

Presented by the International Feng Shui Guild for it's Professional Members

## ORIGINS of FENG SHUI



**Feng Shui translates as wind and water.** Chinese geomancy, known in ancient times as Kan Yu, is said to be over 5000 years old. Feng Shui comes from the I Ching and is grounded in Five Elements Theory. It is the art and science of harmonizing the person with their environment and heavenly influences. This is done with the knowledge of landforms that gather and retain qi/chi and by the selection of a site in an auspicious location and in accordance with the energies present. A living or work environment is then designed in which the presence of the most beneficial qi/chi connects the energies of Heaven and Earth with the person. This connection is enhanced by the placement of objects within the house to create the best flow of benevolent qi/chi, the best balance of yin and yang, the most auspicious use of space in accordance with energies present, and by mitigating negative energies and enhancing positive energies.

# An Introduction to Feng Shui

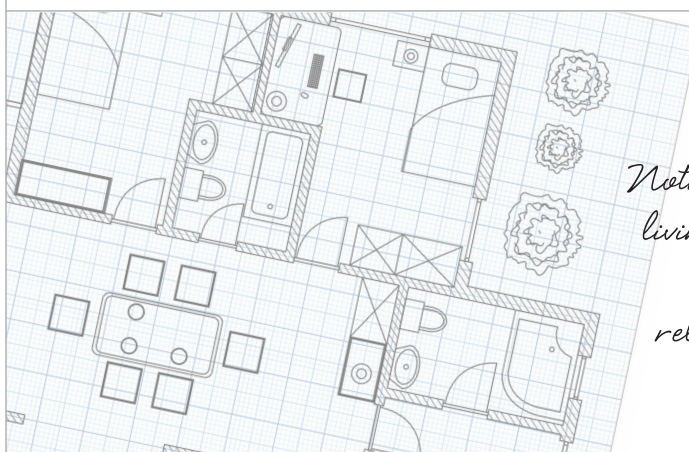


## FORM SCHOOL *location . location . location*

**The original school of Feng Shui based on the observation of topographical features.** It is the relationship of a particular place to its landform surroundings. A metaphor for the ideal form has the shape of an armchair. When looking out the front door, the structure is cradled by the Black Tortoise, the Azure Dragon on the left, the White Tiger on the right and the Red Phoenix in front. In practical terms, good form places a structure with the solid stable qi/chi of a mountain or hill shape in the rear and the active energized qi/chi of active water or bright sun in the front. Finding the Dragon and Tiger energy in the landscape augments the beneficial effects. These original simple ideas evolved into specific protocols for interior placement and for exterior arrangement of a site, and are often symbolized by natural focal points such as trees, plants, hills and mountains, as well as by buildings and other man-made features.



*The "armchair" formation is represented by natural and artificial structures.*



*Nothing happens in living nature that is not in relation to the whole.*

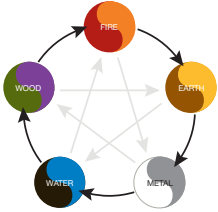
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# CORE CONCEPTS



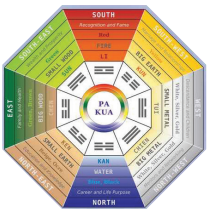
## Chi (or Qi) – Life Force Energy

**Existing everywhere**, it is the term that refers to all forms of energy and its flow and is considered the universal energy between heaven and earth. It is the movement of life force energy within our living space or body, which can affect our well being either auspiciously or inauspiciously. Feng Shui concerns itself with the movement and containment of qi/chi to create the most beneficial support for a person in their environment.



## 5 Elements – Energetic Earth Tools

The Elements are **Wood, Fire, Earth, Metal, and Water**. Interaction between these elements and qi/chi form the foundation theory for achieving Feng Shui balance. There are at least three cycles affecting the five types of qi/chi represented by these elements. Each element exists in a yin and yang form and governs a specific aspect of life.



## Bagua – The Eight Houses

A diagram akin to the Chinese flowchart for the **cyclical energies of the manifested universe**, originating from the I Ching and the Lo Shu. It consists of eight external houses (guas) and a central one called the Tai Ji, (Tai Chi) a symbol denoting a perfect balance of the flowing energies of yin and yang, and also representing Earth. Each of the eight houses is named by a trigram, and points to a specific direction, number, element, season, color, body organ, family member, symbol, location and other life aspects in resonance with that trigram sector. The Bagua can be drawn in many different forms and is an indispensable tool in most schools of Feng Shui.

## Different Schools of Feng Shui

Feng Shui encompasses many perspectives.

- Form School (Landform)
- Classical or Compass School (Flying Stars, Chinese Astrology)
- Black Sect Tantric Buddhist School (BTB) or Western and many others...



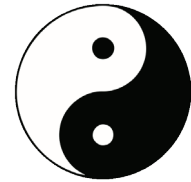
*Yang or Active Chi*



*Balanced or Harmonious Chi*



*Yin or Stagnant Chi*



## YIN YANG

Feminine	Masculine
Dark	Light
Moon	Sun
Cold	Hot
Soft	Hard
Absorbent	Reflective
Thin	Thick
Nurturing	Self-care
Cozy	Open
Secluded	Available
Closed floor plan	Expansive floor plan
Small windows	Large windows
Artificial lighting	Natural lighting
Fabric window treatments	Blinds or none at all
Soft, padded furniture	Firm, straight lines
Floral or plain patterns	Geometric patterns
Lots of furniture/objects	Less furniture/objects
Things low on floor	Items placed high up
Tendency toward clutter	Tendency toward sterile
Knickknacks	Bare, organized
Pastels, dull	Bright colors, shiny
Soft and flowing	Stiff