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Feng Shui

By Michele Duffy



Is there anything missing from the Five Elements in this lovely strong shui living room? Photos provided

The Feng shui for some westerners remains a mystery, an enigma - and with a healthy dose of curiosity, three profound truths offer a glimpse into the nuances of the feng shui layers that create real magic in our environments. And who doesn't want more practical ways to create magic?

Truth 1: Feng shui is not a New-Age fad, religion or superstition. The Taoist philosopher, Lao Tzu, more than 3,000 years ago was largely credited with acknowledging and articulating the principles of the Tao of feng shui: that everything is connected.

Feng shui initially aided town planning and later during the Ching Dynasty evolved further into a formal study of energy. Feng shui translates roughly into "wind and water," balanced and informed by yin-yang, five elements and healthy chi flow. Lao Tzu also said, "Nothing in nature hurries, and yet all is accomplished."

Realigning, slowing down, being more mindful, and living more aware and aligned with the natural rhythms of the world around us, is part of how we regain balance. Balance can be had in our environments with the help of feng shui. Conversely, when we are not mindful, or fall out of balance, perhaps by not paying attention to self-care, we may be overwhelmed or overlook the reliable help offered by feng shui and the yin-yang balance, which can contribute to creating imbalances that can possibly lead to disease. Feng shui is the reliable healing home tool we can utilize time and again to restore the chi we need for life.

Past studies done by environmental psychologists and anthropologists, as well as recent research done by neuro-sociologists like Dr. John Zeisel ("Inquiry by Design: Environment/Behavior/Neuroscience in Architecture, Interiors, Landscape, and Planning") have proved that our environments do affect us and we have an effect on the environment by our actions in return, and these can be readily measured.

Truth 2: Feng shui works brilliantly with the five elements of the Bagua Map. Every aspect of a professional shui consultation audit is a collaboration of the flow of chi, inspired by the five elements of water, wood, fire, earth and metal. Inviting nature and natural elements into the layers that create a home is one of the surest ways to adjust any environment and improve the chi flow.

The main goal of nourishing feng shui is to skillfully infuse our environments. And while there are many requests for specific feng shui enhancements that reduce stress, trauma and allow for better flow, movement and ease, feng shui can also be applied for rejuvenation of wealth, partnerships-relationships, career-life path and others. The healing medicine of the five elements in our homes is similar to how acupuncturists influence the movement of chi in our bodies, and can be utilized in the actual feng shui of any home or office. The Five Elements vary by culture, such as the Tibetan Five Element system that honors different elements, including water, earth, air, fire and spirit (soul energy). The Bagua Five Elementals must all be present and intentionally balanced in any space with an experienced, mindful, and skillful eye.

The practical and profound role of the Five Elements is to bring the awesome life force of the living natural world into our own living spaces for abundance, longevity, harmony and wisdom.

Truth 3: Exceptional feng shui is not just about location, location, location. One of the main tenants passed down in ancient Taoist families, who have observed feng shui principles for living in unbroken lineages over thousands of years, is simply to start with auspicious details in as many ways as possible when selecting your home or office.

For example, choosing a home with abundant natural light will allow for a certain amount of "given" exceptional shui, and not just from the actual light - it's also auspicious from a perch vantage point if lots of natural light floods sunshine inside; how lovely! Cleaner air to circulate throughout the home elevates wellbeing and a view can inspire and delight. A more mundane but equally important benefit of great natural light is a lower electricity bill, since the adjustments for gloomily lit homes include corrective lighting, which even if it's a green lighting solution, might still increase costs.

If we look at the home layout for example, and the bedrooms in particular, we can tell ahead of time if the "commanding" position is honored or compromised. If the bedrooms have so much going on and the bed cannot be placed properly in the Commanding Position, it should be noted and considered before making a purchase. If you start off with feng shui basics in mind, the home will require less "adjusting." Activating the

Five Elements of the Bagua can naturally enhance any dwelling. Choosing an initial strong shui spot is essential for flourishing, happiness and abundance. We're so fortunate that feng shui continues to inform good common sense in interior design, architecture, kitchens, baths, bedrooms and gardens professionally and prolifically into the 21st century.



Always try to intentionally choose an environment that already is abundant with strong shui. For example, ample natural light in this kitchen allows cooking to be a breeze.

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION LI Fire South Red Summer	RELATIONSHIPS KUN Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

The Bagua Map: Front Door

Mandala Feng Shui



SPACE AS MEDICINE



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