

# Lamorinda

# OUR HOMES

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Digging Deep with Cynthia Brian ... read on Page D16

## Feng Shui

## Deliberate design from the ground up



Photo provided

At home, the water element can be activated by placing a fountain in the 'Career' area of a front yard like at this Lafayette home. You can also add koi ponds, small waterfalls, lush vegetation and fragrant flowers.

### By Michele Duffy

The Five Elements of Tibetan Bon and Chinese Taoist Feng Shui are involved in all dimensions and the role of the Five Elements is often an important detail that is missed with even the most well-intended interior design-

ers, general contractors and architects.

What "looks gorgeous" may not, from a Feng Shui perspective, be a safe and nourishing space in terms of sleeping and living. Feng Shui aims to attract the Qi you want most and retain that energetic in the dwelling, thus making room for the person and life for which you aspire. Kitchens and

bedrooms should be auspiciously placed in the interior or back of the home, with all bedroom or office beds or desks placed in the "Commanding Position." Bathrooms should never be placed in the central channel of the property, to avoid placement in the "Health & Wellness" area of the Bagua (see diagram on Page D7).

Design collaboration "from the ground up," to quote one of my favorite teachers, Dr. Edgar Sung, involves a property starting with excellent natural light, an even land plot located above the road, and gardens. The key mantra in the Feng Shui 'Land-Form' design principle is "water in front and mountain behind" for any structure. The outside of the property represents yang and inside the dwelling represents yin.

Designing interior spaces within well-situated buildings allows for a healthy Qi flow, and creates within our structures of respite and renewal, grounded strength, resilience and ease. Reading the property and assessing and auditing any property includes understanding the environment from an energetic perspective.

Feng Shui is second only to any daily spiritual practice that creates joy from within, and might include sitting meditation, yoga, journaling, or hiking in nature. It's important to note that when done in combination with intention and the right motivation, the results can be astounding and like these other practices, Feng Shui as a practice is ongoing, and is never 'one and done'.

The intensity and complexity of the Five Elements is not a quick study and for any Feng Shui expert the desire to learn extensively about the Five Elements in various contexts is tantamount to applying them skillfully.

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