



Feng Shui

the way of wind and water

The ancient art of Feng Shui lays out guidelines to help us become aligned and harmoniously balanced with all aspects of nature and the universe. When we are in this flow we are blessed with positive results in our lives. We are all energetic beings and our homes and environments are a reflection of what we experience. We are forever in change and feng shui can be used to harmonize our placement on earth, aligning us with our desires and hindering undesirable influences. Feng Shui came out of the obscurity of China in the 1970's and rose to sudden popularity in the west during the 1990's. Magazine articles and books started to appear in bookstores and the mainstream soon developed a keen interest in this study which promised health, wealth and happiness with little more effort than rearranging furniture, hanging some wind chimes, mirrors and crystals and perhaps creating even more good luck by painting the front door red.

A friend was interested in using feng shui to create a healthy and harmonious flow of energy in her new home. She asked for some clarity after visiting her local library where she had intended to check out some books on the subject. She left the library feeling more confused about feng shui than when she arrived. I knew exactly how frustrated she must have felt. When I was first interested in feng shui, I looked through a variety of books before someone recommended one that actually made sense to me and was relevant to my house. Confusion arises because the term "feng shui" includes a number of different schools and methods. Some books seem to combine two schools that use a map, called a bagua. The traditional Compass school aligns the bagua to the directions of the compass. The Black Hat school aligns

it to the direction of the front door. While each method can be used in the same site separately, it is very difficult to mix them and maintain any degree of clarity, especially in a "how to" book for novices.

First, let's look at the development of feng shui also known as kan-yu – the law of heaven and earth. This ancient science is based on both a time and space layout as in "being in the right place at the right time". All capital cities of China are laid out following feng shui principles. Dwellings and graves aligned with the star constellations and astronomy for direction and have been found dating from 4,000 BCE. The true magnetic compass was not invented until at least 3,500 years after feng shui was developed and in wide use. The layout alignment of dwellings, cities and graves was practiced by many of the ancient peoples of the world. It is difficult to be certain about its origins but it is believed that feng shui started in Tibet/China and was purely based on energy. Tibetan masters could feel or otherwise sense energy and knew how to influence its flow. The masters were very successful with this. When others without such developed senses wanted to be able to accomplish similar results, "things" and "objects" started being used to help describe energy and its movement and blockages.

Since feng shui schools developed over time from a common origin they have many similarities. However, each school has developed different components and approaches. Following is a brief description of the main schools.

The **Form School** developed in a mountainous area. The effect of natural landscapes such as mountains, valleys, streams, lakes was observed to help or hinder the flow of energy, softening the winds and providing water to their inhabitants. Dragon symbolism is used to describe the perfect configuration. Five animal symbolism is widely used. For example, the turtle would be higher to provide protection and would be located at the back of the property in Black Hat, and the north in Compass. The red bird representing far vision, which should have an uninterrupted view, would be situated in the front of the property

Offering a place to relax, renew and detoxify in tranquility.

- Infrared Sauna Sessions
- Platinum Energy Systems
- Detoxifying Foot Spa
- Energy Balancing
- Antioxidant Juices: Phytoplankton and Xango

Package specials available by request

LOOK AND FEEL YOUNGER

NOW OPEN

THE ZEN ROOM

Valleyview Centre #41
(250) 743-8122

Energetic Healing with the Principles of Light, Chanting, Breath, Reiki and Meditation



HeartBody and Soul Healing Centre

Aloha Mai - Heart Chant ♥
Reiki ♥ Classes for Children and Adults ♥
Michelle Ross Reiki Master - Teacher
heart@netscape.ca
<http://HeartBodyandSoul.byregion.net> 619-7962

by Black Hat, and the south by Compass. Today it is incorporated into other schools that recognize that even flat landscapes can be made to reflect these features by leaving some areas clear and by building fences and planting trees at prescribed heights around a property.

The *Compass School* also referred to as *Classical feng shui* uses the eight trigrams of the I Ching (ancient Chinese book of divination), relates them to the eight points of the compass and then uses them to form the eight sided bagua. This is a “map” of auspicious and inauspicious areas of properties, building plans and rooms. The compass school developed in the areas of flat planes where natural forms were not available for siting buildings. It depended on celestial formations to provide directions. Natural angles/geometries appear frequently in molecules and these configurations are duplicated in compass school to create this harmony in our environment and lives. This school relies heavily on Chinese astrology. It provides a complex way of determining the ever-changing flow of energy and offers time tested methods of enhancing the desirable and blocking the undesirable possibilities.

The *Black Hat sect of Tibetan Tantric Buddhism* was brought to the United States from Taiwan in the 1980’s by Thomas Lin Yun. It takes a shamanic approach bringing in spiritual teachings and cures from Tibet, India and China. It relies on transcendental methods, intuition, mysticism and the power of intention. It makes use of goals, ceremonies and placement of cures to create balance and dynamic life change. This form is especially suited to the west where houses and offices weren’t built according to feng shui principles and often need to be aligned and balanced.

A feng shui assessment usually incorporates: yin/yan, bagua, the five elements – water, earth, metal, fire and wood, the five animals, location in space and time, numerology and astrology, harmful and auspicious cycles, health of gardens and wildlife, present occupant’s situation, previous occupant’s health and luck, room placement and usage, symbols, geopathic stress, feel of the place and

more. Most practitioners specialize in one school and often concentrate on a particular branch of a school as each branch has its own methods and focus. The study of feng shui is so multi-layered and vast that mastering it all would take a life time.

Wealth	Fame	Marriage
Family & Health	Good Luck Center	Children
Knowledge	Career	Mentors & Travel

I use a feng shui method called *Geotran*. Geotran is a numerical geometric coding process that is used to reprogram incorrect information in the field. I find it particularly suited to feng shui as it is based on body feedback provided by muscle testing. Changes need only be made to correct what is negatively affecting the body. Cures may be a physical

placement of things, a ceremony or Geotran coding. Muscle testing will show the best cure for each individual. It is my experience that many traditional “difficulties” have no affect on the person living in the house. In fact, problem areas for someone sharing a house with a friend or spouse often have no affect on the other person. This is explained by the fact that our homes show us what is going on in our lives. On the other hand it is good to live in a space with the best overall flow of energy possible. So you may want to assess your home and make some changes. Don’t be surprised that you may have made feng shui corrections to your home just by intuitively sensing that a space needed something to make you feel more comfortable. Also as a word of advice, go with your intuition. If it doesn’t feel right, don’t do it. Placing a cure where it is not needed may reverse the good luck of that area.

For interest, you may want to check out two further approaches to creating a harmonious environment. One is *Egyptian BioGeometry* created by Dr. Ibrahim Karim of Cairo. The other is *Vastu Shastra*, an ancient Hindu tradition that dictates the design and placement of buildings so that they are in harmony with the physical and metaphysical energies of the cosmos.

Terry Winters brings over two decades of education and experience to her intuitive energy healing sessions. She is offering an introductory feng shui course this fall. Call (250) 754-4069 for an appointment or further information.

Liz Robitaille, Life Coach
 Certified Louise L. Hay Teacher

Wisdom Is Within
 SELF DISCOVERY WORKS



• Phone: 250-757-9794
 • Toll Free: 877-986-5321
 • E-mail: liz@wisdomiswithin.com
 • www.wisdomiswithin.com

Anne G. Moore
 B.S.W. Dip (Criminology)
 USUI Reiki Master / Teacher

Reiki treatments / classes
 Counselling
 Advocacy

Reclaim Your Self 250-743-0727