

Feng Shui

Health and the Tai Chi Area for Balance, Wellness and Longevity

By Michele Duffy



Orange zinnias in this Lafayette home helps Health bloom. Photos provided



Decorative metal cranes are ideal for the Health sector; like in this Orinda home, and remind us of a long healthy life.

When we have good health we truly do have it all. Health and well-being is not just related to physical health but also to mental, emotional and spiritual well-being. Finding balance in our lives is healthy and is what is desired by so many, yet it eludes the vast majority of us. Just as we attain balance in one area of our lives, another area goes haywire.

In our homes and businesses, the health sector is found in the middle of our spaces. And it is no wonder, since health is central to all other areas of our lives. Without it the other areas certainly suffer. This area of the Feng Shui Bagua (see image on page D12) is unique and unlike other bagua areas in that it is not represented by an *I Ching* trigram, like all the other areas of the bagua, but instead, by what represents balance in feng shui – the yin-yang or tai chi symbolism.

The yin, or white side of the symbol, represents the feminine, moon/nighttime, winter, cold and the unseen. The yang, or dark side of the symbol, represents masculine, sun/daytime, summer and the physical/seen. Balance is all about opposites being present and coexisting together. Every component is an important and necessary part of the cycle, akin to how we cannot appreciate good times without facing life's chal-

lenges.

The second important aspect of the Health area of our homes or businesses is that it is in the center for a reason. All of the other areas are connected to this area, so if the Health/Tai Chi area is strong and activated, then all the areas of your home or your business receive an energetic bump. Conversely, if Health/Tai Chi is compromised or has negative feng shui, then all of the other bagua areas are also drained, stagnant, or otherwise negatively affected. It's a critically significant area energetically, so make sure you are aware of what exists in the center of your space.

Third, the Health/Tai Chi area is governed by the Earth element so items that are crystal, ceramic, clay, stone or cement work here. Feng shui borrows the Five Element Theory from Chinese culture and medicine – water creates wood, wood creates fire, fire creates earth, earth creates metal, metal creates water. Since fire creates earth, fire symbolism also works well in this area. For any one area of the Feng Shui Bagua to achieve true yin-yang balance, all five elements must certainly be present in actual elemental form, or with representative colors or shapes.

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Multi-colored pieces represent all five elements in tai chi and help achieve yin-yang of the Health sector. Metal art is appropriate indoors or out.