

What is Feng Shui?

Feng Shui (pronounced Fung Shway) is a technique for changing and improving your personal energy and the energy of your surroundings.

*Feng Shui was the mother of the natural sciences in China, the original "environmental impact statement."
By knowing the influence of . . . all the conditions of our total environment, we can help shape our destiny.*

Steven Post, *The Modern Book of Feng Shui*, p. 7

Feng Shui, as literally translated from ancient Chinese, means "wind and water" and it is all about creating an environment where you live in harmony and balance with your surroundings. It is now understood in the West to mean:



Feng Shui = Balanced Energy



A description of how the energy of your surroundings and the

energy within you interact to create positive or negative circumstances in your life.

- Tools and techniques for balancing, enhancing and changing the energy around you and therefore improving your personal energy.

What does Feng Shui do?

Using the principles, tools and techniques of Feng Shui allows you to create an environment where you live in harmony and balance with your surroundings, so that the energy around you works for you rather than against you. By balancing and harmonizing the flow of natural energies in your surroundings, you create beneficial effects in your life. Feng Shui improves the energy in your home and beneficially affects everyone's well-being.

What Feng Shui is not

A question I am asked frequently is whether Feng Shui is a religion.

Not at all! I understand religion to be the formal institutional structure built around core sacred teachings. And I understand spirituality to be the personal experience of something greater than myself.

Feng Shui is not the result of any religious belief system, nor does it come into conflict with any religion. It is simply a way of knowing how your environment affects you and how you affect your environment. Thus, in order to practice and benefit from Feng Shui, it is not necessary to be religious or spiritual.

However, for some people, Feng Shui is a way to express their spirituality through their surroundings. Some trust that their strong spiritual beliefs enhance Feng Shui's ability to achieve harmony in their surroundings. Others believe, given Feng Shui's long and venerable history, that the thousands of years of ritual have accumulated power and energy. As users, they tap into this power and receive its benefits.

History of Feng Shui

The origins of Feng Shui date back to ancient Chinese nature-based practices. Three to four thousand years ago, philosophers in China started to realize that there was a connection between personal energy and the energy of one's surroundings. These philosophers dedicated themselves to the study of energy, as they felt that if they could understand the energy of their environment and how it affected them, they could change personal energy for the better. They felt that if every-one improved the balance of energy in their surroundings, they could improve their personal energy and therefore their life success.

In the late 20th century there was an invasion of Oriental practices into the West. First came Zen Buddhism, then karate and kung fu, then acupuncture, acupressure, yoga and Tai Chi. Finally came Feng Shui. The basic principles underlying these practices are the same — energy flows everywhere in the environment. And the environment includes human bodies as well as the entire Universe.

There are many schools of Feng Shui. These different schools came at different time periods, from different regions and different languages in China. Traditional schools of Feng Shui use a combination of Land-form and Compass. Landform reads the lay of the land — contours, climate and shape — to find the best location for a building. Compass studies the direction of the front door — north, south, east, west — and compares this to your personal best direction, which is calculated based on your date and time of birth.

BTB Feng Shui

Professor Lin Yun, of the Yun Lin Institute in California, is one of several teachers who adapted traditional Feng Shui for the West. He calls his style “Black Hat Sect” or “BTB” Feng Shui.

In his adaptation of Feng Shui, Professor Yun included influences from Western knowledge, natural science and architecture. He also merged Tibetan Buddhism and Indian Buddhism with traditional Chinese culture and philosophy, and included knowledge from Taoism,

Confucianism, holistic healing, Yin Yang theory of balance and the I Ching. BTB Feng Shui combines contemporary and traditional knowledge to make modern living spaces harmonious.

BTB Feng Shui studies the individual characteristics of the site of the property. In Western neighbourhoods, it is no longer important to have the homes part way up the mountain so that there is a view of the valley to protect the homes from hordes of marauding invaders. Nor is it of significant importance to most of you to be facing south (or north, west or east) so that crops will yield more. Instead, BTB Feng Shui takes into account the characteristics of the individual property, the location of the site within the neighbourhood, the position of the home on its lot and the factors within the close vicinity that are having an impact on the homeowners' energy or Chi. BTB Feng Shui also teaches the connection between the Chi (energy) of the surroundings and the Chi of the individual.

In Feng Shui, a space is divided into nine energy Zones and the Zone

Energy Map (printed on page 29) identifies each of the Zones and is an ancient tool for balancing energy.

When you focus on your space, using the tools and techniques of Feng Shui, it allows you to examine every Zone of your life to create balanced energy and change your life for the better. Focusing on something outside of yourself and moving energy in your space creates change within.

When you remove energy blockages from each of the nine Zones in your space, this allows a clear flow of energy from one Zone to the next. This creates balance in your life through an upward flowing energy vortex that is enlightening; along with a downward flowing energy vortex that is meditative.

When you make changes to all the nine Feng Shui Zones, you are not forgetting any part of life. The Zone Energy Map forces you to examine all aspects — most of you know that you can use Feng Shui

to attract wealth, more love, a better job and improve health; but the Zone Energy Map reminds you that having something creative in life is important, that developing a spiritual relationship with something bigger than yourself is essential, that you can help your family with positive energy, that attracting people into your life who can help will make life more wonderful.

All of this is achieved when you place attention on each of the nine energy Zones.

The Beauty of Zone Feng Shui®

In Zone Feng Shui®, we use the 9 Energy Zones to balance mental, physical and spiritual energy. I have understood that the energy of our space (where we live and work), has a profound effect on our mental, physical and spiritual energy. I have found that not only is a space divided into nine Zones, but the same nine energy vibrations are found in life and it is from this that Zone Feng Shui® was developed.

When mental, physical and spiritual energy are balanced; the outcome is a life of joy.

Benefits of Zone Feng Shui[®]

Zone Feng Shui[®] is a simple, common-sense, practical approach that can be applied easily to your life — your inner life and your outer circumstances. There are many benefits to using Zone Feng Shui[®]. These include:

- Controlling the impact of the environment on your life.
- Transforming problems into successes.
- Manifesting new energy in your life.
- Enhancing your environment to benefit every part of your life including your career, wealth, health and relationships.

- Balancing and increasing the flow of energy in your life, thus improving your health, wealth and happiness.
- Responding positively to the flow of change in your life. Zone Feng Shui[®] can be used throughout your life, helping you to respond to the surprises that life brings you.

Mary's Story

When I first met Mary, she told me her life was a mess. Her relationship with her husband was in crisis, her communication with her children was non-existent, there were money worries, she hated her job, and she just couldn't get anything done. She just couldn't seem to raise herself out of her lethargy to make any improvements in her life.

A friend told Mary about my Feng Shui workshops. "What the heck," she told me, "I have nothing to lose. Feng Shui seems to be about energy and I definitely need some energy. My life seems to be going from bad to worse."

At the workshop and with a few private sessions, Mary learned what she needed to do to change her environment to increase the energy around her and to release her own energy. Six months later, she was feeling like a different person. Her relationships with her husband and children had improved wonderfully. The money pressures seemed to have eased — her spending was under control, there didn't seem to be as many unforeseen expenses as before, and her husband had recently been promoted. She felt better, had a lot more energy and was better able to cope. She was sleeping well (what a joy that was!) and consequently her health had improved and she felt happier than she had in years. Mary felt once again that she was in control of her life. She was in the Feng Shui Zone.

Mary experienced Zone Feng Shui[®]'s simple, common-sense approach to improving all areas of her life. She learned that it was based on sound, fundamental, practical principles that are very easy to apply. By implementing the easy-to-follow steps in this book, you, too, can get your life into the Feng Shui Zone.

Exercise

I'll bet that you have applied Zone Feng Shui[®] techniques without even realizing it. For this exercise, remember the times you put furniture in a room and it just didn't feel right. You kept moving it around until it felt good — that's balance, that's being in the Feng Shui Zone. Instinctively you were applying the principles of Zone Feng Shui[®]!

