

Feng shui from the "net"

Feng shui can be very confusing, but it doesn't have to be. It is, after all, merely a combination of common sense and good taste, of intuition and logical thinking. "When you begin to perceive the power of the invisible world," writes William Spear, author of *Feng Shui Made Easy*, "you may very well explode, too -- with possibilities for a new future!" No, merely owning a Scalandre striped taffeta-covered sofa won't change your life, but moving it to face the entranceway of your living room will. That's probably how you'd have situated it anyhow, so when you're sitting having an afternoon cocktail you can see who's entering the room. The flow of chi won't be blocked by your wasting energy waiting to be startled.

And? Well, everything is connected: Say your sofa faces away from the room's entrance, which makes you jumpy and nervous, so you snap at your spouse, which brings tension into your marriage, which makes you eat more and gain weight, which brings more tension into your relationship, which affects how you do your job, which means you won't get a very good raise, which means you won't be able to afford a vacation with your family, which means . . . it goes on and on.

But don't worry, you're already practicing a lot of good feng shui, you just don't know it. "Feng shui wants you to be in harmony with nature and the environment," says Tollefson. "It's about things we already do on some level, but we're not consciously aware of why we're doing it." Bad feng shui may take shape in a thousand ways, but much can be cured using some pretty simple design techniques. Mirrors ("the aspirin of feng shui") can be used to create positive feng shui, to reflect good chi and deflect bad, to correct for misshapen rooms. Make sure, however, that what is reflected is positive, and not the bathroom or garbage. Mirrors must also be kept clean and unchipped, or they will have the exact opposite effect from what you intend. Mirror tiles break up images in too many disconcerting and confusing ways and should be avoided; stay away from smoked mirrors, too, or you'll be seeing yourself, as Spear writes, "amid the haze." Sliding mirrors on your medicine cabinet can be a nightmare, since the first image you'd have of yourself every morning would be split, creating an imbalance that would linger throughout your day.

Using wind chimes will also cure bad feng shui, as they not only warn you when someone is entering your space, but also disperse bad chi and replace it with good. Mobiles and weather vanes work the same way. Live plants and aquariums symbolize life; if plants and fish can thrive in a room, so can you. Even silk flowers are good (if tacky), because you won't have the burden of death hanging over you constantly.

Pictures hung too high imply you'll always be reaching for things; a lower position means that possibilities are endless. Windows should open completely and not slide up and down, which will divide the energy flow and make you noncommittal. Narrow windows will make you narrow-minded and limit your opportunities.

Carefully placed heavy objects, such as statues and boulders, can stabilize an environment, allowing you to maintain your cool under duress as well as hold onto your job or spouse. Lastly, there are bamboo flutes ("that's right, bamboo flutes," says Tollefson), which lift the energy of a space, encouraging the positive flow of chi.

MAIN ENTRANCE

Just as in love, first impressions are important. That means your home's main entrance -- the one you use most often, whether it's the front door or the door from the garage -- is the most crucial area in which to practice good feng shui. The door should be wide enough to admit positive chi, with nothing in front, such as a shrub or statuette. It shouldn't face a window, or your home's chi will fly away as soon as you enter (draperies can take care of that little problem). The door should be sturdy and in good condition; a door that sticks means that you, too, will feel as frustrated as the energy that's entering your home under precarious conditions. The first thing you see upon entering should not be a blank wall; that will slow down -- if not stop altogether -- the energy flow, and people will feel stuck, as if they are always running into a brick wall. Place a mirror on the wall, or a picture of a landscape or waterfall. The picture breathes life into the space and prevents blockage.

KITCHEN

The kitchen is often the center of family life, where food is prepared and eaten. It's fraught with chances for bad feng shui, but most are easily cured. Your stove, which is symbolic of good fortune since the food that sustains us is prepared there, should be positioned so that when you're cooking you can see who is entering the room. If it's not, place a mirror above it. The mirror does double duty, as it symbolically doubles the number of burners, which will increase health and prosperity. Your sink and refrigerator shouldn't be next to the stove either, as that poses a conflict between fire and water, which can wreak all sorts of havoc. Speaking of the refrigerator, position it so it's not the first thing you see when walking into the kitchen. You will be drawn to it, eat more, gain weight, become obsessive, and then, probably, miserable.

BEDROOM

We spend so much time in the bedroom -- often naked and vulnerable -- and we especially want things to go well here. Place the bed against a solid wall, not a window, so that when you are in it you feel safe and secure. The bed should never be directly in front of the door, with your feet facing out, because that's how the dead are carried out. A bed with rounded edges can encourage the flow of positive chi around it, while a squared-off bed will do the opposite. Pushing twin beds up against each other isn't such a hot idea either, as it will bring division and strife into your relationship. Try not to place a mirror in front of your bed, as the Chinese believe your soul leaves your body as you sleep and might be shocked -- *shocked* -- by its own image. For obvious reasons, don't have a headboard that resembles a tombstone.

AROUND THE HOUSE

A few more quick hits: Round dining room tables symbolize heavenly blessings, and should have an even number of chairs around them (even numbers being a sign of good luck). And never have only one chair, as that's a clear-cut symbol of loneliness. In fact, if you're single and you want to stimulate the energy of relationships and marriage, place pairs of objects in your house -- two candlesticks or two photos, for example. Stairways that face the front door imply that energy is flowing right out the door every time you enter. Surround yourself with beautiful pictures depicting nature or the open seas or birds in flight, all of which will encourage good feng shui. Abstract art without a focus, writes Spear, "will create an environment in which the occupants may find it difficult to complete things." Just as it is important for your home to have a positive energy flow, it's equally important for your office or work cubicle. There's a reason, after all, that the big kahuna in the corner office has his or her desk far from yet facing the door. It implies power and authority, while allowing for the broadest view of who is entering. Desks should face out from a wall, which acts as a protector, but still allow for a view out the window.

A desk up against a wall blocks your flow of energy, while one too near the doorway will suggest that you leave early (even if you don't), which will encourage your colleagues to think of you as irresponsible. You'll lose their respect, and your authority will be undermined. If your space is so small that you can't move your desk, use -- what else? -- a mirror strategically placed to reflect your energy and allow you to relax, confident that no one will enter and startle you (especially your boss, while you're trolling for dates on the Web). A mirror will also draw your guests' attention before they see you, lessening the effect of your desk's being so near a doorway.

Feng shui agrees with your mother that a cluttered office indicates a cluttered mind (Spear says it's even a reflection of a clogged intestinal system), so those weeks-old piles in your In box will make you feel overwhelmed and unable to get out from the mountain of work. Rounded desks are best for those for whom being creative is important, harder edges for those in money-making positions.

Though feng shui is always referred to as an "ancient art," it is flexible enough to adapt to the most high-tech concerns, like your computer. For maximum feng shui-osity, your computer should be positioned so that when you're working on it stress can flow right out the door and out of your life forever. Now, that would be really good feng shui. For many of us, computers have become a central part of life, and staring into our monitors is routine. Can any good come of that? What would a feng shui master have to say? Whether at home or at work, our computer area is no less subject to the principles found in any other room. Since there are no ancient texts concerning the placement of computers, many feng shui practitioners today are called upon to fuse East and West, ancient and high-tech. We asked Nancilee Wydra, cofounder of the Feng Shui Institute of America and author of *Designing Your Happiness* and the *Feng Shui Book of Cures*, to tackle office design, acknowledging the limitations of small spaces.

To aid in any feng shui placement of what goes where successfully, practitioners use the bagua. Based on the ancient Chinese oracle of the I-Ching, it offers a primitive map for harmonious placement. The Pyramid School bagua, above, is a Western, contemporized version of the original. To use it, align the Self zone with the entrance to the office. From that vantage point, each zone can be improved by recognizing what that zone represents, and how it can be symbolically satisfied.

Illustration by Audrey Kuenstler **SELF** (Where you enter)

Bagua suggests: Place a favorite object in a direct sight line.

Some place a clock on the wall across from the office door, subconsciously suggesting that any time is a good time to be in this space. Make sure you like what you see. First impressions give a bias toward either self-actualization or defeat.

WISDOM

Bagua suggests: Learning materials

Put your books, computer manuals, magazines, or newspapers here. Before wisdom comes knowledge, so place those things you want to become expert at in this area.

COMMUNITY

Bagua suggests: Pictures or items representing outside activities

Hang your tennis racket here, a picture of your favorite athletic team, or some other reminder of the fun you have in the physical world. It's the acknowledgment of the broad context our lives need.

POWER

Bagua suggests: Bright light or treasured objects

This is the power corner, the farthest distance from the door. It resonates with our fight-or-flight response by allowing both a view of the door and maximum time to react when someone enters.

FUTURE

Bagua suggests: Symbols of victories

Place symbols of success, charts, or visualization boards with goals displayed. Visualizing goals helps actualize them. Future is always positioned far away.

RELATIONSHIPS

Bagua suggests: Flowers, loved one's mementos or photos, or chair

A good spot to place a vase of flowers, hang a family photo, or place a comfortable chair for contemplation. This area can subconsciously remind us to evaluate our relationship with Earth, with others, and with ourselves.

DESCENDANTS

Bagua suggests: File cabinets, storage units, bookshelves, or photo of progeny

This is a good area for a storage compartment of some kind. If space doesn't permit that, hang a picture of your progeny, students, or the world. The accumulations of our whole lives are experienced by our descendants. What we wrought on this Earth is our legacy.

COMPASSION

Bagua suggests: A table, pedestal, or shelf with a mineral, rock, or shell

Because it is common to feel vulnerable when entering a space, and because 90 percent of the world is right-handed, providing something for others to lean on when they enter is a way of being compassionate. By placing an object from nature on the table, we remind those who enter of the association we all have with each other and with Earth

HEALTH

Bagua suggests: Your computer, or an area rug

To insure your computer's health, place it in the center of the room. If you can't, place an area rug, increase the wattage in an overhead light, or add a lamp and direct it to the room's center. Like a healthy heart in our bodies, the middle of the room is the epicenter from which all well-being springs.

Illustration by Audrey Kuenstler

Now that you've used the bagua to establish a general harmony in your space, you may want to troubleshoot a few specific problems. It doesn't take a lot of effort or money to improve the chi flowing in your office by using these simple cures. Here are 10 common office mistakes that can be remedied for under \$100.

To begin, press to make sure all the questions are appearing in the windows below.
To see an answer, simply click and hold the mouse button on the question.

PROBLEM: You cannot see the room's entrance door by merely looking up from your computer screen.

PROBLEM: A heating or air-conditioning duct is above your chair.

PROBLEM: The room contains a tall piece of furniture within your line of vision.

PROBLEM: A desk lamp is positioned on the side of your dominant hand while you face the computer.

PROBLEM: You cannot see outside while sitting at your computer.

PROBLEM: Your computer is next to the door.

PROBLEM: You have to cross the telephone wire over the computer screen to listen with your favored ear.

PROBLEM: You don't have kinetic or energetic objects in your office.

PROBLEM: Your desk is against a wall shared by a bathroom.

PROBLEM: Your office is in an out-of-the-way or undesirable location.

For 4,000 years people have attempted to understand feng shui, and masters devote their lives to it. We certainly wouldn't expect you to have it under control after reading just one article. So here are more links on the subject. Some are strictly informational, others commercial, but they all impart more on enhancing health, prosperity, wealth, and happiness. What's not to like?

Wind and Water

New Feng Shui Concepts

Feng Shui Mail-Order Items from Bartlett Designs

Newsgroup: alt.chinese.fengshui

Feng Shui

("WIND AND WATER")

by Ozzie Jurock

Author of Forget About Location, Location, Location

When a modern new skyscraper goes up in Taiwan, the owners routinely consult a feng-shui geomancer or xiansheng to determine the optimum position for the main entrance. Geomancy (feng-shui) is the branch of classical cosmology which helps man build his dwellings

in optimum harmony with the elements of his or her natural environment. The Chinese exponents of feng-shui say that where you live and how you allocate and arrange the rooms or elements of your home or workplace can significantly affect the harmony of your health, wealth and happiness. By acknowledging and augmenting the all-prevalent life energy or Chi you can affect the whole tenor of your well-being. Move the furniture, change the color scheme, avoid the elemental conflicts such as placing water (i.e. the refrigerator) next to fire (i.e. the stove). Such conflicts encourage harmful Sha or the opposing force to Chi and thus must be avoided.

Funk and Wagnalls Dictionary defines this ancient system as such:

"Feng Shui is the art of locating tombs, cities and houses auspiciously. Mountains, hills, water courses, groves and neighboring buildings can be useful either in channeling the male Yang influences or in deflecting them."

While feng-shui is thousands of years old and seemingly steeped in esoteric rules, it contains much common sense useful to and understood by anyone. For example, feng-shui says the best site for a home to take advantage of the vital Chi is to put that home on a south-facing slope and preferably between two hills of unequal size (the Azure Dragon and the White Tiger) to best channel the Chi. Ideally, a river will be running along one side of the structure. The river should then turn in front of the building and then disappear.

Looked at another way, such a home on the south slope gets the maximum hours of sunlight, is shielded from the chilly, health-sapping north wind and has a good supply of water for drinking and cleaning. By then conveniently disappearing under the ground and gravel, the river carries away effluents and other "dirty" water. (If the water doesn't want to disappear, feng-shui says this requirement can be satisfied by using a small brick wall, or hedge or shrubs to screen the river as it passes the boundary.)

Even if the building's owners don't really believe in feng-shui, they will still follow the geomancer's advice because they know perfectly well that many prospective buyers and renters will consult their own geomancers about the building prior to moving in. The xiansheng considers four factors: the Chi or "breath of life" potential of the neighborhood; the site orientation or the importance of the direction in which the building faces; the five elements -- fire, water, wood, metal, earth -- and their mutual influence upon a location; the power of water and its significance in relation to the property.

Over the years, several major new buildings in downtown Taipei have remained unoccupied and their owners have gone broke because they failed to follow the dictates of Chinese geomancy during construction.

One Chinese restaurateur endured heavy financial losses for two years, despite excellent food and service and massive advertising campaigns. Finally, in sheer desperation, he consulted a geomancer, who coolly informed him that the position of his main entrance caused money to flow out rather than into his restaurant. He spent a small fortune to tear down and reconstruct the entrance according to the geomancer's instructions, and before long you couldn't find a seat in the place at night! Even the massive Chiang Kai-Shek Memorial Hall in downtown Taipei, with

its extensive gardens and numerous gates, was all laid out according to the laws of Chinese geomancy to provide maximum harmony with the elements and spirits to the cosmos. Conversely, other building fronts are unhappily positioned for easy ingress by sources of evil. The following are some basic laws of feng-shui necessary to avoid Sha:

1. A straight road leading directly to the home, with people coming and going, or a small stream flowing in a straight course from it, dissipate the good influences.
2. The front entrance should not face the upstairs stairway.
3. The front door should not have a view of the back door (through hallway).
4. Heavy beams in the rec room are a burden and interfere with Chi.
5. To have the right side low and the left side high are both unlucky signs. The Dragon should be on the left and the smaller White Tiger should be on the right, therefore be it a grave or a home, the hills to the left should be higher than those to the right.
6. Houses or buildings on triangular plots of land are ill-omened as the strange shape attracts Sha.
7. Water is very important and its positioning is vital to good Chi and to confound Sha.

There are ways to rectify the defects:

Avoid building on the junction of a T-street or at the end of a cul-de-sac will be on the receiving end of the straight-flowing Sha; a dead-end street only traps the bad Sha. If the left is too low, plant trees to raise the height. Alter the stream or river to give it bends and curves. Don't make the bends too sharp or the Chi will "run off" and dissipate. The vitality of water is best conserved in a gently meandering stream. A pool of water (aka a fishpond) is especially useful to conserve Chi. If your neighbor builds a house higher than yours, add to the height of yours so your view of the stars is not obstructed. (Of course, this could lead to some problems with the zoning authorities.) If the plot is triangular, placing the door on the side of the triangle rather than on the point will counter the ill-omen.

There are other ways to improve the natural benefits:

In properties which back onto a river, the entrance must be at the rear of allow Chi to gain entrance. If the ground slopes upward from the front of a building, then again the entrance should be at the back. Properties facing open space to the south (a valley, a section of land such as a heath or even the sea) are especially good as the resulting gentle winds from the south usher the Chi and allow it to enter unhindered.

The Chinese also believe that a house with a front slightly lower than the back is useful in dispersing the influence of Sha. Similarly, a large tree immediately opposite the front door is ill-omened as it deflects the entrance of wealth. Again, both of these concepts might seem strange to Western architecture and West Coast philosophy and has caused some problems in regards to new owners and the neighborhood's dismay about sudden tree clearings. The neighborhood also affects Chi in other ways. In a built-up area, the positioning of a home in relation to other properties can be very important. If a corner of a neighboring building such as a block of condos or terrace of homes "points" to the home in question, this "secret arrow" can direct harmful Sha straight into the home. These "arrows" supposedly also create an unhealthy environment in which illness is a constant factor.

Sharp angles can be especially unlucky on an office or commercial building as these angles and straight edges drive off money, whereas curves attract money. Then again, the flat edges of buildings which lead toward the front of your property are fine conductors of Chi. But then again, if there is a road in front of the place which turns at a sharp angle, this can bring about the same unhappy effect as a "secret arrow". To counter this, a driveway leading up to a front door should always approach in a gentle sweep to so gentle in the good influences.

Whether you believe in it or not, feng-shui is seen by millions as an ancient science full of philosophy and practical wisdom. As such, it can't be summed up in a few pages such as these. If interested in learning more, read (as we have done) the very fine book.

The Way of Feng Shui: Harmony, Health, Wealth and Happiness by Philippa Waring. You might also refer to the Jurock Publishing Ltd. report: "Asian Investors: Where to Find Them."

WHAT IS FENG SHUI?

Feng shui (pronounced "phong shway") is a Chinese philosophy about the relationship between humans and their environment. It is about how everything is connected and affects your well-being.

Developed over 5,000 years ago as a system of how to survive and excel in harmony with nature, *feng shui* theories came from logical assumptions about natural causes and effects that endured through time.

Feng shui is based on the Taoist philosophies of nature: these include the Yin-Yang Theory, Five Element Theory and the trigrams of the the trigrams of the Yi-Jing.i

WHY IS FENG SHUI IMPORTANT TODAY?

In the last fifty years since the scientific revolution, certain "technologies" have polluted our environment, our health and our morale.

We are in an era of change as we approach the year 2000, I believe people are aware of society's problems and want to progress. It is important that

FENG SHUI GIVES US DIRECTION

The complete picture of feng shui integrates the unique energies created by you, your house or office, your environment and the planets.

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Feng Shui and the Spirit of Change *by Stanley Aaga Bartlett*

There is a new spirit of change evolving around us called Feng Shui (pronounced fung shway). This ancient Chinese philosophy of creating harmonious environments is now becoming

almost a household word with even Donald Trump talking about the use of Feng Shui for his New York high rises. TV, newspaper, magazines, radio , and books all abound with this latest and hottest new fad; or is Feng Shui something more permanent?

Let us first explore what it is. Feng Shui teaches us how to create harmony and balance around us. We say "as goes our environment so goes us" and vice versa. This means that if we pay attention to our environment then we will find ways of creating different realities in our lives. Literally translated from Chinese , Feng Shui, means wind and water. This is actually an inadequate interpretation due to the complexities of translating Chinese calligraphy into English. A few symbols in Chinese can tell an entire story. Upon further study we find that Feng Shui is an expression of the oneness and interconnectedness of all things on all levels and all dimensions. This is a key concept in understanding how our essence relates to everything else around us including our environment. As one begins to sense this oneness we then find that it is possible to gather insight from looking at our environment with "larger eyes". We often say that Feng Shui teaches us what we already know.

When you enter an environment your internal computer gathers vast information about our surroundings. Perhaps it is telling you that the front door entrance is constricted and dark, the colors inside are dark and not very balanced and the wall is too close to the entrance as you walk in and it is compressing your energy field. You might also notice the earth energies are depleting your Chi on one side but on the other side of the room you sense that the earth energies are much more supportive. As you continue on your discovery into this space you tune in to the electronic pollution emanating from the electric powerline and transformer just outside the bedroom wall and it makes you feel somewhat irritated. In addition you now realize that the air quality is not too good and that your nose feels irritated and you are about to sneeze. You are also distracted by another irritant as you realize that there is some energy around that makes you feel like there was an argument in the house recently. Most of this awareness is processed deep within your subconscious. The goal of Feng Shui is to help us use this information to arrange our reality in more harmonious ways. Many wonderful stories exist of how people have used these teachings to bring health, prosperity and good fortune to their lives.

One story often shared by this author is about a woman who lived alone in a house where she had been for 19 years since the death of her husband. She was experiencing health issues, relationship deprivation, a lack of money, and an inability to achieve success in her career as an actress and theater director. She was stuck in survival and forced to accept menial jobs and was even experiencing difficulty securing regular menial work. She had read a little about Feng Shui and called us to see if we could be of help. Early in our consultation together it became clear that one of the major issues for her was clutter and debris in her home. She was a collector of antiques, books, baskets and various other objects that were so numerous that it was difficult to move about the house or find a free space to sit. She knew enough about Feng Shui to know that the placement of furniture etc. was really important and so she kept asking where to move this or that but soon we came back to the core issue which was why was it that she was creating this reality around her?

She began to understand that on some level she was surrounding herself with things out of a deep fear of lack of. Somehow it felt safer if she kept lots of things around her. It also

became clear to her that there were emotions hidden behind all these things that she had not been willing to look at for a long time. Come to think of it she was really wanting to become a theater director and was deciding that she was ready to meet a man in her life. Of course it was time to create more income for herself too. So we did an energetic clearing of older denser energies to help her remove her attachments to physical things and then we left with plans to return in a week or two once she had cleared out some of her clutter and debris.

A few days later she called us and said she thought it was interesting that since our visit the phone had been ringing with calls from employers offering her work, albeit menial work. A little more time passed and she called again to say she was noticing that men were starting to pay attention to her and she did not know how to deal with these changes. She planned a lawn sale and did well, selling and giving away several items. It was starting to feel quite different in her home.

We then returned to her home for more Feng Shui work and helped her open up the energy flows in her living space and repositioned her desk in her office area. A mirror was placed in her bedroom to help redirect the energies there so that while she was in bed she could clearly see the doorway opening. We did more counseling about the relationship of the possession of things to her life's experiences.

Sometime after our second visit she called back again, quite excited. She said that she had just received a call from an old friend who had been a very successful theater director in New York and then lost it all. This friend was now ready to make it big again and wanted to know if she would be interested in joining her on the ground floor as an assistant director and then climbing to the top with her. A few days later she announced that she had decided to follow spirit and move to New York. She since reports that things are going very well. Romance is in, career is great, and the body is much healthier. This story is just one of many wonderful experiences that people are having with the use of Feng Shui.

One powerful way to start using the principles of Feng Shui is to first hold the image of the perfect environment in your mind. Such an image might elicit a feeling of love, protection, and perfect harmony all around you. When you near the entrance to your driveway you begin to get this feeling that it is really good to be coming home. Notice how beautiful all the trees and animals are--so free and happy. Upon opening the front door your heart opens wide with this overwhelming feeling of love and harmony. The inner entrance contains a beautiful fountain with the sound of gentle flowing water. A place for everything and everything in its place takes on new meaning as you realize that you have completed the process of freeing yourself of everything you no longer need and want.

Now as you walk into the living room you realize how perfect everything is. That one chair in the corner is your favorite. In the center of your high ceiling living room is a beautiful octagon shaped parquet floor that radiates energy in all directions. The natural sun fills your home now--warming and rejuvenating you after a long drive home. The beautiful balanced use of colors throughout resonates with the gorgeous plants welcoming you as if they are truly happy that you are home. You realize that this place you call home has become so nurturing to you that

you now carry this memory in your consciousness with you even when you are away traveling. It has given new meaning to the phrase home is where the heart is.

Now double check this image against your current reality. Do you find perhaps that you have too much stuff around you or that the furniture that you have is old hand me downs that you never liked but "they were free". Or is it the books that you have been holding on to for years because they are "collectors items"... "resource library for others"... "still reading them". Each of us chooses unique ways to learn our lessons in duality, the 3-D reality. Feng Shui teaches us that less is more and getting rid of the old makes room for the new. Do not accept lack of money as an excuse for why you do not surround yourself in perfection and beauty. Money is simply a form of energy and exchange. Many who complain of a lack of money often are out of balance with the natural flow of giving and receiving and so they have no money but they have lots of possessions (holding on). When you free yourself of the holding on or attachments to your things then you often find that you start to receive in abundance from the universe.

Those things that you need and want can come in many different ways. Perhaps you decide it is time to get a new dining room table and chairs but you perceive that you do not have the money to pay for it. Try first finding something in your house that you no longer need and can sell or trade. Then give the clear intention that you are ready to create that perfect dining room table and chairs. Do not try to figure out how it is going to manifest because you may be interfering in the process or limiting the possibilities. Perhaps it will come as a gift from someone who has a set that they no longer need and it is taking up space. This author once had someone give him a beautiful 4'X8' oak table with 10 chairs only 2 days after doing the above. The donor of the dining room table and chairs offered that she would take a cosmic IOU in payment ! Avoid setting limits for yourself by saying you can not afford something.

When you have decided that you can create what you want and need, here are some self help items that you can begin with:

- 1) Clutter and Debris: Get rid of the old and make room for the new. Less is more!
- 2) Fix and Repair: Windows are the eyes of the Chi (life force energy) and affect ones clarity so replace broken glass panes and clean the windows; plumbing represents our digestive system so repair those leaky faucets and clogged drains; the electrical is our neurological system so tend to your electrical needs; HVAC heating ventilation and air-conditioning represents the lungs and breathing so make sure that the ducts are clean and free of bacteria, and replace the standard air filter with a HEPA filter which is much more effective; a sticking door can contribute to tension between partners in the home so ease a tight fit.
- 3) Stove: If your back is to the door or entrance into the kitchen while you are cooking then install a mirror behind the stove. This helps to create a more balanced environment for the chef. The energy of the chef is imparted into the food so for this reason we pay special attention to the stove. Also be sure and rotate your use of each burner as this is important for prosperity.
- 4) Master Bed: Place the master bed in the position with the most commanding view of the bedroom door. We spend about 1/3 of our lives in bed in an open vulnerable state and so it is important that this area be supportive to our being. Our relationship to the doorway into the bedroom is important because the door is the mouth of the Chi (life-force energy).

5) Front entrance: The main entrance to the house or building is the main mouth of the Chi. This is where symbolically all the Chi enters the building. It is important that the main entrance be clear, open and well defined. Make sure that there is a clear even path to the front door and that the hedges are trimmed back. The main entrance is also used for the positioning of the Ba Gua, an octagon, which is superimposed on the foot print of the house. (See diagram) From the BaGua we are able to discern much useful information about the environment and lives of the occupants. It is a powerful tool used to correct imbalances.

6) Lighting: Make sure that there is adequate natural lighting as well as artificial lighting throughout the building. Use full spectrum lighting (found at health food stores, they are light blue/purple on the outside) in key areas where you spend time and then you can mix in super energy efficient low wattage fluorescents for energy conservation. These use only 15 watts of electricity for 60-70 watts of output and they last a long time. Many local power companies offer these at subsidized rates.

7) Embrace your environment: Embrace your environment as if it were a part of you which it is! For those who are more sensitive to energies there is more that can be done. Begin by clearing any old denser energies from the environment by using sage, incense, candles, chimes, or just by singing and dancing throughout the environment with clear intention. Fill your environment with love and light. This can be done as often as you feel is useful but in particular should be done when first occupying space or after some trauma has occurred. Environments sometimes do hold onto old energies from previous occupants so it is helpful to clear them.

Feng Shui also has a way of using colors to create balance. There are several philosophies about color but they are all based on the principle that every color has a unique vibrational frequency. Feng Shui seeks to have all colors in harmonic balance with a representation of each of the primary colors in your space. This might be thought of in a similar way to the 7 colors of the chakras, red, orange, yellow, green, blue, indigo, purple. It is fine to have white walls and then balance out the colors with the rugs, pictures chairs etc. Avoid too much of any one color such as brown floor, brown walls, brown ceiling.

Feng Shui stresses the importance of integrating the practical/tangible issues with the transcendental/intangible aspects. The practical/tangible aspects include such issues as color, placement of furniture, lighting, doorways, floor plans, electrical pollution, air quality etc. The transcendental/intangible aspects are beyond intellectual understanding and involve mantras, mudras, and visualizations to affect change in our environment. It is important to combine practical aspects with transcendental aspects for maximum results. Considering only the practical aspects of Feng Shui might be 40% effective in creating harmonious space, however when the practical is combined with the transcendental then it may have a 140% effectiveness. Knowledge of these transcendental aspects allows a Feng Shui Practitioner to see through our environment what we are unable to see in our selves

Everyone can learn to connect with their environment in more whole ways and it is time for us to do so. We can no longer continue to abuse the environments. Feng Shui is becoming popular not as a fad but rather as a universal truth. Many are finding ways of explaining what was done intuitively in the past or why other things have not worked so well. The time is now! This is our wake up call.

Love and Embrace your environments as part of you and it will joyously give back to you Love and Universal Peace. This is Feng Shui in its purity.

Ask Stanlu

Feng Shui Q&A Articles - Part 1

Q: How do you recommend that we clear old energies from our house? We keep experiencing weird ghost like events and suspect that the man who lived here before us is still around even though he died here 12 years ago. Also are there other kinds of negative energies to deal with in a house that can be dealt with from a Feng Shui perspective?

A: The energies that you are talking about are called "Ling" energies in Feng Shui. These are like lingering energies according to the Ling theory of evolution. According to this philosophy when someone dies their Chi (life force energy) leaves their body and goes into the astral plane for possible reentry into another human body usually as a new born child. Often however this process of the Chi leaving the body at death is not complete and part of the Chi lingers as Ling energy. This Ling energy often returns to its familiar territory as in the example of the old man returning to your house.

To some this is perceived as a pleasant event and for others it can be quite disruptive. In either event it can be confusing and intrusive to one's own Chi to be visited by the Ling of a deceased being. Furthermore when a being leaves part of its chi earth-bound it tends to keep it from completing its soul's journey into the astral plane in preparation for its next incarnation. So it is my view that it is appropriate to lovingly invite these Ling particles to return to the light for completion of their soul's journey.

The way that we do this in Feng Shui can be complex however, depending on your awareness. It may be possible for you to clear these energies on your own. First you need to learn the expelling mudra: hold two middle fingers with your thumb and flick both fingers in both hands (see diagram) as you walk around the house. At the same time visualize that the Ling energy is lovingly returning to the light for completion of its souls journey. Sounding also helps if you know how to make sounds that are helpful to clear old energies. Lastly visualize that your home is filled with loving light and that only those energies that are harmonious to your being are present in your home.

Additional techniques that you can use would be to burn candles, smudge with incense or sage, play chanting music, chime bells, or just sing, dance hoot and howl your way through the house with the intention to clear all old energies! Above all have fun and don't be afraid of these Ling energies.

These same techniques can be used to clear other energies as well. Examples would be what we call predecessor energies as in the energies left in a house from those who lived in your home previously. This can be subtle and then again not so subtle but rather intense. For those who are sensitive to energy you could walk into a room after there had been an argument and you would feel this predecessor energy as an angry agitated energy. If the predecessor had experienced much depression and trauma this kind of energy could remain in the house for the successors.

Above all else claim your home as if it were a sacred part of you which it is.

Q: Please explain the Feng Shui theory of the use of colors?

A: Feng Shui has much to say about colors. According to the teachings of Feng Shui color is everything and color is nothing which is similar to the Tao teachings and Yin /Yang philosophy. Every color has a unique vibrational frequency and the objective is to bring them all into balance with each other and all other energies in the environment. The frequency of colors goes from one extreme to the other with red at one end and purple at the other not unlike the chakras which start at the base as red ,then orange, yellow, green, blue , purple, and then iridescent at the crown. This pattern can be used as a reference for one way in which you can select colors for your interior as well as exterior. In other words, have a representation of each of the chakra colors in your home with none of them over-powering and you will probably have a balanced color pattern in your home.

Another way to use colors is to use the colors of the five creative elements in Feng Shui which would be Green (wood), Red (fire), Yellow (earth), White (metal), Black (water). According to this theory you would incorporate one of each of these colors in each room. This could be in the form of a picture frame , rug , bedcover, wall color etc.

Pay attention to the exterior colors also. If you had a brown roof, brown siding, brown trim, brown door your house would not be in good color balance. The solution in this case would be to paint the trim another color and then the front door could be painted another contrasting color. White exterior and interior walls are O.K. because you can then add other colors to complete the colors. All in all there is much that can be said about colors but not enough space to write about it all here so if you wish you can purchase a new book called "Living Color" by Professor Lin Yun and translated by Sarah Rossbach to learn more.

Q: How are mirrors supposed to be used in Feng Shui? I hear all sorts of conflicting information and I want to be sure I understand correctly. Thank You for your help.

A: Mirrors are used in Feng Shui to redirect, attract, or move certain energies. For different applications different kinds of mirrors are used such as round, square, or octagonal. In addition we use a special kind of mirror called a BaGua mirror for extra powerful solutions. This is a mirror within an octagonal frame with the Chinese trigrams displayed, special colors red, green, and gold, and the wood element as it's frame.

We use the BaGua mirror to re-direct intrusive energies such as a road pointing right towards our front door, a cemetery next door, or an intrusive neighbor. Simply point the BaGua mirror with loving intention towards the intrusive energy and it will loving re-direct it back to the source of the intrusion.

When we want to attract certain energies a mirror can be helpful. An example would be the placement of a mirror in a place within your environment where you want to attract more of something. One often used place for a mirror is behind the stove to attract prosperity and symbolically double the quality and production of the food. We also use mirrors in retail stores to attract more traffic into the store.

To move energies as in a situation in which there is a wall close to the door upon entering, then place a mirror on the wall directly in front of you upon entering. Make sure this mirror is positioned so that your head is fully visible from the mirror. You want to avoid having your head cut off high or low due to improper positioning of the mirror. A mirror used in the front entrance will help expand your Chi and hence your opportunities in life.

Avoid over-using mirrors randomly placed because they are powerful remedies and can cause chaotic energies when misused. In most cases the bigger the mirror the better but in some cases a very small mirror is sufficient such as when you want to stop the Chi from going down

the stairs too quickly with steep stairs. In this case you would place a small square mirror at the bottom of the stairs facing you as you come down the stairs.

Use solid clear mirrored glass panels as opposed to mirror squares for all of the applications mentioned above. In some cases it is possible to use reflective material such as foil paper, shiny wallpaper, shiny tiles, stainless steel etc. An example for this would be when you are looking to place a reflective covering above the lower bunk bed to expand the constricted Chi (see previous Earth Star Feng Shui Column).

We used to say that mirrors were the aspirin of Feng Shui, but now we have evolved. We now say that mirrors are the homeopathic remedies of Feng Shui! Use them wisely and they will help you to create balance and harmony in your environment.

Q: So much is said about Feng Shui in homes but rarely do I read about apartments. I am wondering how to use Feng Shui to find a good apartment in Cambridge. What do I need to look out for so I can be sure to find the right apartment? C

A: Pay attention, as you look for an apartment, to your inner knowing (intuition). It will tell you everything you need to know. If you are hesitating and compromising in the choice then perhaps this is telling you that there is something about it that is not harmonious to your being. On the other hand when you find the right apartment it will sing to you, making you happy and satisfied.

On a more practical level, look at the neighborhood to see that it is peaceful, quiet, healthy animals etc. Next look at the building. Does it seem healthy, pleasing, balanced? Walking in the lobby pay attention to smells, sounds, first impressions. What do the people look like as you pass them in the lobby. Is the lobby well lit and secure feeling? Upon entering the apartment is the doorway clear, well lighted, easily accessible with room to stand freely upon entering? What is your first impression upon entering? Can you sense what the previous tenants were like? Is the floorplan of the apartment even with most areas fitting into a square or rectangular configuration or is the apartment L-shaped? Look out the window and check for powerlines or transformers near the apartment. Avoid these as they emit electronic pollution.

Check the plumbing to make sure they drain properly and that there are no dripping faucets as these represent the digestive/elimination in the body. Electrical should work properly also. When running an electrical appliance if the power dims then the electrical is inadequate. This represents the neurological system in the body.

Make sure that ceiling clearance is adequate so that your Chi is not compressed. Colors affect environment also so avoid dark colors in an apartment except in isolated instances. Check the sun orientation of the apartment. Best not to be facing North as this is the cold side with relatively less sunlight.

Ask about your neighbors also. Who are they and what are they like? The energy of neighbors does not stop at the walls and does affect abutters so it is helpful to know what you are getting into.

There is so much to share from a Feng Shui perspective but these will help. Lastly, once you decide on an apartment be sure to do a clearing of the environment when you first move in. Many blessings in your next apartment. Stanlu

Ask Stanlu

Feng Shui Q&A Articles - Part 2

Q: Are there Feng Shui things that we can do to the entrance to our building to bring in more business and money?

A: Yes! Make sure that the access from the street or sidewalk to your business is clear so that customers can easily see the entrance door to your business. The flow of traffic should follow the predominant flow from the street. Signage should be simple to read and have strong colors such as red to activate the Chi. Make sure that there is a clear path to the front door, clearly marked or color coded so that as the customers enter the property they sense clearly where to go. The front door needs to be large and easily accessible for this is the "mouth of the Chi". Ideally the front door should face South or East according to Feng Shui principles. Also it is best if the building is level or higher than the street or sidewalk. Avoid locating right next to major powerlines or electrical transformers.

Q: Where is the best place to put the bosses office? We are redoing our offices and I want to be sure to put my office in the best Feng Shui place.

A: Your intuition is guiding you quite well. Indeed the location of the bosses office is important to the success of the business. The energetic environment of the bosses office affects everyone in the business. When the boss is in a harmonious environment then the best possible outcome results. Ideally the boss would be located in the wealth corner of the business according to the BaGua octagon. This is the left rear section of the business relative to the front door. The bosses desk should likewise be located in a commanding position relative to the doorway into his office. I am reminded of a boss that I once had who had his desk poorly positioned behind the door upon entering and every time I entered to see him I felt uneasy. I never knew what kind of surprise he would have for me. So make your office a sacred harmonious place of creation so that anyone entering your office will be at peace and feel your loving commitment to them and the business. The old ways of running a business from power and control are no longer working. It must come from the heart. Blessings to you and your business.

Q: Does Feng Shui have an opinion on sloped ceilings? My desk is positioned in a room which has a sloped ceiling. It is lower behind me and higher in front of my desk.

A: Sloped ceilings cause imbalance. Lower ceilings compress your auric field thereby limiting the flow of Chi. The physical result of this may be headaches, sinus difficulties, and limited breath. If possible reposition your desk so that you will be sitting under a higher ceiling area. If this is not possible then creative Feng Shui techniques will help. The traditional solution is to place two Chinese bamboo flutes on the lower part of the sloped ceiling hanging from red ribbons with the mouthpieces down. To determine the spacing of the two flutes, imagine an octagon between the ceiling and the floor. This will tell you how far apart to place the flutes and the angle between them. If your aesthetic tastes do not resonate with the Chinese flutes then you can place lights on the floor pointing up toward the ceiling as well as upward growing plants. Another creative solution is to paint a cloud/sky scene on the ceiling thereby lifting the ceiling.

Q: We have heard that Feng Shui has a philosophy about numerology. We are about to move into a new office with an address 666 Monroe Street. Is this a good address from the Feng Shui perspective?

A: 666 is a powerful number of love, power, and balance. When you look more closely you see that 666 is really a 9 in disguise. $6+6+6=18$, and then $1+8=9$. 9 is the highest number because after 9 comes 10 which is $1+0=1$, then 11 which is $1+1=2$, etc, etc. So from a numerological Feng Shui perspective this is a very good address foretelling a balanced success. As a note, there

are no bad numbers to fear. They simply all have different characteristics. Many blessings in your new office.

Ask Stanlu

Feng Shui Q&A Articles - Part 3

Q: I know a man that I would like to attract to me (romantically). What can I put in the marriage corner of the ba-gua to attract him? I have a chair in that corner of my bedroom and a small table in that corner in the living room. Both are near windows. Any advice would be greatly appreciated. Thank you.

A: First go to the marriage Gua for the whole house. This would be the right rear part of the house relative to the main entrance. Make sure that this area is clear and well balanced. One example of what you would not want in your marriage Gua would be dirty laundry and household trash as related by one Feng Shui student. Instead use the marriage Gua as a place to focus your intentions to attract a certain relationship. This would be a good place to put a poem or picture of the special person along side a picture of yourself. According to the BaGua the auspicious colors to use in the marriage section are Red/Pink/White and the numerology is 8. Therefore place 8 of something using these colors in the marriage Gua. Next you could focus on the marriage Gua in your bedroom using similar principles. Meditate in this area to reinforce your intentions. May you be in joyous union.

Q: Does Feng Shui have an opinion about round or circular homes? And how about octagonal shapes?

A: Round, circular and octagonal homes are good from a Feng Shui point of view providing that one is using an open floor plan. As soon as one begins to put rooms into these plans then we get irregular angles causing imbalances from a Feng Shui perspective. I like octagon shapes for large open rooms used for healing and spiritual gatherings. The octagon is a sacred shape that is symbolic of the whole and is thought to be in perfect harmonic resonance. It is no surprise that the BaGua is an octagon incorporating Yin/Yang principles from over 4000 years of experience.

Q: Stanlu, could you please expand comment on the use of indoor water fountains, their placement, use, significance? You do mention a fountain in an entry hall, but outside of that there isn't much information about what it attracts or repels. I have just recently purchased a small indoor fountain in Mexico, and would like to know how and where best to place it. I was planning on surrounding it with fresh begonia plants, but was hoping to find literature defining the use of indoor water fountains. Help!!!

A: Water is a powerful conductor of energy, so healthy flowing water helps to create an active Chi energy flow. The sound of gently trickling water as in a water fountain is also soothing to the sound sense. In the five creative elements theory of Feng Shui it is important to have a balance of all the creative elements so a fountain can help activate the water element. Placement of the fountain depends on many factors but the intention is to have it activate the Chi in an area that would benefit from the water element. In a home or office it is often auspicious to have the fountain in view upon first entering especially if this is the Career section of the BaGua. We also often recommend a fountain in the wealth corner of the home or office because of the power of the water element.

Q: We have a split level entryway and are not sure how to determine our wealth corner since you turn at the top of the stairs to enter the living room. Do you have the answer, and any suggestions on how to increase the harmonious balance in this style of house?

A: Split level entryways present difficulties from a Feng Shui perspective because on a subconscious level when entering a split level your meridians are split, half up and half down creating an imbalance. Furthermore the entrance mouth of the Chi is not clear as you indicate by your question and therefore it is difficult to determine BaGua placement. In order to determine where the wealth corner is you must use the main entrance door as the mouth of the Chi. In order to increase harmonious balance in this sort of house one must be sure to keep the entrance clear and well lit. To correct the split meridian, place something strong that will attract your attention as you first walk in so that you can pause if even for a split second to align your meridians and center yourself.

Q: Can you address the question of Feng Shui and relationships? How can Feng Shui be used to help one bring a loving relationship into one's life, or clear emotional obstructions in an on-going relationship? Many single and married people are at a loss as to the blockages that keep them from getting what they want in relationship. It would be helpful if Feng Shui has something to offer in this area.

A: Feng Shui does indeed have something to offer in this area as it does in all areas of our lives due to the interrelationship of all things. One of the first and most important areas is to pay attention to clutter and debris in our environments. We say in Feng Shui that less is more and get rid of the old to make room for the new. Therefore if your house is cluttered and you are holding onto the old then your relationship may be suffering. Clear the clutter and debris and watch your relationship change and blossom.

After clearing the clutter then you can begin to use skillful action with the tools of Feng Shui to enhance relationship. Pay special attention to the Marriage section of the BaGua which is the right rear of your house or apartment as you walk into the main front door. This is where you could place something sacred that is symbolic of harmonious relationship and loving union. Meditate in this area to create whatever it is you intend. Remember that the colors red/white/pink and the numerology 8 are auspicious for the marriage Gua.

Q: Could I ask for some advice. I am having renovations done. I am changing my front door which is now facing South. I am thinking of changing it to face East. Is this a good idea? Also a door or a room and the bed, would you have any idea for arranging? Your advice is highly appreciated. Thanks...

A: A South or East facing for the main front door is preferable from a Feng Shui perspective so you win either way. Make sure that the new doorway is clear and that there is plenty of unobstructed room upon entering the house. Paint the main front door a contrasting color in order to make sure that the mouth of the Chi is well defined. The arrangements of rooms is important so if possible place the master bedroom in the wealth (left rear) or marriage (right rear) corner. The bed in the bedroom should be placed in the commanding position in the room so that you have a clear view of the door into the bedroom. Remember also to pay attention to the direction of door swing. Avoid having the door swing into the openness of the room you are entering.

Q: Please explain again how to use the BaGua. This is a fascinating Feng Shui tool but I am a little confused on how best to use it.

A: Yes the BaGua is a fascinating tool. The more we work with it the more we discover how powerful a tool it is. The BaGua is a diagram in an octagonal shape used for discernment and divination of our environment. It has eight unique sides with corresponding aspects having to do with various factors in our lives. According to this philosophy when each of the eight sides of the BaGua are in balance then the whole is in balance. The Yin/Yang principle applies here in which everything is related to everything. Within everything there is everything as well as nothing, much like the natural laws of the universe always in contraction and expansion yet always in harmonic resonance. The BaGua uses the trigrams from Confucius teachings and the Y-Ching and incorporates a system of numerology, colors, creative elements, body parts, compass orientation and Gua. The BaGua is superimposed over the footprint of your house or office for discernment purposes with the Career Gua always oriented along the wall where your main front door is placed. From this orientation you then have 8 sections of your house to reference and learn from. Use the BaGua as a tool to better understand the clues as to what your environment is telling you about your lives and a tool with which to change your reality. This is a very powerful tool that is a lifetime of discovery and discernment. As you learn more how to use it simply treat it as a playful tool of discernment. Carry the BaGua configuration around with you and check out various environments looking for clues as to what is going on. May your heart and home be filled with joy! (See BaGua diagram in other section)

Ask Stanlu

Feng Shui Q&A Articles - Part 4

Q: Is it a problem if you have more than one entrance to the house? My front door which I use to enter and exit is in the North. I use two other doors for my guests, one to the South entering into the kitchen for my friends and another to the West where I admit strangers and business folks. My bedroom is upstairs, a converted attic running the length of the house with windows to the East and West and a skylight to the South. Is that OK? Thanks, M

A: It is not a problem to have more than one entrance to the house but it is a problem that the main entrance is not clearly defined. When we speak of the main entrance we mean the architecturally designed main entrance which may or may not be the entrance you use most in your daily activities. When approaching the house it should be clear to anyone which is the main entrance. It is OK to have a working entrance elsewhere that you use regularly however from a Feng Shui perspective this will have an entirely different influence on the environment. The wall on which the main front door lies is where we align the BaGua(the Chinese octagon used as a tool for balancing the environment). This powerful tool is then used to help us understand the idiosyncrasies of our environment and also gives us the means to change our environment so as to enhance our lives. The main front entrance is also considered to be the mouth of the Chi (life force energy) and where symbolically the inner world connects with the outer world. For these reasons it is important to pay attention to entrance and be sure that it is clear and well defined. Use a contrasting color on the door so as to further define main entrance. The working entrance needs to be clear and flowing easily so as to enhance your Chi also, so be sure the hallways are clear and that the access to the working entrance is clear. The bedroom upstairs in the attic sounds as if it has sloped ceilings which cause imbalance. Be sure that the bed is not positioned under a sloped section as this will constrict the flow of Chi where the ceiling is at its

low points. We say in feng Shui that if your head is under the low point of the ceiling then this will constrict the Chi in your upper body creating headaches, breathing difficulties and other related symptoms. If your room is limited in dimensions so that your bed can only be placed under the low part of the sloped ceiling then place two Chinese bamboo flutes hanging by red ribbons with the mouthpiece down on the sloped ceiling area above the bed. The two flutes need to be apart at 45 degree angles from each other.

Q: I am a novice to this new world of Feng Shui. I have a North facing front door which is painted red. I know you are saying wrong..wrong..wrong. What can I do to correct this? Thank You. K.P.

A: The preferred facing for the front door is to the South or East according to Feng Shui teachings. A North facing is cold and not well activated by the Chi of the sun. The North facing is however a condition that exists in many homes and commercial entrances. One solution that we have developed is to place a mirror outside facing the front door. The mirror would be mounted on a post or tree approximately 20 feet from the entrance. As the South sun shines on the mirror it will reflect onto the North entrance thereby offsetting this unwanted condition. Remember that everything affects everything else due to the oneness of all therefore pay attention to all the other aspects of your environment as well.

Q: Our new home faces West and is located on a curved street, with the NE flow of traffic pointing directly to the front of the house. It is a wooded lot with a creek trickling North to South on the far back property line. There is a swimming pool in the back yard; there are many windows on the back of the house. The window wall of the great room is immediately visible from the front entrance. Would a mirror placed outside the front entrance redirect traffic? How can I keep good Chi from entering the front door and immediately exiting through the windows? What can be done to counter the influence of all that water at the back of the house? Please help a.s.a.p.

A: To redirect the intrusive energy from the traffic pointing at the front of the house it is advisable to place a special kind of mirror called a BaGua mirror on the exterior of your house pointing towards the street. This special mirror comes in an octagon frame with the trigrams from the I-Ching displayed along with the colors red, green, and gold. A regular mirror will not have the same affect. This influence of the road pointing at your house combined with an entrance opening into a view of glass of the opposite wall is a powerful combination of circumstances that would be acting to create a "fish bowl like effect". Upon entering the main entrance place a screen or plant to block your view to the back wall of glass. This will help to create some balance to the Chi flowing out the back wall of glass. On the back wall of glass place a glass prism or crystal ball to further create the balance. A rock garden with large boulders near the pool area would be helpful to balance the heavy water element. Your questions demonstrate a sensitivity to environment and an awareness of Feng Shui issues that is commendable. Keep up the good work.

Q: Does Feng Shui recommend any particular incense fragrances for various purposes? Where and how should incense be used to enhance Chi?

A: Incense can be used in many ways to help create healthy harmonious environments. The choice of which fragrances to use is a personal choice and should be done on an intuitive basis. Some fragrances work better for clearing, relaxation, mental clarity etc. One important use for

incense is to help clear older denser energies from environment. Take this incense and walk through each area of the house visualizing that all denser energies are releasing and that your home is being filled with loving light. Sage can be used for this purpose as well. Incense can also be used simply to offset odors thereby creating more desirable smelling responses.

Q: I can detect trouble around my house. I can tune into a lot of different geodetic fields. I need to know how to interpret them, relieve stress from them, and position my life around them- Where do I begin? I have grown ill over the past few years and have concluded my positioning as a primary factor or added stress. I am on the verge of moving away as I do not know if I can correct or live with the disturbances here.

A: Where do I begin to answer your question. Indeed geopathic stress from earth energies is an important environmental influence. You are blessed to have this awareness. The way we deal with these influences is to redirect the earth energies using dowsing techniques or other transcendental remedies and then to use dielectric spiral resonators produced by Biomagnetic Research to neutralize the unwanted emanations from geopathic zones. We place these spirals especially under the bed where you sleep to create a neutral zone for you. We then carefully neutralize all the electronic pollution and radiation in the home using Biomagnetic Research products and other Feng Shui techniques. In summary we deal directly with the earth energy imbalances while at the same time doing all we can to create the balance in all other area of your home. The issues that you mention are indeed known to contribute to many different health issues. Therefore your intuition is guiding you well by asking these questions. Be well.

Ask Stanlu

Feng Shui Q&A Articles - Part 5

Q: I'm very interested in Feng Shui. However, I'm confused about 'contradictory' advises from different Feng Shui books. I was wondering if you could help enlighten me as to which is the most potent school of Feng Shui. I've read about the Pa-Kua Luo Shu (Compass) school and also the Black Sect school. They both have different theories. Some are based on personal auspicious directions and some generalize that each front door is the career door. And then there is the Flying Star school and the Water Dragon Classics. These tell different and at times contradictory explanations and advices to the Ba-Gua school. Please help enlighten me.

A: Indeed it is sometimes confusing to discern which is the correct Feng Shui. Different Feng Shui books often seem to contradict each other, and then it is not unusual to have a friend or well meaning acquaintance tell you one thing while another tells you something entirely different about Feng Shui. The reason for this is that there are a number of different lineages of Feng Shui which have evolved over the past 4000 years as Feng Shui has been brought to different countries and cultures by the person at the time who had the most knowledge of Feng Shui. Each culture then put it's imprint on their own lineage of Feng Shui, interpreting it from their bias and understanding. The basic difference is that some lineages orient things based on the compass directions versus relative positioning which is the Black Sect school. In my experience the Black Sect school is the most appropriate for this culture and modern world. It takes into account computers, microwaves and the modern world which has historically not built structures oriented strictly north/south. Therefore it is not easily adaptable to position things north/south. The compass school might say, for instance, to place your bed with your head to the

north. This would not work too well, however, if this meant that your head would be right near the bedroom door. Therefore we say in the Black Sect school to place your bed so that you are in the most commanding position and so that you have a clear view of the bedroom door while lying in bed. Ultimately the lineage that works best for you depends on your awareness and experience. They all have their supporters and success stories.

Q: How does Feng Shui work and why is it important for us? Feng Shui is a Chinese theory. How can it be applied any where outside China, like in US? What are the most important factors to be considered while designing a house according to Feng Shui?

A: Feng Shui works by teaching us the interrelationship of all things...as goes our environment so go us and vice versa. Feng Shui also teaches us how to access our subconscious knowing that has all this insight about what is happening in our environments. When we bring the subconscious to the forefront of our consciousness then we are able to change our reality. For most of us it is easier to change it outside of ourselves as in move the bed or place a mirror behind the stove, but the truth is that is the same as changing it within ourselves due to the oneness of All things. Feng Shui is indeed a Chinese theory in heritage but as we bring it to the USA it is being modernized and interpreted by Americans in our own unique way of understanding. Therefore we are evolving to American Feng Shui. When designing a house according to Feng Shui it is important to remember to always seek to create the balance in all things you do. This affects the use of colors, placement of things, doorways, building materials, site placement, etc.

Q: I built my house on two sides of a small stream, which flows from north to south, and suspended the living room over the stream connecting the two sides together. How does a stream flowing under a house affect chi? What can I do to make this a positive force, as it is very beautiful. Thank you for your assistance.

A: It does indeed sound beautiful but too much of a good thing is not good either. We are always seeking the balance in Feng Shui. You have too much of the water element. Water is a powerful conductor of energy so the water under your living room is pulling away the Chi. In addition, you probably have mildew issues due to all the moisture. The solution is to make sure you have healthy live plants in the house to use the moisture, surround the house with rocks, use a dehumidifier, and thoroughly clean all surfaces in the house to clear mildew. Open the windows in the bathroom and kitchen often to allow moisture to escape. These will all help to restore the balance.

Q: I am relatively new to Feng Shui but I think I might have a problem. I own a duplex. Looking at it from the street I live on the left side. The front door faces South. Now here's the problem. It started out as a 3 bedroom on each side duplex. Then we broke down a wall and took one of the bedrooms to make our side larger. Consequently, my office is directly over the living room next door and they now have only 2 bedrooms. We also took more of the cellar. I would say the ratio is more 2/3 on our side and 1/3 on their side. Is this a special situation? And if so what to do about it? Any help you can give me would really be appreciated as I'm at a total loss as to how to deal with the bagua in a situation like this. Thanks in advance.

A: Your knowledge of Feng Shui is indeed bringing you to the awareness that something is out of balance. Indeed when one adds a room then the bagua reference changes as well as the overall relationship of things in your home. It is important to consider these implications when

adding on to a floor plan. In your case you have kept the same main doorway entrance which allows for a simpler integration of the changes. The added bedroom could be considered an enhanced Gua depending on its size in relationship to the overall floor plan. If it is too big an addition to the floor plan then it could create missing Gua's in other areas. We would have to see a floor plan to know for sure. Your description of the changes tells a lot because if you look at your words you see that the changes created boundary issues and imbalance "my office is directly over the living room next door". You and your neighbor would tend to be quite aware of each other in the expanded bedroom and this probably does not feel right to either of you. The solution for the time being until we can see a floor plan, is to place BaGua mirrors on all adjacent walls and floor, facing toward your neighbor, in order to create more healthy boundaries. Remember to do this with loving intention.

Q: My husband and I want to have a baby. What do you suggest we do?

A: The Feng Shui solution in order to have a baby is to combine practical as well as intangible/transcendental methods. The practical methods involve clearing clutter and debris, creating the balance throughout your home with colors, proper placement, clear doorways, good lighting, etc. The intangible/transcendental method might involve doing a cure in the children section of your bedroom. The BaGua shows us that the auspicious color is white, numerology 2, creative element metal, with lakes as a reference. It is recommended that you do a ritual/meditation in the children's section of your bedroom to affect change in this area. We have seen many times in Feng Shui how this can help us to create the so called miracles of life.

Q: How can I use Feng Shui to solve money problems, ie create abundance?

A: Yes, you are not alone. Many people call us for help with money problems. This is because Feng Shui has tools to help us manifest anything we want and need. The key as always is to create the balance in your environment. It is not sufficient to simply clean up your wealth corner according to the BaGua. Many people who have money problems have issues with attachments to physical things. They are often the ones who have closets full of clutter, storage lockers, bookshelves overflowing etc. The message that is being sent to the universe is one in which there is not a balance of giving and receiving. The natural way is when there is the balance. Free your self from clutter and debris and watch how the universe responds by giving you what you need and want. Remember your junk is someone else's treasure. You can also do a ritual/meditation in the wealth corner of your home using the auspicious colors blue/purple/red, the numerology 5, creative element wind, and the hips as your body reference.

Q: Where should mirrors be placed? How can we use them to enhance our lives?

A: We use mirrors in Feng Shui for many different reasons. They are used behind the stove when our back is to the kitchen entrance while cooking, on the wall in front of you upon entering the main doorway, on the wall facing the missing Gua when part of your floor plan is missing a corner, at the bottom of a steep stairs to slow down the Chi going downstairs, etc. We use special BaGua mirrors in other applications when we wish to redirect intrusive energies or create universal harmony and security. Generally the bigger the mirror the better but in some applications a very small mirror will do it. We used to say that mirrors were the "aspirin" of Feng Shui but we have evolved and so now we say that mirrors are the "homeopathic remedy".

Ask Stanlu

Feng Shui Q&A Articles - Part 6

Q: My carpet is gray, walls white, and ceiling tan, throughout my house. I know gray represents water, white-metal, and tan-earth, which are in a creative sequence. Does it matter whether the creative sequence starts at the ceiling or can it start with the floor as in my case. In other words is this good Feng Shui?

A: The creative sequence can start at the ceiling or at the floor, however it is best to have lower chakra colors starting at the floor and upper chakra colors at the ceiling. This then poses a potential conflict. The answer is that everything affects everything due to the interconnectedness of all things. Therefore it is necessary to take into consideration all the other factors influencing the environment. Furthermore, words can have very different meanings from one person to another and so your color gray might be someone else's tan or black etc. What is important to understand about colors is that every color has a unique vibrational frequency. The goal is to have each of the colors of the rainbow represented, in balance, throughout each area of the house. Colors are just one of the many ways that we balance the environment. The creative cycle is another. Whether your environment is good Feng Shui or not is determined by all of the factors interrelated as One. One cannot separate out all the other factors such as placement, textures, ceilings, doorways, lighting, earth energies, EMF, interference etc. Remember intention is important too. So if you fill your home with loving thoughts then this will make a big difference too.

Q: I've recently been introduced to Feng Shui and find it very interesting and somewhat confusing, especially with the BaGua and trying to find the specific site for my home. Do you have any simple solutions? Should I be using the BaGua for every room in my home or my entire house as a whole? Your response is greatly appreciated.

A: The BaGua is a powerful tool of discernment and takes a lifetime of discovery to use fully. It is based on the sacred geometric shape of the octagon, which is symbolic of a perfect piece of creation. The way to begin to use it is to superimpose it on the footprint of your house to evaluate the floorplan overall. Remember to orient the BaGua so that the Career Gua is positioned along the wall where the main front door is located. This would then mean that the left rear section of your house or apartment would be in the wealth Gua with the other corresponding Guas located throughout the rest of this octagon shape called the BaGua. At first as you are learning to use the BaGua, treat it as a playful tool of discovery. Then as you learn how to use it more you can begin to place the BaGua in each individual room for another level of discernment. Which to use depends of what your intention is. This comes with experience. Remember that the BaGua can also be used for the land by placing the Career Gua at the driveway or walkway into the land. This is another level of discernment. Using the BaGua, you can look for clues about the interrelationship of what is happening in your life as it relates to your environment. We say in Feng Shui, as goes your environment so go you, and vice versa. May the BaGua bring you joy and happiness and a healthy, harmonious environment.

Q: I've recently asked my employer for a raise. I've tried to focus a lot of my energy into the wealth and career aspects of the BaGua. Do you have any suggestions on some specific things I can do to increase my chances of getting this raise?

A: One of the most important things you can do in your work environment to improve your work and the relationship between your boss and yourself is to position your desk in the

most commanding position in your office relative to the doorway into your office. You should have a clear and commanding view of the doorway while sitting at your desk. Next be sure and clear clutter and debris from your office. A Chinese money chime hanging from the ceiling in the wealth corner of your office is also helpful. Lastly, remember that clear intention is a powerful way to manifest anything you want and need. Be sure that all of you is in agreement with your intention to get a raise. Then it is so!

Q: I would be grateful if you could take the time to look and comment on these questions. How does Feng Shui influence design? What advice could you give to a product designer?

A: Feng Shui can be applied to designing products as well as environments. The same principles apply. When designing products the shape is important as is color, texture, sight, placement of switches, smell, etc. Also it is important to make sure that the inner message of the design or product is in alignment with the outer message as communicated by the logo, name, stated use of the product etc. Often when a product fails it is because the inner message was not in alignment with the outer message as promoted. We also use the BaGua for logo and product design. You are on the right track. Products that have been designed using Feng Shui principles usually enjoy great success.

Q: I have just finished reading a book called Interior Design with Feng Shui by Sarah Rossbach. In it she speaks of "I Ching to the palm". I'm not clear as to how Palm reading is associated to Feng Shui.

A: We use the BaGua for palm reading as well as all the other ways you have read about. For palm reading you would simply place the BaGua over the palm of your hand. Look for bumps or indentations. A bump is good. An indentation is not so good. Look for other clues much in the same way as you do in your home. You will be pleased to discover that the BaGua has many wonderful applications.

Q: I am looking at purchasing a house that is in an excellent neighborhood. The house faces southeast and is spacious. However it faces a major parkway. What can we do?

A: Place a special kind of mirror called a BaGua mirror on the exterior of the house pointing towards the parkway to redirect these intrusive energies. The BaGua mirror is a powerful way to redirect any unwanted intrusion and can also be used towards the cemetery, intrusive neighbor etc. When pointing a BaGua mirror towards an intrusive neighbor, it is important to do it with loving intention.

Q: I am located on a triangular piece of land. What can I do to correct this?

A: Triangular pieces of land create an imbalance from the land perspective. It is best when the land is shaped rectangularly but if not then the solution is to place a lamppost in the missing Gua corners to activate these missing areas. You can also do landscaping to activate these areas.

Q: I have a slanted ceiling in my bedroom. What can I do to correct this?

A: The traditional solution for this is to hang two Chinese bamboo flutes on the ceiling where it slopes. The flutes should hang by red ribbons and be positioned in pairs at 45 degree angles spaced apart. Another way to deal with this is to place upward growing plants under the

sloped ceiling as well as upward lighting. When someone sleeps under a sloped ceiling they often experience headaches and breathing difficulties.