

# THE ART OF FENG SHUI

by EdB

Western society is often skeptical and derogatory towards Feng Shui. To some people Feng Shui seems like a superstition or some kind of new age practice, mostly used for entertainment. But Feng Shui, a.k.a. KANYU, is an art form.

Feng Shui translates as wind/water. These are two representatives of energy in our environment; the wind representing the earth's breath and water being the rejuvenating essence of every existing thing on our planet. Feng Shui works with this type of energy. Every thing possesses energy, and is part of the "eternal" energy. We as humans are highly affected by this energy flow, emotionally as well as psychologically and physically. For ideal energy flow and in order to procure harmony with our environment, we can practice the art of Feng Shui; an ancient Chinese discipline of placement and arrangement of space.

Underlying the practical guidelines of Feng Shui is a general theory of nature. Feng Shui believes that the earth is a living thing and has a life and energy. It is helpful to have some understanding of the magnetic fields and how they influence us. This, for example, facilitates buildings to be placed properly in order to tap into this energy of the earth. Following Feng Shui principles, buildings can be constructed in such a way that they enhance harmonious relationships with their inhabitants and surrounding environment; everything in harmony and balance.

The earliest records found of Feng Shui was during the Han Dynasty, 200BC-200AD. Feng Shui originated in the mountains and hills of south western China, which provided ample inspiration for finding auspicious dwelling and burial sites.

There are three types of Feng Shui: Form School, Compass School and Black Hat Feng Shui. The origin of Feng Shui lies at Form School. Thousands of years ago villagers in Ancient China studied formations of land and the ways of wind and water to determine best locations to live, for survival purposes. Over time this developed to such an extent that the emperors started using the methods. This method addresses the energies of roads, mountains and rivers, and placement of structures in relation to them. Presently we can use Feng Shui to our advantage to become more compatible with nature.

Balance and harmony in our home environment is an essential element in dealing with the huge stresses of today's society. Many of us are suffering from depression and anxiety. We come home to unwind and recharge. Our home environment should facilitate serenity; its purpose is to nurture and heal the soul. Therefore it is important to create a tranquil environment at home to rejuvenate, rebuild energy and find clarity. This must be nurtured on a daily basis, for when the rest of the world drops away, we are left bare. Every aspect of our life is anchored energetically in our home environment. So, get in tune with the sacredness of nature. Feng Shui principles will guide you in this direction.

When we meditate we focus on calming the energy (chi) in our minds. When we practice Feng Shui we focus on having a smooth flow of energy in our space. This helps us balance our own energy inside and surrounding our bodies while in that space. Feng Shui has certain guidelines which work to attract positive(chi) natural forces. The most fundamental is that of opposites to establish equilibrium; yin/yang, water/mountains, earth/sky, light/shadow, negative/positive, female/ male, night/day. When water meets mountains or clouds drop from the sky to embrace the earth, nourishing energy is generated.

Energy can take visible and invisible forms. Carried in landforms and exterior architecture it's said to be visible because it is manifested in visible structures. Energy flowing inside a building is said to be invisible because it can only be determined by using a compass or trigram.

Interior architectural features can promote or impede positive energy, and introduce or neutralize negative energy. For instance, to insure that you will not lose vital energy while sleeping, bedrooms should not be too exposed to the outside. Ceiling to floor windows are not congruous for bedrooms.

To prevent the introduction of negative energy (yang) into a building avoid installing rough interior features such as rock walls, exposed beams and rafters. Round and smooth features (even subtle ones like rounded corners on kitchen counter tops) succor the development of positive energy.

One very important Feng Shui guideline is to place your bed in "command" position. This means facing the door from the far side of the room but not directly in front of the door. This way you are able to benefit from the chi that enters and flows through the space while being far enough removed from the doorway that you are not exposed to energy that is too strong. A true command position provides a solid wall behind you for support. This position puts you in visual command of the space and allows you to face life directly, literally and symbolically. If you can't see the door from where you sleep this implies that life can sneak up on you, that you tend not to face issues directly, and that you are easily startled. Sleeping directly in line with a door exposes you to excessive chi which contributes to stress, irritability, health problems and feelings of overwhelm.

Clutter in any area of your home is a sign of stuck stagnant energy. When the areas of your home associated with romance are cluttered and untidy most likely your love life is affected as well. From a Feng Shui perspective two places in your home that have a strong impact on your love life are your bedroom and your front door area. In the bedroom clutter can contribute to

irritability, lack of focus, fatigue, difficulty sleeping. This has a strong affect on you, and what you emanate, especially in intimate relationships.

Your front door area is considered the “mouth of chi”, and has the strongest influence on how energy flows into your home. Energy can not easily flow in if the front door is blocked with clutter (in front or behind it!). Opening the front door widely and frequently invites fresh new vital chi to breathe through your home and your life.

There is a grid that reveals how the different areas of any building you occupy are connected to specific aspects of your life: the Feng Shui Bagua. If there is a particular area in your home that always seems in disarray you can see which area of the bagua it is located in and check what is happening in that aspect of your life. You may find that this area in your life needs constant attention. An in depth study of the bagua will take a while, and is recommended.

Colors play a meaningful role in the practice of Feng Shui. The guiding principal in using FS colors is to achieve balance. Yin colors are colors that bring about healing and relaxation. Blue for instance is calming and soothing, which promotes a feeling of peace and trust. Black, also a yin color, is the FS color of emotional protection and power. Purple is strongly associated with physical and mental healing, and spiritual awareness, while white represents poise, confidence and purity. Yang colors are colors that provide enthusiasm and positive energy required for motivation. For instance yellow represents the sun and creates warm energy & friendliness. Red, a fire color, represents inspiration, insight and clarity. Orange, having a lot of yang energy, is used to strengthen concentration, giving a sense of purpose. And there are many more... These colors can be used in different combinations, with the guidance of Feng Shui.

Feng Shui is a process that affects your internal landscape as much as it affects your physical environment. Donald Trump and Walt Disney are two people who have successfully employed

Feng Shui techniques. They have taken into consideration the fact that thousands of people were expected to walk through their buildings and that the flow of energy was paramount. Virgin Airlines, British Airways, The Body Shop and many more retailers and restaurants are using Feng Shui guidance.

Many of us are becoming aware of the importance of the spaces we inhabit. Unfortunately we live and work in environments that were created with little or no consideration for the forces of nature, the earth energies, the building materials, quality of land, or the direction of the wind and sun. Using the art of Feng Shui can make simple adjustments that will enhance the flow of energy around us. As you explore Feng Shui remember that opening your heart to the universe is essential.

