

Feng Shui

The three truths of feng shui

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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.

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.

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 & SELFCULTIVATION 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

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 abun-

dance. 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.

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