

Feng Shui



Feng Shui literally means "wind and water." Pronounced "fung shway" or "fung shoi", Feng Shui is the ancient Chinese practice of placement and arrangement of space to achieve harmony with the environment. The practice is estimated to be more than three thousand years old.

Traditional or classical Feng Shui is an ancient Chinese belief system that addresses the layout of cities, villages, dwellings, and buildings. It is erroneously identified as geomancy, an unfortunate misnomer courtesy of 19th-century Christian missionaries. Traditional or classical Feng Shui always involves the use of a Luopan compass and a systematic method involving iterated steps. The New Age versions Black Sect, Pyramid, Fusion, Intuitive, etc. typically do not. The Black Hat Sect school of Feng Shui, which began in the 1960s, heavily flavored by the New Age movement, explains Feng Shui as the arrangement of objects within a home to obtain an optimum flow of qi; however this qi has never been observed and many believe that certain, corrupt interior designers have abused this concept to profit from naïve consumers. During the same time, Pyramid Feng Shui began a western adaptation of classical Feng Shui to assess how an individual experiences his environment.

In its original expression:

- Wind that which cannot be seen - invisible.
- Water that which cannot be grasped - elusive.

Feng Shui has its roots in the Chinese reverence for nature and belief in the oneness of all things. The assumption is that the key to living a harmonious life is to reflect the balance of nature in their daily lives. This is most easily understood by the following concepts: Yin and Yang, qi, and the Five Elements - Wood, Fire, Earth, Metal and Water. In rural China, however, according to recent fieldwork by Ole Bruun, qi flow is rarely mentioned. Nevertheless, Feng Shui is used to increase wealth, health, and harmonious relationships.

Classical Feng Shui began as an interplay of construction and astronomy. Early Yangshao houses at Banpo were oriented to catch the mid-afternoon winter sun at its warmest, just after the solstice. (Some tribes in southern China still refer to this month as "House-building Month.") Professor David Pankenier and his associates performed retrospective computation on the Chinese sky at the time of the Banpo dwellings (4000 BCE) to show that the asterism Yingshi (Lay out the Hall, in the Warring States period and early Han era) corresponded to the sun's location at this time. Several hundred years earlier the asterism Yingshi was known as Ding. It was used to indicate the appropriate time to build a capital city, according to the Shijing.

The grave at Puyang (4,000 BCE) that contains mosaics of the Dragon and Tiger constellations and Beidou (Big Dipper) is similarly oriented with cosmological accuracy along a north-south axis.

The tombs of Shang kings and their consorts at Xiaotun lie on a north-south axis, ten degrees east of due north. The Shang palaces at Erlitou are also on a north-south axis, slightly west of true north. These orientations were obtained by astronomy, not by magnetic compass.

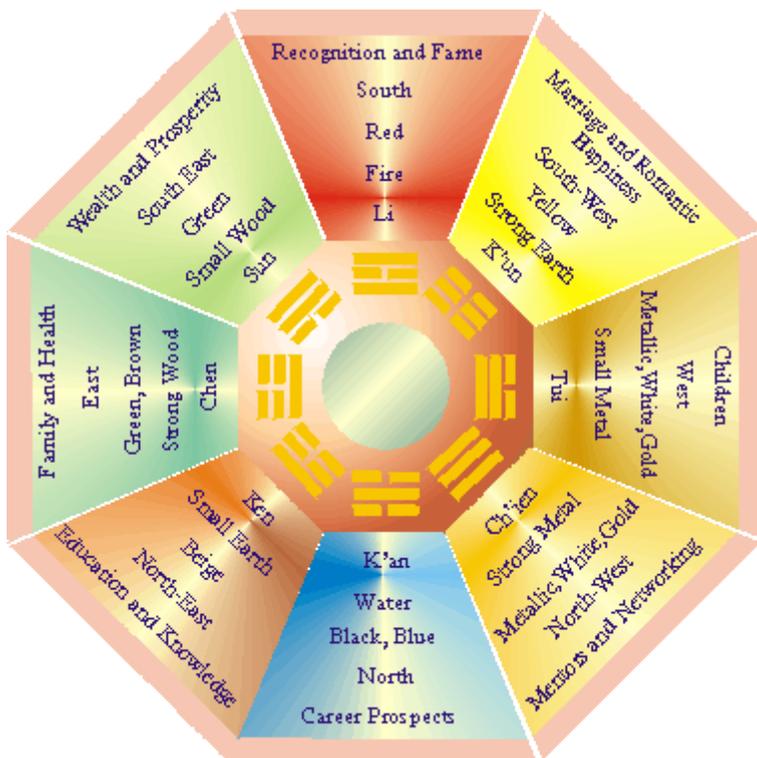
All capital cities of China followed rules of Feng Shui for their design and layout. These rules were codified during the Zhou era in the Kaogong ji (Manual of Crafts). Rules for builders were codified in the Lu ban jing (Carpenter's Manual). Graves and tombs also followed rules of Feng Shui. From the earliest records, it seems that the rules for these structures were developed from rules for dwellings.

The oldest known Feng Shui device consists of a two-sided board with astronomical sightlines. Liuren astrolabes have been unearthed from Qin-era tombs at Wangjiatai and Zhoujiatai. These devices date between 278 BCE and 209 BCE. Today Feng Shui practitioners can select from three types of Luopan or Feng Shui compasses: San He (the so-called "form school," although the compass name means "Triple Combination"), San Yuan (the so-called "compass school," although the compass name actually refers to time), and the Zong He that combines the other two.

Classical Feng Shui

Classical Feng Shui is still considered important in some segments of modern Chinese culture, especially Malaysia, Hong Kong and Taiwan. It is less common among educated Chinese in the People's Republic of China as it is often thought of as peasant superstition. Since the mid-20th century, it has been illegal in the PRC because of the propensity for fraud. This all came about because of the Cultural Revolution that set about destroying most of the old culture of China. It has been kept alive in books and practitioners in Taiwan and Hong Kong. In the 1960s, Feng Shui was introduced in the West. Regardless of the country of practice, East or West, businesses typically use Feng Shui to increase sales and boost morale. Homeowners have come to use Feng Shui in an attempt to bring peace and harmony to their surroundings.

Feng Shui promotes the searching for places where Chi forms or accumulates as these places are perfect to live happy, prosperous, successful lives. In Feng Shui winds are noted as being bad as they scatter Chi rather than accumulate it, so when searching for a site bypass any that are wind swept.



The Pa Kua

One important Feng Shui formula concerns the eight main life Aspirations, corresponding to the four cardinal Directions and the four inter-cardinal Directions of the compass (Lo Pan).

Each of these Aspirations is symbolized in the octagonal shaped Pa Kua, one of the most basic Feng Shui tools, which identifies where the particular Aspirational locations lie in your home or workplace, allowing you to energize them as required. This will stimulate positive chi (life force) flow and create good Feng Shui for you.

Feng Shui Tips For Wealth

The sector that governs wealth is the southeast and the element is wood.

- 1) The most important first step to realizing the benefits of Feng Shui is to perform a Space Clearing procedure. Every environment has accumulated negative energy, or "sha chi", that needs to be eliminated. This procedure will make all other cures more effective.
- 2) The southeast corner of your home and/or office must be kept as clean and orderly as possible. The lighting should resemble natural light, not too bright or too dim.
- 3) It is advisable to keep a constant light on in this area, or at least leave it lit daily for as long as possible.
- 4) A well maintained aquarium is excellent in this area, since water enhances wood. Choose bright, energetic fish to stimulate positive 'chi'. Nine gold fish are an auspicious number. Eight gold and one black are recommended. A fountain would also add a positive water feature. Choose one or the other. Both would be too powerful.
- 5) If maintaining an aquarium is too difficult, a painting, sculpture, or hanging talisman depicting beautiful golden fish will activate the same energy..
- 6) A Dragon turtle sculpture is a powerful symbol related to long lasting prosperity and the support needed for success. Place it in the north sector to enhance the wealth/water energy.
- 7) Use faceted crystals and bamboo wind chimes to active positive chi in the wealth sector.
- 8) Frequently lighting green, brown or other earthy colored candles, or one that was especially intended to energize the element of wood in the southeast is an excellent way to energize this aspect of your life. Candles also heighten the energy and are uplifting and inspiring to the spirit as well.
- 8) Place a blue or black rug in your front entryway to symbolize a river of opportunities flowing into your home or business.
- 9) Display symbols of prosperity in this sector. Chinese coins, gold ingots, a Hotei Buddha sitting on a pile of gold coins and money frogs are all popular Feng Shui symbols for wealth.
- 10) Healthy, round leafed plants will help bring good 'chi' to the wealth sector.
- 11) A pair of male and female Foo dogs placed outside your business entrance will ward off harmful people and other negative influences that can deplete your wealth.
- 12) To increase the sales volume of your business, place a faceted crystal or crystal paperweight in the wealth sector (far right corner) of your desk. Placing the paperweight on top of your accounts receivable, contacts list, or any paperwork related to incoming funds, will cause these areas to increase. Do not place a crystal paperweight on your bill pile, as this will cause you to pay out more than you receive!!
- 13) Three coins tied with red ribbon should be placed near your phone to attract opportunities and enhance the financial outcome of phone calls. If you use a computer in your business it would be beneficial to hang three coins from your computer.
- 14) The Chinese dragon is a powerful wealth attractor. Place a sculpture or artwork depicting the dragon in the southeast. A fountain with a dragon motif or a dragon incense burner is a very powerful symbol here.
- 15) The mythical, money frog is a wealth attractor. Place one inside your office door, facing inward. This symbolizes wealth coming your way.
- 16) If you are involved in sales, place three coins tied with red ribbon inside your purse or wallet. If you do phone sales, place this group of coins near your phone. If you have a retail shop, place them near or inside your cash register.

Feng Shui Tips For Health

East is the direction to focus on when improvement in health is desired. Wood is the element.

- 1) The most important first step to realizing the benefits of Feng Shui is to perform a Space Clearing procedure. Every environment has accumulated negative energy, or "sha chi", that needs to be eliminated. This procedure will make all other cures more effective.
- 2) The most basic rule regarding health is to make sure that your home is healthy. Keeping it clean, organized and beautiful is the best way to attract positive, healthy 'chi' into your space. The energy in your home needs to be free-flowing and smooth like a river.
- 3) Keep your home/workplace in good, functioning condition. Do not allow anything to linger in a state of disrepair. Replace anything that is old, broken or faded. Repair peeling paint, cracked walls and ceilings and leaky faucets. Be sure that all windows are in good working condition.
- 4) The Wu Lu gourd is a powerful symbol of good health, longevity, and harmony in life. Placed on a bedside table or in clear view in the eastern sector of the work area, it will serve as a subconscious reminder that perfect health is your chosen condition. A brass Wu Lu makes a striking and functional paperweight.
- 5) Keeping a green or earth element candle burning in the east as often as possible is an excellent way to energize healing energy. Candles also create an atmosphere of serenity and help to sooth and calm the emotions.
- 6) Eliminate all things in your home or workplace that you no longer use. Pass things along to friends or donate them to charity.
- 7) Work towards eliminating all clutter from your life. Begin to look honestly at why you tend to accumulate so much un-needed stuff.
- 8) In the study of Feng Shui, toilets are a huge concern. Always keep toilets and bathrooms exceptionally clean. Keep the lid on the toilet closed at all times when not in use, and keep the bathroom door closed at all times.
- 9) The bedroom is an especially important room when it comes to health, since this is where we regenerate and heal during sleep. Keep the bedroom clean and uncluttered, with a simple decor. Do not bring work into the bedroom. Laptops, phones and exercise equipment are not welcome here.
- 10) Electronic devices such as TVs, clock radios, answering machines, and electric blankets emit electromagnetic fields that can harm your health. If you must keep any of these in the bedroom, be sure they are at least six feet away from your body, or twelve feet, in the case of a TV. Always cover the TV with a cloth when it is not in use, especially while you sleep.
- 11) Never place your bed on a wall that has a toilet on the other side. This is considered a health hazard in Feng Shui.
- 12) In the bedroom, avoid sleeping under sloping ceilings and bookcases or shelves. All of these are oppressive and can aggravate problems such as headaches, restlessness and insomnia. If this type of architecture is unavoidable, a windchime with a horizontal bamboo mounting can help to redirect this oppressive force.
- 13) Do not sleep directly under a beam. If this is unavoidable, hang a pair of bamboo flutes or a bamboo windchime with hollow tubes from the beam.
- 14) Beware of poison arrows that point at you while you sleep. Hang faceted crystals in front of protruding corners to disperse negative 'chi'.
- 15) Do not place a fountain in the bedroom. Fountains are too yang and are considered to be a deterrent to good health in this area. The same rule holds true for potted plants. If you really enjoy a plant in the bedroom, choose one that is relatively small and has gentle, round shaped leaves.
- 16) Energize the wood sector (east) of your home with lush green accents, such as pillows, rugs, or window treatment. If the east sector is the living room, dining room or any room other than a bedroom, this is a great

location for a beautiful potted plant. (Live plants are considered too yang for the bedroom). In an eastern bedroom, use solid wood furniture as well as green accent colors.