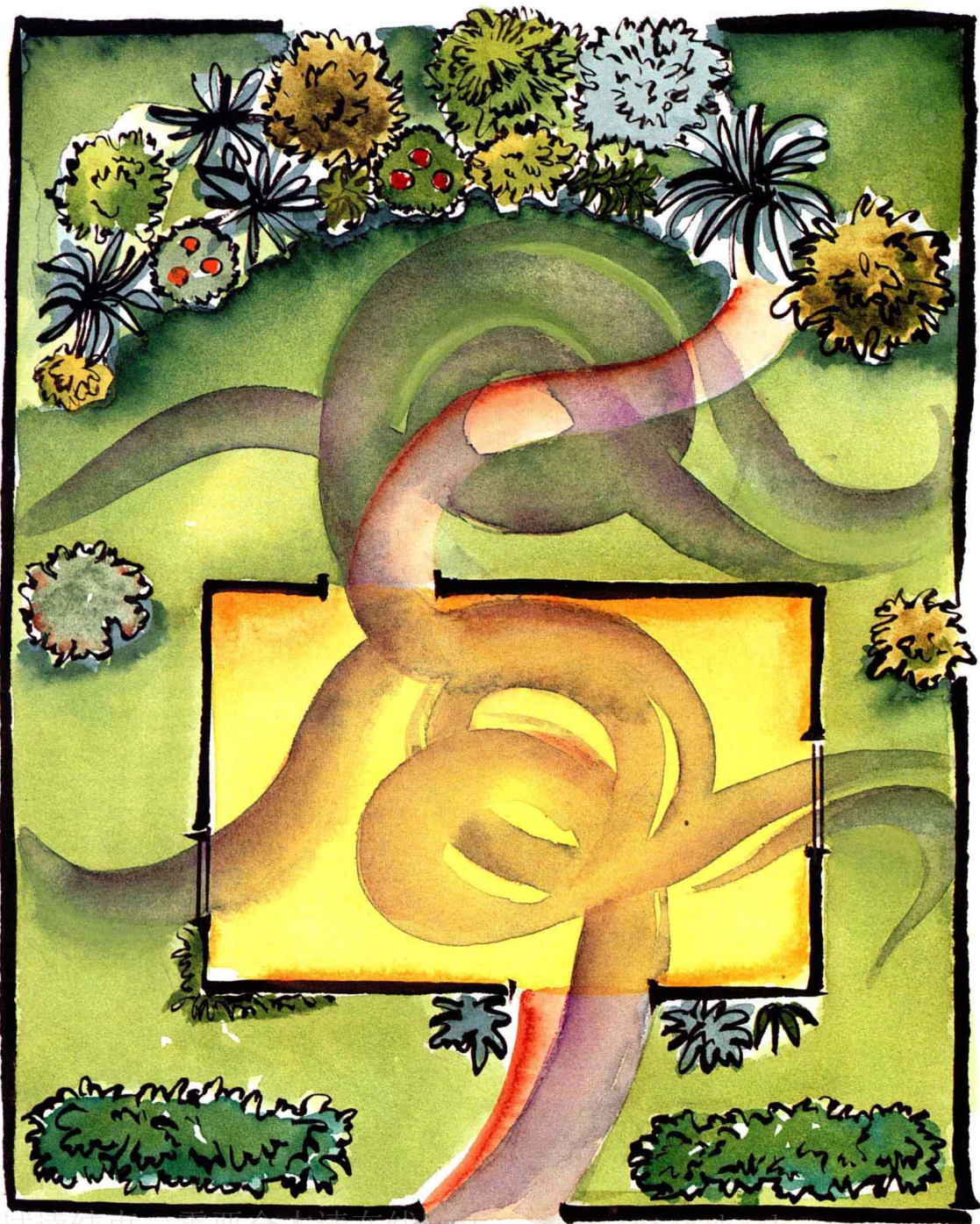
The Flow of Qi

Positive sheng qi meanders gently along curved lines while negative sha qi strikes quickly in straight lines. For the qi to be beneficial and nourishing, you need to make sure it keeps flowing – not too quickly and not too slowly. Sheng qi comes from nature while corners, known as “secret arrows”, generate sha qi.

Qi should be encouraged to enter a dwelling and its garden and to flow freely and slowly throughout the space. If it is blocked, it will become stagnant and destructive.

As a simple exercise, walk from the front gate, through your home and garden to the back fence and try to imagine how the qi flows.

Qi should flow smoothly and easily through your garden and house.



HEAVEN QI

- Planetary Qi
- *universal qi*
 - *astrology*
 - *sun, moon, planets*
 - *cycles of change*
 - *spiritual guidance*
- Weather Qi
- *sunlight*
 - *clouds and rain*
 - *wind*
 - *seasons*
 - *tide*
 - *heat and cold*

EARTH QI

- Natural Qi
- *vegetation*
 - *land forms*
 - *mountains*
 - *valleys and plains*
 - *rivers and the sea*
 - *magnetic fields*
 - *earth energies*
 - *latitude & longitude*
- Human Made Qi
- *external built environment*
 - *internal environment*
 - *interior design, layout and proportions*
 - *color, light and sound*

HUMAN QI

- Social Qi
- *political and cultural*
 - *social contacts*
 - *neighbors*
 - *partner, family or relatives*
 - *local events*
- Personal Qi
- *memories and visions*
 - *ideals and beliefs*
 - *personality and integrity*
 - *sensitivity*
 - *health and life force*

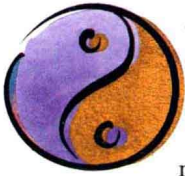
Heaven, Earth and Human Qi

In heaven there is tien qi (tian chi) or heaven qi, on earth there is di qi (te chi) or earth qi, and in us there is ren qi (ren chi) or human qi. Heaven qi is made up of the forces that heavenly bodies exert on earth such as sun and rain. Earth qi is affected by heaven qi – too much rain will cause flooding, too little will cause plants to die – and then, within the earth qi, each person has his or her own individual qi. The aim of feng shui is to keep harmony and balance between heaven, earth and human qi.

The Three Gifts

Feng shui is also referred to as the study of the way of heaven and earth in relation to humans. It can help us choose a way of life and a place to live that is in harmony with our ren tao (ren dao) or the way of being human. The Chinese call this relationship san cai (san chie) or the three gifts.

Yin and Yang



The Chinese believe everything that exists has qi and, in turn, everything that has qi has yin (passive, feminine) qualities and yang (active, masculine) qualities. Yin and yang are opposites and complementary – one cannot exist without the other. Night does not exist without day, winter without summer, nor shadow without the sun. Similarly, each quality contains some of its opposite. When we feel good about a place the Chinese would say it has good feng shui because the yin and the yang are balanced.

The Tao

The ancient Chinese focused their interest on the relationship between things and their apparent qualities. The theories of yin and yang, the five elements and the eight trigrams formed the basic models to define the relationship of the parts within the whole – the Tao (dao) or the “way”.

	YIN	YANG
IDEAS OF	<i>cold</i> <i>dark</i> <i>soft</i> <i>heavy</i> <i>wet</i>	<i>hot</i> <i>bright</i> <i>hard</i> <i>light</i> <i>dry</i>
ASPECTS OF	<i>femaleness</i> <i>youth</i> <i>negative</i> <i>passive</i>	<i>maleness</i> <i>age</i> <i>positive</i> <i>active</i>
REPRESENTED BY	<i>earth</i> <i>broken line</i> <i>tiger</i> <i>valley</i>	<i>heaven</i> <i>unbroken line</i> <i>dragon</i> <i>mountain</i>
ESSENCE	<i>body</i>	<i>soul</i>
DIRECTIONS	<i>below</i> <i>down</i> <i>right</i> <i>back</i> <i>in</i>	<i>above</i> <i>up</i> <i>left</i> <i>front</i> <i>out</i>
NUMBERS	<i>even</i>	<i>odd</i>
COLORS	<i>cool blues/greens</i>	<i>warm red tones</i>
ARCHITECTURE	<i>empty space</i> <i>curved</i>	<i>solid structure</i> <i>geometric</i>

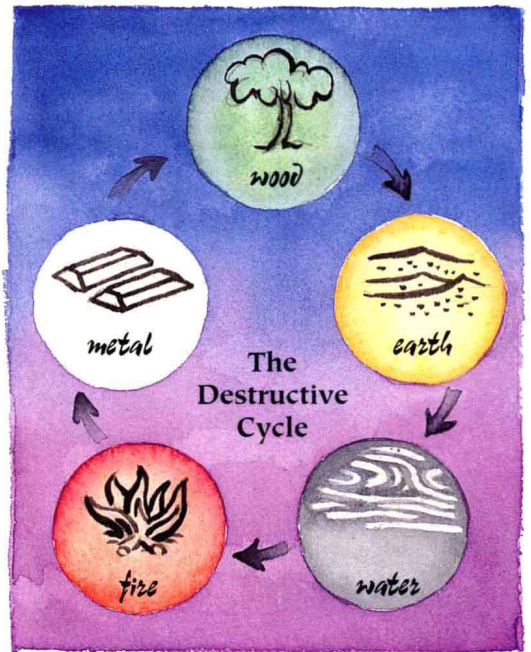
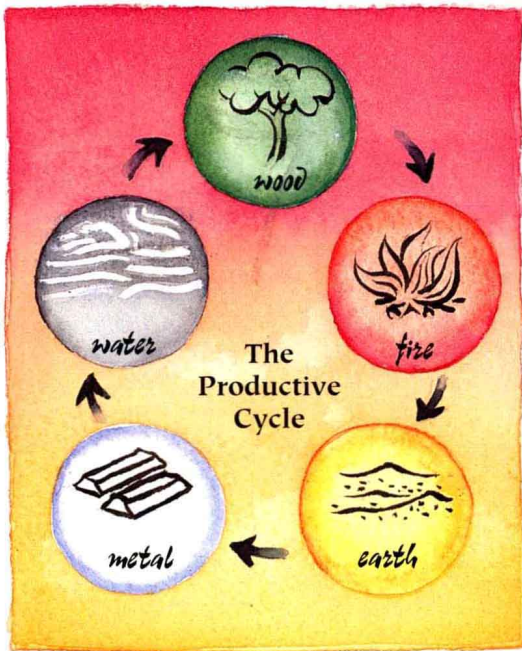
The Five Elements

The Chinese believe everything is in a constant state of change between the five elements or forces of nature called wu-xing (woo-shing):

- wood or mu (moo)
- fire or huo (hor)
- earth or t'u (too)
- metal or jin (chin)
- water or shui (shwee)

These aren't literally elements but are qualities, constantly overcoming each other in a continuous cycle. It can be a **creative and productive** relationship: wood fuels fire; fire burns to ash or earth; earth gives minerals or metal; when heated, metal flows like water; and water nourishes wood.






The **destructive and negative** relationship: wood takes nutrients from the earth; earth pollutes or absorbs water; water kills fire; fire melts metal; and metal chops wood.



Elements in the Home

For harmony and good feng shui the relationship between the elements needs to be productive. For instance, a child's nursery is associated with the element wood which symbolizes life, growth, creativity and organic material. It is productively linked to fire which is stimulating and will encourage growth. An example of a destructive relationship or bad feng shui is to have the bathroom, associated with the element water, in the center of your home which is associated with earth because earth absorbs water.

Each of the elements is associated with a direction, and the fifth, earth, is associated with the center. Each also has corresponding shapes and colors.

Element	Direction	Shape	Color
WATER	<i>North</i>	 <i>wavy</i>	<i>black</i>
FIRE	<i>South</i>	 <i>pointed</i>	<i>red</i>
WOOD	<i>East</i>	 <i>tall and slender</i>	<i>blue/green</i>
METAL	<i>West</i>	 <i>rounded</i>	<i>white</i>
EARTH	<i>Center</i>	 <i>square and boxed</i>	<i>yellow</i>

The five elements and their associated directions, shapes and colours.

Applying Feng Shui

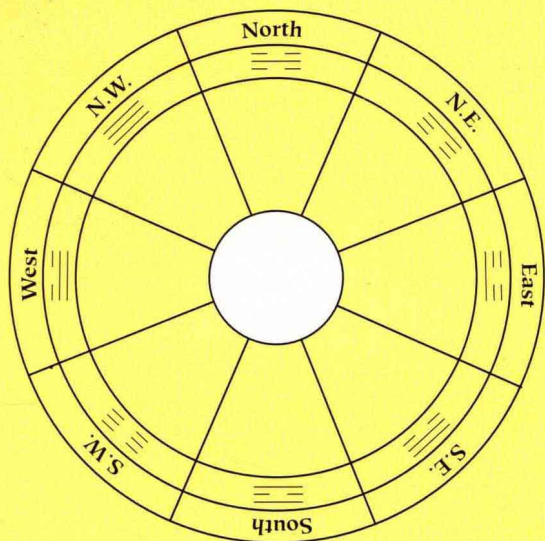
Feng Shui Tools

YOU WILL FIND AS YOU MOVE INTO THE WORLD OF FENG SHUI THAT THERE ISN'T ONE SIMPLE SYSTEM TO APPLY. OVER THE CENTURIES DIFFERENT SCHOOLS HAVE DEVELOPED. THE FORM SCHOOL, FOR INSTANCE, RELIES ON A GREAT DEAL OF INTUITIVE INSIGHT, AND PLACES EMPHASIS ON THE SHAPE AND CONTOURS OF THE LANDSCAPE. THE COMPASS SCHOOL IS MORE CONCERNED WITH THE MAGNETIC EFFECT OF THE EARTH'S GRAVITATIONAL FIELDS – THE MOVEMENT OF *QI* – AND UTILIZES THE EIGHT TRIGRAMS OF THE *I CHING* OR *BOOK OF CHANGES*.

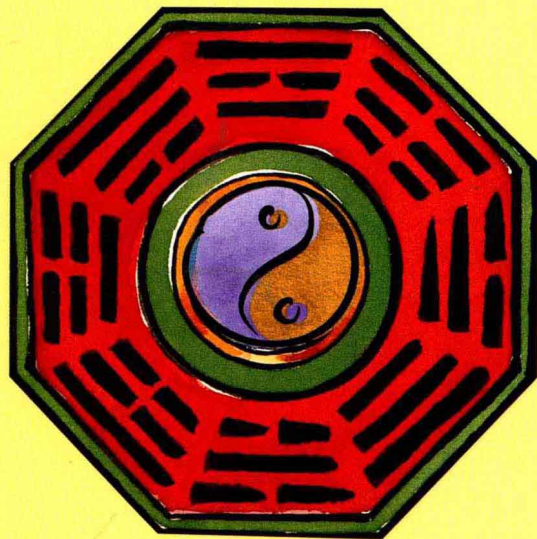
Solutions within these schools vary too. Within the Compass School, some people use a compass to find their ideal orientations; some use a bagua to determine the health, relationships or career corners of their homes; while others calculate their personal lucky and unlucky areas according to their birth dates. Each of these systems helps you work out which parts of your home need to be balanced. Later in this book we show you how to use the bagua as well as how to find your own lucky and unlucky

directions so you can balance your own home.

You will find, too, when you look at different approaches that the compass, bagua and *luo-shu* are interchangeable in terms of their shapes – they are merely different ways of depicting the eight compass directions of north, northeast, east, southeast, south, southwest, west, northwest and the areas of life these directions govern.



The compass.



The eight trigram bagua.

NW	N	NE
6	1	8
W	5	E
7	3	4
2	9	
SW	S	SE

The Luo-shu or 'magic square'.