

WHAT IS FUNG SHUI?

1 FUNG SHUI INTRODUCTION

The history of Fung Shui is association with ancient literature, symbols and tools used today. Fung Shui is the Chinese ancient art, theory of design and placement to achieve harmony and balance in our environment and to enhance our lives. Fung Shui was derived from the observations that people are affected by their surroundings either positively or negatively. Certain places are perceived as being happier, luckier, healthier or more serene than others.

Applying good fung shui principles at home helps create harmonious family relationships, fosters good health, revives energy and enthusiasm and even encourages fertility. In your business or work environment it helps attract prosperity and success. By modifying your surroundings for good fung shui allows you to improve or change your life for the better.

There are many elements present in your environment. Applying fung shui may seem like a difficult task but there are some basic outlines which are inexpensive to implement and does not take a great deal of effort. In some cases, applying fung shui can be as simple as changing the colors of your décor, hanging wind chimes and mirrors, in certain strategic places in your home, or placing green plants at your home's entrance.

Fung shui is not a practice that always brings immediate results. It may take some time for it to take effect and it may require more than a single implementation.

NOTE – Today's Fung Shui

1. Applying good fung shui principles at home helps create a harmonious and balanced home ensuring a happy family structure.
2. A harmonious environment in balance with nature is good fung shui.

2 HOW FUNG SHUI WORKS

Fung Shui is used to achieve harmony and balance in your home.

Fung Shui takes into consideration the many different elements affecting your environment. The position of your house, its surrounds, the shape of the land, the shape of your house, the directions your rooms face, the location of each room in the house, the shape of your furniture and its placement, the décor of your home and the landscaping in your garden. Each of these items is evaluated in terms of the balance of yin or yang and their association with the five elements of earth, fire, metal, water or wood.

The basic concepts of practicing fung shui gives you some general "cures" and tips where it may help create a better and harmonious environment.

The cures that are available are likely to have different effects – some will have more impact than others. Installing a skylight in a dim windowless room has more effect than placing a mirror there to bring reflected light into the room. The skylight is a physical and structural solution while the mirror is a cure.

NOTE – How Fung Shui Works?

Fung shui is about achieving harmony and balance in your home.

3 CHI OR LIFE FORCE

A universal cosmic energy called chi flows constantly through all life forms. This energy or chi flows through the universe, the earth and through the human body. Changes occurring in nature or man-made changes in the environment will vary its strength and alter its course.

Fung Shui literally means (the flow of) “wind” and “water”. The wind disperses the invisible life energy and the water contains it. When you practice good fung shui you attract and cultivate positive energy called sheng chi and dispel or eliminate negative energy or shad chi.

NOTE – Chi or Life Force

1. A balanced environment is good fung shui that attracts and cultivates positive chi.
2. The chi flows through everything on earth.
3. In nature, sheng chi flows along curved lines and thrives in this environment.

4 THE FLOW OF CHI

Negative sha chi strikes in straight lines where as positive sheng chi flows along curved lines. To obtain the benefit of the chi there needs to be a balance whereby the chi should not move too quickly or too slowly. Like nature, sheng chi emulates curved lines, but straight lines that produce sharp corners and known as secret arrows.

Chi needs to be attracted to enter your home and garden. Its requirement is to be able to flow at a good pace throughout the landscape. Having elements in your environment that blocks the flow of chi is not good as this makes the chi stagnate and becomes destructive.

NOTE – The Flow of Chi

1. Negative sha chi strikes in a straight line.
2. Sharp corners of buildings are also known as prison or secret arrows.
3. Positive Chi flows along curved lines.
4. Chi flows through the front door of this house and straight through the back sliding door without circulating the rest of the house is a negative chi.

5 YIN AND YANG

The Chinese believe that everything has chi, therefore everything that has chi has yin and yang qualities. Yin and yang are both opposites and complimentary.

Yin is earth, moonlight, night time, winter, quiet, death, stillness, soft, and cold. Yang is sunlight, brightness, daylight, summer, noise, life, motion, hard and heat.

Good fung shui is where harmony is achieved by the balance of yin and yang. For example, a completely flat landscape is too yin. An extremely hilly and undulating landscape is too yang. A gently undulating landscape represents a yin yang balance.

NOTE – Yin and Yang

TAI CHI is also called TAO is the symbol of Yin and Yang balance. In the balance the earth or moon is considered the yin when compared to the sun.

6 COLORS

Fung shui masters use colors to create balance. There are several philosophies regarding the use of colors, but they are all based on the principle that every color has its own vibration frequency. All the colors in the spectrum should be present in a room. The walls in a room can be of a single color and balanced by other colored objects including carpets, beds, chairs, tables, etc. Avoid a singular color range for the whole room, for example white for all the wall, ceiling, furniture, etc.

One way to use colors is to ensure all the colors of the five elements are present, Green for wood, Red for fire, Yellow for earth, White for metal and Black for water. Use picture frames, bed covers, etc, to represent these colors.

NOTE - Colors

1. The dark red color is used for festivities and is decorated in yang tones.
2. The gloomy blue color is designed in a yin décor to suit the couple who require a cool environment.

7 THE FIVE ELEMENTS

Fung Shui groups everything in a constant state of change between the five elements or forces of nature. The five elements are wood, metal, fire, water and earth.

There are two major cycles that govern the interactivity of these elements. The productive and destructive cycles are either complementing or destroying each other in a continuous cycle. The productive cycle is where the elements have a harmonious relationship, wood fuels fire, fire burns to ash and generate earth, earth gives birth to minerals or metal, when heated, metal flows like water, and water nourishes wood.

The destructive cycle is where the elements are in direct conflict with each other wood removes nutrients from the earth, earth destroys water, water extinguishes fire, fire destroys metal, and metal destroys wood.

NOTE – Five Elements

1. **The Productive Cycle:** Wood fuels fire – fire burns to ashes/earth – earth produces metal – metal gives rise to water – water nourishes wood or trees.
2. **The Destructive Cycle:** Wood extracts nutrients from earth – earth absorbs water – water extinguishes or kills fire – fire melts metal – metal/steel chops down trees.

8 HEAVEN, EARTH AND HUMAN CHI

Chi can be classified into three types. The first is TIEN chi or heaven chi, second, on earth there is TE chi or earth, and third, in us there is REN chi or human chi.

Heaven chi is made up of forces that heavenly bodies exert on earth such as sun and rain. It is something humans have little or no control of.

Earth chi is affected by heaven chi = too much rain will cause flooding; too much sun will cause plants to die. Each person has his or her own individual chi. The function of good feng shui is to keep harmony and balance between heaven, earth and human chi.

NOTE – Heaven, Earth and Human Chi

Temple is where people pray to improve their heaven chi.

9 THE CELESTIAL ANIMALS

The tortoise, dragon, tiger and phoenix are important symbols of form or landscape feng shui. Understanding their significance enables sound home locations to be chosen for a dwelling.

The black tortoise symbolizes support. The ground or any modern structure behind your dwelling should be higher than the land in front. In the garden you can create a small mound that symbolizes a tortoise. Otherwise hang a picture of a tortoise or keep either a small tortoise or turtle at the back of the home.

The green dragon is the good luck symbol. The landscape that resembles a dragon is that of undulating hills. The dragon should be left of the ideal dwelling site. The site must be alive with plant life and smell sweet of growth of grass and flowers.

The white tiger is as important as the dragon. The tiger is also represented by a landscape of undulating hills but that is lower than the dragon. The tiger landscape is to be kept to the right of the ideal dwelling. The dragon on the left must be higher than the tiger hills on the right.

The red phoenix symbolizes the area in front of your dwelling. This part of the home should be lower than the back, the left and right of the home. The view from the front of the home should not be obstructed.

In modern cityscape your dwelling should be flanked by a higher building towards the back, a higher building than your dwelling on the left and a building lower than the dragon buildings on the right. The front of the dwelling should not have a taller building so that the red phoenix can fly unobstructed in front.

In the suburb, a similar rule applies where the building on the left can be higher but not higher than the one on the right. The land on the left of the house can be filled so that it is higher than the right. The tortoise at the back garden can be in the form of a fill to form a mound. The phoenix in front is often represented by the nature strip which forms a small mound.

NOTE – The Celestial Animals

1. The tortoise is a symbol of support and longevity.
2. The tiger represents the right side of your home or building.
3. The dragon represents the left side of your home or building.
4. The phoenix or red bird represents the front of your building.

10 LOU PAN or GEOMANCER'S COMPASS

The Lou pan is the geomancer's compass which is used to determine the orientation of buildings or tombstones. There are several types of Lou pan, some being more complicated than others. The instructions on how to use a Lou pan depends on its master's design. It is usually made of wood and painted red. It contains concentric rings of Chinese words which are used as reference during a reading.

The standard Lou pan contains the basic references for fung shui. The concentric rings contains words referring to trigrams, the elements, yin and yang attributes, stems, the Chinese horoscope, lo Shu numbers, ect.

In the centre of the Lou pan is a compass which allows a practitioner to get his her orientations. An ordinary compass can be used to determine the orientation of a building. The concentric rings of words used as a reference for on-site interpretation can be read from book references once the orientation is known. Computer software exists to speed up the process of interpretation by processing the basic elements quickly.

NOTE - Lou Pans or Geomancer's Compass

1. The concentric rings of words used as a reference during a reading.
2. There is a compass at the centre of the lou pan.

11 I CHING

The I Ching or Book of Changes is used by the Chinese for many centuries to give solutions to problems. The key to the I Ching is the trigrams which indicate degrees of yin and yang as well as the concept of a constant cyclical change.

The I-ching was formulated about 4,500 years ago by the Chinese ruler Fu His. He discovered the relationship between the laws of nature and the influence of the cosmic forces on life on earth. Fung Shui was influenced by the philosophy and text of the I-ching. The relationship between man and nature must be harmonious and represented by the balance of positive and negative forces. These positive and negative forces or yin and yang must exist in harmony.

NOTE – I Ching

Trigrams which indicates degrees of yin and yang.

12 PA KUA

The Pa Kua is an octagonal shaped symbol which shows the eight orientations of North, South, East, West, NE, NW, SE and SW. It also contains trigrams arrangements on each of the eight sides. There are two types of pa kua, the Early Heaven Arrangement and the Later Heaven Arrangement.

The Early Heaven Arrangement is used in a Protection Pa Kua, the pa kua that is used to hang outside your home to counter any shar chi caused by poison arrows directed at your front door. A pa kua must never be hung inside a house as the pa kua itself becomes a source of bad yin energy.

The Later Heaven Arrangement is used in fung shui practice and analysis. The arrangements are usually used on the concentric rings on the Lou Pan.

NOTE - Later Heaven Pa Kua

1. The mirror at the center is usually convex. A pa kua must never used inside a house.
2. The Early Heaven Arrangement I-ching trigrams is used to counter any shar chi.
3. The Early Heaven Pa Kua is usually made of wood.

13 THE LO SHU SQUARE

The Lo Shu is also known as the Magic Square. Fu His, the Chinese ruler who was responsible for formulating the I-ching discovered the magic square when he saw a turtle climb out of the River Lo. The turtle carries patterns on its back in each of the nine sectors of the shell. The numbers as seen by Fu Hsi forms an magic square and forms the functions of both a map and timetable of energy charts for times of the day, month and year.

The Lo Shu number is from 1 to 9. The numbers of the Lo Shu square are arranged so that any three numbers added up to 15. The Lo Shu square is used in fortune telling and the compass fung shui.

NOTE – The Lo Shu Square

1. The I-ching magic square was found markings on a giant turtle on the River Lo.
2. The sum of any 3 Lo Shu Square number on a straight line is equal 15.
3. The numbers in the Pa Kua are from 1 to 9 and each number represents a direction.

14 POISON ARRWS

The opposite of good chi is a bad chi also known as shar chi or killing breath. The practice of fung shui includes deflecting dispersing this shar chi. It is important in fung shui to identify and deal with the shar chi before any enhancement is to be considered.

Shar chi can be caused by landscape orientations, harmful structures pointing or facing the home incorrect arrangements of furniture inside a house.

Poison arrows include; Corners of neighboring buildings facing directly at your building a single tree or post facing your front door blocking good chi from entering your home. A cross on a church facing your front door or in view from your windows.

NOTES – Poison Arrows

1. A cross facing your front door is inauspicious.
2. The Eiffel Tower is an example of a poison arrow and is a harmful structure to its neighbors.
3. The tree's shadow acts as a secret arrow.