

Feng Shui



AN INTRODUCTION TO THE BASIC FENG SHUI TOOLS AND PRINCIPLES

Introduction to Feng Shui

Feng Shui is an ancient Chinese wisdom of over 4000 years old, which teaches us about how everything in our surroundings affects us. A Feng Shui practitioner in ancient China would have had a highly developed intuition; as well as a remarkable ability to translate the way energies moved, and to see what this meant for the surroundings and how this would influence the people living there. With this highly refined sense of knowledge they could point out auspicious places where the vital energy called Chi flowed in a harmonious manner.

This is an introduction to Western Feng Shui, which is an updated version of the classical Chinese Feng Shui suited for the Western way of living. The deep wisdom used by the ancient Feng Shui masters remains but it omits the Chinese superstition and the rigid rules. It has been updated to be a practical but powerful tool, which still has its roots in this noble and profound wisdom.

The aim of this ebook is to give the reader the basic knowledge needed to be able to try it out for oneself, and thus to be able to experience the effects of this marvellous ancient wisdom.

There are many ways to pronounce Feng Shui. The most common is Feng Sway or Fung Sway. Some people pronounce it as it is spelled - Feng Shui - whilst the Chinese pronounce it Fung Shai. No particular pronunciation is considered more correct than the others, as it is very common to hear it pronounced in many different ways. Feng Shui means wind and water.

Today many versions of Feng Shui exist such as traditional Chinese Feng Shui, which uses Chinese astrology, symbology, kua-numbers and so on. In recent years there has been the appearance of what is called intuitive Feng Shui and Neo Feng Shui®. If you want to know more about the different versions of Feng Shui, simply type the words Feng Shui into any internet search engine and you will find an absolute avalanche of results!

Chi

There are three basic principles upon which Feng Shui is built. These are:

1. Everything is alive
2. Everything is connected
3. Everything is changing

These principles define Chi, the vital energy that animates, connects and moves everything through the cycles of life.

1. Everything is alive

Everything in the physical world is filled with the energy called Chi. This includes things we might consider inanimate such as furniture, computers, cars, mobile phones and so on. All physical things are alive and all are endowed with their own unique Chi qualities – but also the Chi qualities we project upon them through our own reactions, experiences, feelings and memories about the objects. Based on this knowledge, it becomes important to surround ourselves with things we feel good about to create a harmonious Chi in our homes and work spaces.

2. Everything is connected

Chi connects everything in the physical world. If you throw a stone in a pond, the whole pond will be affected by the ripples of the stone. This means that we are influenced by all things and the things we surround ourselves with. Chi moves around everywhere, both indoors and outdoors. If as an example you have a closet in your home which is full of clutter, it will send ripples throughout your home and will slow the energy throughout. This naturally also works the other way around: we all know how wonderfully uplifting a beautiful bouquet of gorgeous-smelling flowers can be and how it literally can transform a whole room with its vibrant energy, scent and colours.

3. Everything is changing

The Chi in all things is in constant change. Growth and movement create changes and are the dynamic signs of a vital living Chi. The one thing that is constant in our physical universe is change.

There is change everywhere around us – the changing seasons, our bodies, our thoughts and feelings, the people around us, the state of the world and so on. So if we wish to feel nourished by and to be in harmony with our surroundings – at home and in our work space – it is important that our surroundings reflect our own changes.

Exercise

Based on the knowledge of the three basic principles, have a look at all the different things you surround yourself with, such as furniture, interior decoration, books, clothes and so on.

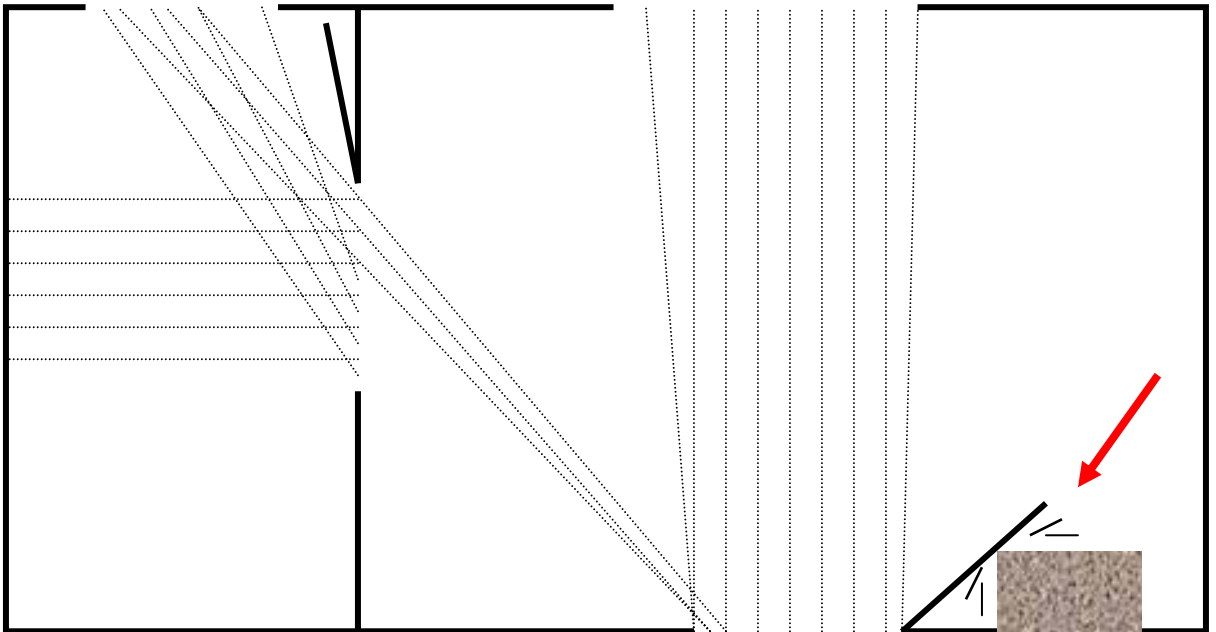
1. **What kind of Chi (energy) have you (or others in your surroundings) projected into that item?**
2. **Have a look at it and ask yourself: What does it feel like? What feelings does it evoke? Good memories, bad memories?**
3. **Does it make you happy, sad, guilty, joyful?**
4. **Does it match where you are in yourself today?**

If any of the items do not create a pleasing energy that you can agree to have in your surroundings, then it might be time to give it away to a charity or to someone else who might like it. There may also be things you have put away in a cupboard or in the attic but remember: everything is connected! You still know it's there and you will therefore still be energetically connected to it until you make up your mind about it! As long as it is there, it will still send ripples of energy into your home and thereby into your life.

The Pathway of Chi

Chi also flows in and out of our homes via windows and doorways.

To experience how Chi flows through your home or work space, place yourself at the main entrance. All the windows and doors you can see from this location direct you along the primary paths of Chi in that particular space. Every time you enter a new room, the path of Chi will alter according to where the doors and windows are placed.



Exercise

Draw a plan of your home. Based on how to mark the lines from the above drawing, mark on your own drawing where the doorways and windows are. Now you can see where the Chi naturally flows through your home.