



YOUR BODY YOUR FRIEND
Part III

Section 1

Feng Shui

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Feng Shui

(fung shway)

Feng Shui (literally “wind and water”) has been practiced for over 3,000 years in China. It is the art and science of placement with the intention of achieving balance and harmony in the environment. Using the principles of Feng Shui, we can make simple adjustments in our homes and work spaces that will correct and enhance the flow of energy around us.

Those directly involved in Feng Shui firmly believe that from the use of Feng Shui one can expel negativity, as well as attain a state of longevity, happiness, and wealth. Feng Shui is Chi adjustment, so when making Feng Shui adjustments, be forewarned things will start to change on your life.

There are many schools of thought concerning Feng Shui, from very detailed to simply. I prefer Feng Shui in its simplistic form. Today, I will be sharing some of the basics with you. My intent is to give you enough information to walk away and start using Feng Shui today. My personal focus when using Feng Shui is to use it to enhance the energy and harmony in someone’s life, and as a means of obtaining intuitive information for and about the person.

Everything...I mean everything outside of the body is a mirror of what you carry inside. From the way you breathe to the way you write. If you change any of these things or the way you do them, you change yourself.

Everyone already uses Feng Shui. For example, did you know that the house you moved into already had the problem areas we you in the middle of working through. The house is a manifestation of what is already in our emotional, mental, physical, and spiritual bodies. If you know what to look for you can accurately read someone by their house.

Two main things that we will be going over today regarding Feng Shui are the Bagua and furniture placement.

BAGUA

There are many Feng Shui schools, but they all are based around the Bagua (pronounced Bah-Gwah).

- 1. Front door entrance*
- 2. Room entrance*

WHAT TO LOOK FOR

CLEANSING A HOUSE

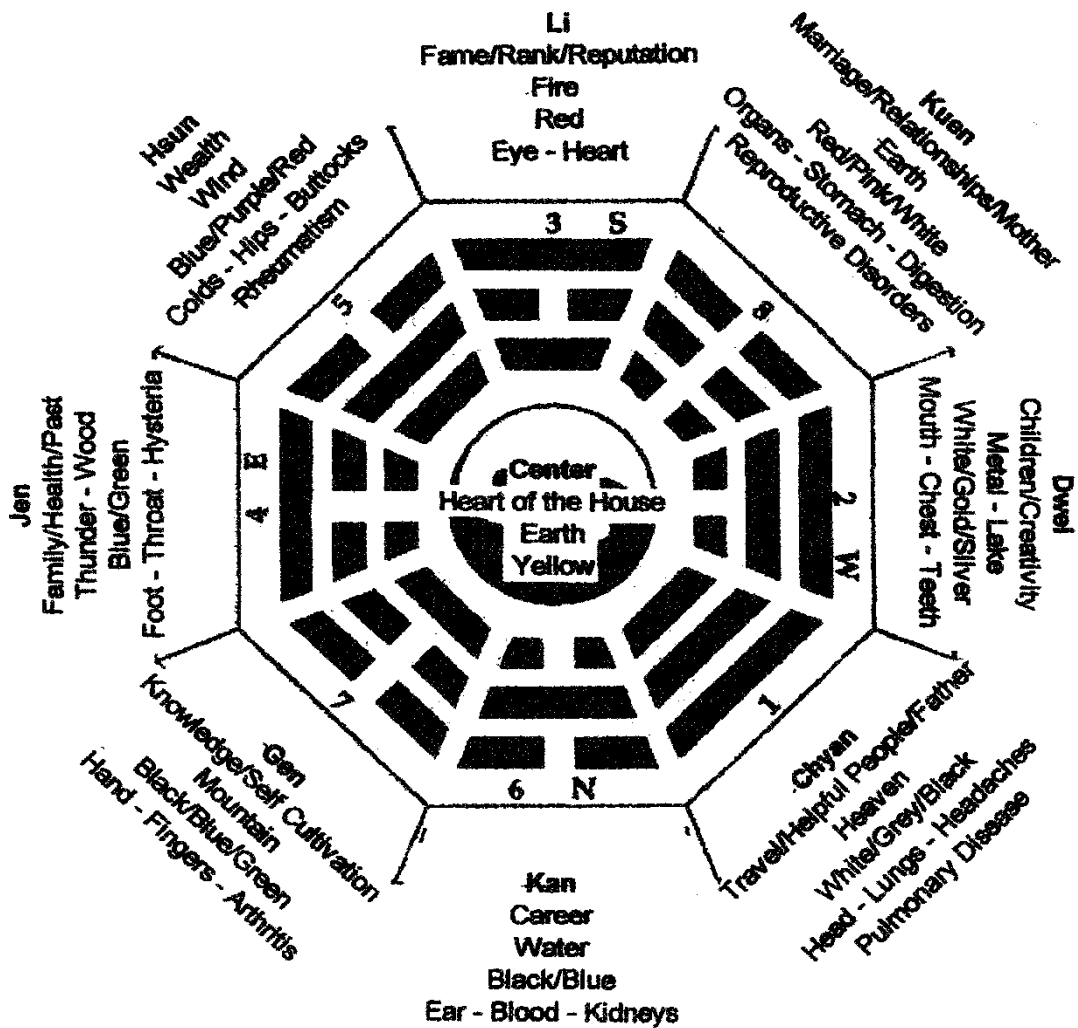
CURES

Feng Shui Ba-Gua

The Ba Gua Octagon is one of the tools used in feng shui to help determine preferred locations for certain functions in the home or office. The Ba Gua is placed with the front door of the floor plan of your home or office placed at the bottom of the Ba Gua octagon.

BA-GUA

The BA-GUA and its corresponding elements, body parts, colors, and life situations.



..... Align the front door along this plane

Feng Shui Square

<p>WEALTH & PROSPERITY HSUN</p> <p>Element: Wind Color: Blue, Purple, Reds Body: Colds, Hips, Buttocks</p> <p>Cures: Wind Chimes (\$ Harmony) Wood Sculptures</p> <p>GRATITUDE</p>	<p>FAME / REPUTATION / RANK LI</p> <p>Element: Fire Color: Reds Body: Eye, Heart</p> <p>Cures: Candles, Fire Place Worst place for aquarium</p> <p>INTEGRITY</p>	<p>MARRIAGE / RELATIONSHIPS KUEN</p> <p>Element: Earth Color: Reds, Pinks & White Body: Organs, Stomach, Digestion Reproductive disorders</p> <p>Cures: Stones, Crystals</p> <p>RECEPTIVITY</p>
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<p>KNOWLEDGE / SELF CULTIVATION GEN</p> <p>Element: Mountain Color: Black, Blue, Green Body: Hand, Fingers, Arthritis</p> <p>Cures: Meditation Corner</p> <p>STILLNESS</p>	<p>CAREER KAN</p> <p>Element: Water Color: Black, Blue Body: Ear, Blood, Kidneys</p> <p>Cures: Aquarium, Career Posters</p> <p>DEPTH</p>	<p>TRAVEL / HELPFUL PEOPLE CHYAN</p> <p>Element: Heaven Color: White, Grey, Black Body: Head, Lungs, Headaches</p> <p>Cures: Religious Statues, Mementos from Travels</p> <p>SYNCHRONICITY</p>

↑
Front Door

Black-Whole Feng Shui

I'mUNITY - COmmUNITY



<p>WEALTH</p>	<p>FAME / REPUTATION</p> <p>COmmUNITY</p> <p>Sympathetic Nervous</p>	<p>RELATIONSHIPS</p>
<p>FAMILY HEALTH</p>	<p>I'mUNITY</p> <p>Parasympathetic Nervous</p> <p>HEART</p> <p>Self</p> <p>"I am"</p>	<p>CHILDREN CREATIVITY</p>
<p>KNOWLEDGE</p> <p>SELF CULTIVATION</p>	<p>CAREer</p>	<p>TRAVEL</p> <p>HELPFUL PEOPLE</p>

Self-Worth

Self-Imag(in)e

Self-Love

Self-Help

Self-Expression

Self-Aware

Self-Care

Self-Discovery

Self-Reliance

Front Door

Draw Your House

WEALTH	FAME / REPUTATION	RELATIONSHIPS
FAMILY / HEALTH	HEART	CHILDREN / CREATIVITY
KNOWLEDGE / SELF CULTIVATION	CAREER	TRAVEL / HELPFUL PEOPLE



Front Door
(looking into House)

Make a list, in each square, of what you want in that area of your life.

WEALTH	FAME / REPUTATION	RELATIONSHIPS
FAMILY / HEALTH	HEART	CHILDREN / CREATIVITY
KNOWLEDGE / SELF CULTIVATION	CAREER	TRAVEL / HELPFUL PEOPLE



Front Door

Write down problem areas that need attention.

Leaks:

Clutter:

Damaged Areas:

Problem Areas:

Suggestions:

Date: ___/___/___

Beginning Feng Shui Tips

1. Draw an outline of your house and line the bagua up with your drawing
2. Walk through your house and take note of areas that need attention according to the list below. Don't make any changes yet just take note of what you need or would like to change and enhance. Here are a few things to look for:

Clutter -- Be aware of where you have allowed clutter to build. Clutter hampers the flow of Chi through an area and it's usually an indication of trying to hide things, objects and/or emotions, from yourself.

Missing Corners -- Missing corners indicate where you are missing something in your life. You can get a clue to what is missing by matching the missing corner to the gua of the Bagua.

Furniture Placement -- It is important to place furniture so that moving through a room is fluid and easy. When rearranging desks, chairs and beds, place them so that the room entrance can be seen.

Leaking Pipes -- The water element represents money and emotions. Those leaking pipes are trying to tell you something. Match up area of house that has a leak to the proper gua for further guidance.

Inappropriate Objects -- Who and WHAT you surround yourself with speaks volumes of you. Be very aware of the people and objects you surround yourself with. Everything carries an energy around it. Whatever you have in your environment imprints its energy upon you daily. Get rid of pictures and paintings with negative messages and feelings attached.

Dead Flowers -- Dead flowers are an imitation of death. Pay attention to where you may have dead flowers – especially if they are in your relationship corner. It is preferable that you use real flowers because they have vibrant chi, but you can use artificial flowers (imitation of life) if you want.

Bad Lighting -- Bad lighting, according to gua location, reflects areas of your life where you are in the dark or ignorant [“ignore”-ant].

Dull Colors -- Dull colors weaken the Chi of an area, whereas bright colors enhance Chi strength and movement.

3. From your list of needed improvements pick one area in your home or life you want to focus on.
4. Pick a day to work on Feng Shuiing your chosen goal. You want to start at ten o'clock and finish by one o'clock.
5. DAY OF-
 - Start at 10:00
 - Cleanse your house
 - Make changes
 - Finish by 1:00

Repeat this process any time you want to put your house and life back in order.

Making Adjustments

Take your time with the adjustments. If you make too many changes at one time you could be in for one hell of a clearing. Be patient – sometimes it takes a while for a cure to effect your daily life especially if Chi has not been in that area of your life for sometime. After the adjustments have been made, periodically look around your living space to see what it is telling you. Has anything changed? Is there clutter in your relationship Gua? Is that plant in the wealth corner dying?

House Cleaning

It is a good idea to cleanse your house before making any Feng Shui adjustments. There are many different ways to clear a house of negative energy. Burning sage and orange peels are two of the more popular ways to cleanse a house.

- 1) Burning sage: After lighting the sage, move the smoke around the outside of your body. Pass the sage under your palms, soles of your feet, and around the top of your head. This cleanses your aura and the different energy fields around your body. *You should cleanse yourself before and after saging your house.* Start with the farthest room from the front door and go over each room and everything within the room. Work your way to the front door as if you are sweeping the house and walk the negative energy out the door.
- 2) Orange Peels: Sit with an orange in a peaceful spot in your house. Once you have quieted yourself peel nine round sections (of the rind) from the orange. As you peel the orange rinds think about the energy that you would like to clear out from your home and life (things you are ready to release). Then place the nine rinds in a small bowl of water. Starting at the front door of your house, walk through each room of the house and sprinkle the water using the "Ousting Mudra". Each time you sprinkle repeat the Ousting Mudra nine times – while keeping your thoughts on what you want to oust.

Ousting Mudra



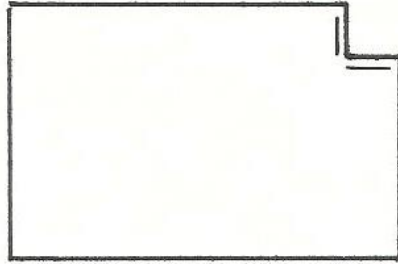
Ousting Mantra

OM MA NI PAD ME HUM – This mantra cannot really be translated but "Hail the jewel within!" is close.
(ohm) (mah) (nee) (pahd) (may) (hum)

Feng Shui Cures

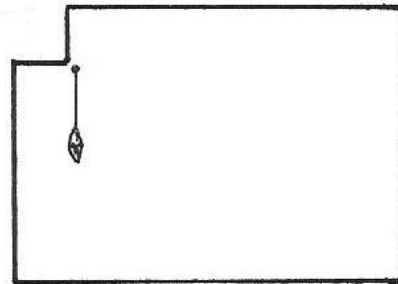
MISSING CORNERS Missing corners create sharp aggressive energy in a room.

1. Relationship corner missing



Remedy: Hang mirrors on bo

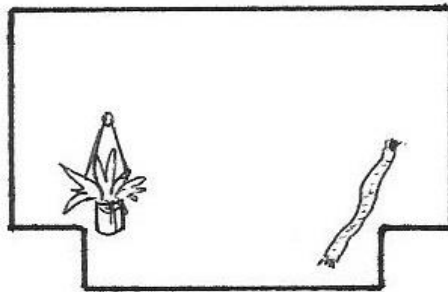
2. Wealth corner missing



Remedy: Hang a crystal from

r.

3. Self-knowledge & Helpful people missin



Remedy: Hang a plant, long tapestry, or ei

CHI STIMULATION The following items stimulate positive energy/*Chi*:

1. Bright Objects (increase & move): Mirrors, crystals, candles
2. Living Chi (increase): Flowers, plants, fish
3. Sounds (move): Wind chimes, music, bells
4. Heavy (stabilize): Stones, sculpture, furniture
5. Color (enhance): Use according to specific *gua*

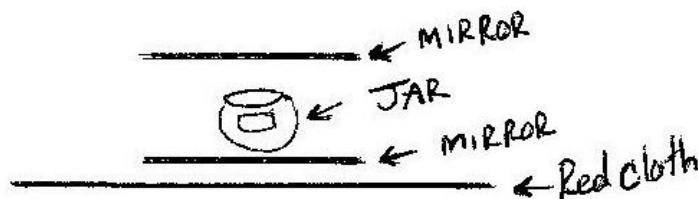
CURE FOR PROSPERITY

Pick a coin that you will collect – be nickels, pennies, dimes, quarters. Now choose how many days you are going to save this type of coin – be it 27, 99, 108, or multiples of 9. Every time this type of coin passes through your hands do not spend it, but put it in the container.

On a red piece of paper write your name and the words JYU BAU PENG. Tape or glue the paper to the container (you are using to keep the money in) with the words facing in.

You will either put the container/jar under your bed or in your wealth corner.

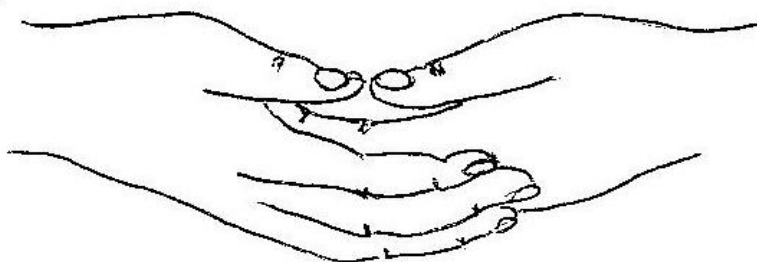
Under the bed: First place a piece of cloth down on the floor in the middle of your bed. Then place a mirror (facing up) on top of the cloth. Put the jar (with the red piece of paper) on top of the mirror. Now attach a mirror (facing down) to the bottom of the bed.



In wealth corner: You can just place the Jar (with the red piece of paper) in the wealth corner.

- Each time you place money in the jar do the following:
Hands in the 'Mind Calming Mudra' and repeat the 'Mind Calming Mantra' nine times.

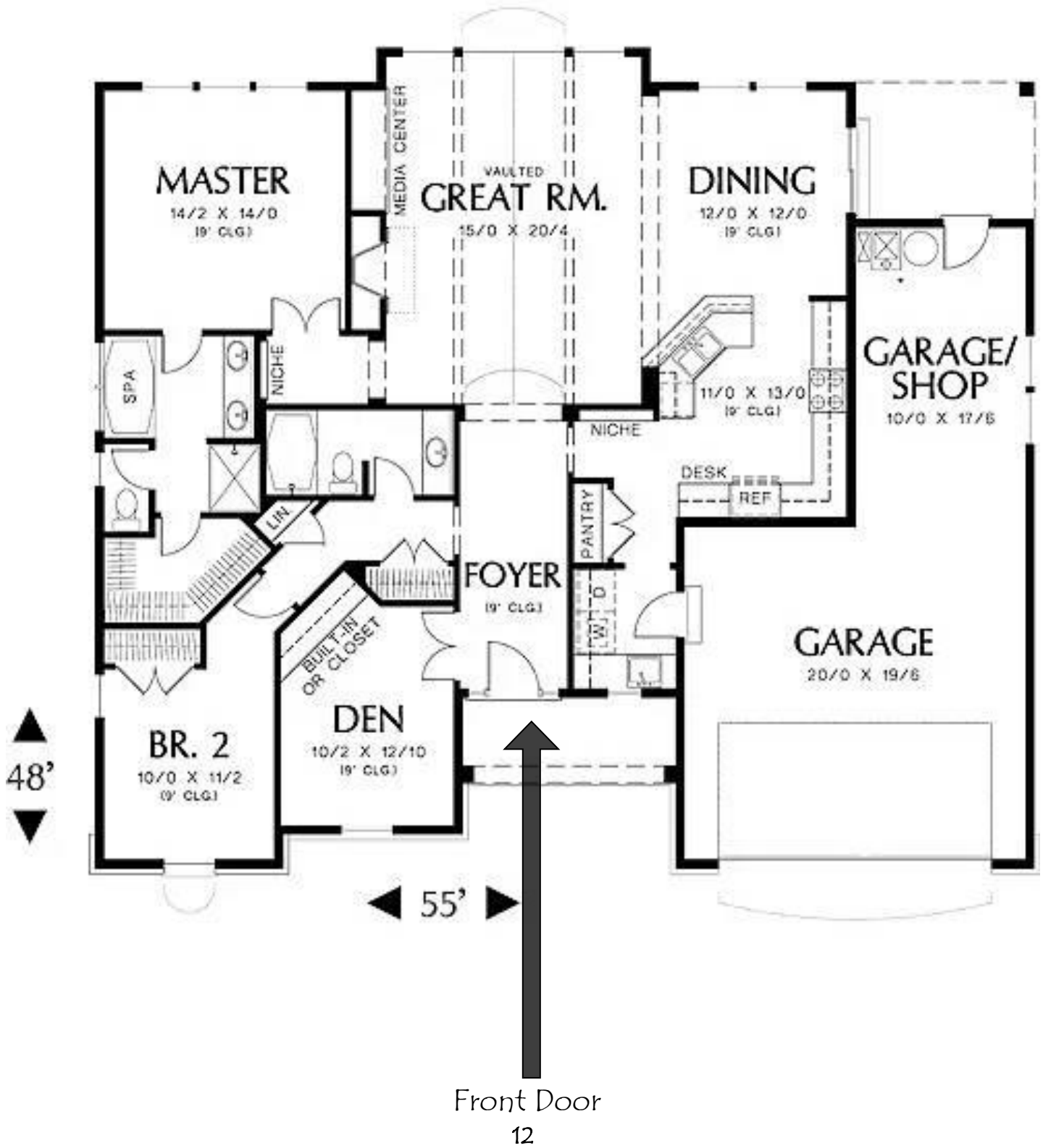
Mind Calming Mudra:



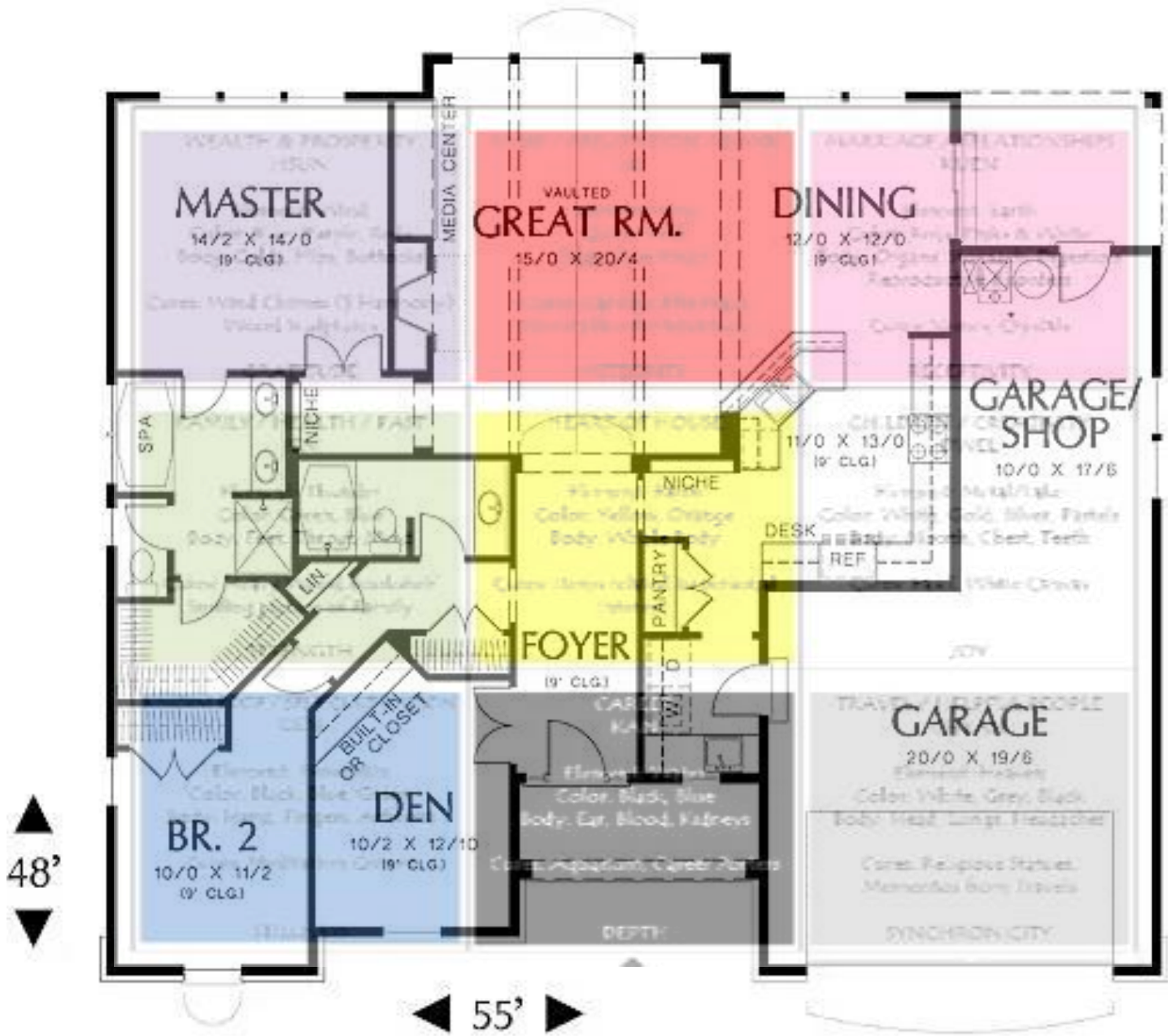
Mind Calming Mantra:

GATE GATE BORO GATE BORO SUN GATE BODHI SO PO HE

Ba Gua Overlay Example



Ba Gua Overlay Example



Front Door
13

Fractal Nature of Feng Shui



Front Door

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