

INTRODUCTION TO FENG SHUI



Feng Shui is an ancient practice, science and philosophy based on the study of the flow of energy in our environment and how it affects human beings. The practice of Feng Shui originated in China dating back at least 5000 years ago. It was believed by the Chinese, that people for better or for worse are influenced by their surroundings...

Literally *Feng* means wind and *Shui* means water. In Chinese culture the gentle wind and clear water have always been associated with good harvest and good health, and came to mean good livelihood and prosperity. In Feng Shui, we refer to the flow of energy as "qi". The Chinese studied the mountains, valleys, and rivers and qi was created and carried by these landforms. By harnessing this subtle yet powerful force of nature, we can live in harmony with our environment and enjoy good health and general well-being. Feng Shui advocates living in harmony with earth's environment so there is proper balance between the forces of nature. The theories of yin and yang, and the balancing of the five elements; earth, water, metal, fire, and wood are some of the basic aspects of a Feng Shui analysis. According to ancient philosophers, interpreting these elements and how the flow of qi interacts in the physical environment can be combined to create all transformation in one's life. We have adapted these ancient philosophies to our western culture by arranging our environments in a harmonious way which encourages a nourishing, supportive, balanced life. Feng Shui incorporates interior and exterior design elements, by utilizing components, such as lighting, color, placement of furniture, mirrors, plants, and landscaping that maximizes your environment for personal potential and well-being.

According to the philosophy, chi enters a home or office through the front door, which is considered "the mouth of qi." That energy is then dispersed throughout the environment, helped or hindered by objects placed within certain areas.

In the home, Feng Shui creates harmonious relationships, attracts abundance and foster good health. In business, observing Feng Shui principles is a sound way of creating opportunities for growth, improving your standing in the community and attracting new customers. The ancient science of Feng Shui can create advantageous results when applied to our modern living environments.



While disruptions of qi can be remedied, the accumulation of clutter is more than a concern. People are so conditioned by society that more is better, but unfortunately, if your house is full, then so is your life, and there's no room for growth. Clutter can symbolize a person's lack of trust in the future. Keeping your home filled with things you no longer use or love, or because you may need it someday indicates your lack of trust that the universe will provide for you in the future.

When you look at your home, you are looking at an outer expression of your inner self; everything in your home has an effect on you. Your home is a living portrait of you and your life. Making changes in your home will help to create positive changes in your life.

The spirituality surrounding the practice of Feng Shui does not appeal to everyone. A key aspect to the success and results of Feng Shui depends upon the intention, clarity of focus and sincerity. Rearranging your home doesn't automatically revitalize a person's life. There's a psychological aspect - it taps into your subconscious because you're surrounded by it, making a decision to adopt the principles of Feng Shui is a solid, physical affirmation.