

Feng Shui

The three truths of feng shui

By Michele Duffy



Is there anything missing from the Five Elements in this lovely strong shui living room?

Photos provided

The Feng shui for some westerners remains a mystery, an enigma – and with a healthy dose of curiosity, three profound truths offer a glimpse into the nuances of the feng shui layers that create real magic in our environments. And who doesn't want more practical ways to create magic?

Truth 1: Feng shui is not a New-Age fad, religion or superstition. The Taoist philosopher, Lao Tzu, more than 3,000 years ago was largely credited with acknowledging and articulating the principles of the Tao of feng shui: that everything is connected.

Feng shui initially aided town planning and later during the Ching Dynasty evolved further into a formal study of energy. Feng shui translates roughly into “wind and water,” balanced and informed by yin-yang, five elements and healthy chi flow. Lao Tzu also said, “Nothing in nature hurries, and yet all is accomplished.”

Realigning, slowing down, being more mindful, and living more aware and aligned with the natural rhythms of the world around us, is part of how we regain balance. Balance can be had in our environments with the help of feng shui. Conversely, when we are not mindful, or fall out of balance, perhaps by not paying attention to self-care, we may be overwhelmed or overlook the reliable help offered by feng shui and the yin-yang balance, which can contribute to creating imbalances that can possibly lead to disease. Feng shui is the reliable healing home tool we can utilize time and again to restore the chi we need for life.

Past studies done by environmental psychologists and anthropologists, as well as recent research done by neuro-sociologists like Dr. John Zeisel (“Inquiry by Design: Environment/Behavior/Neuroscience in Architecture, Interiors, Landscape, and Planning”) have proved that our environments do affect us and we have an effect on the environment by our actions in return, and these can be readily measured.

Truth 2: Feng shui works brilliantly with the five elements of the Bagua Map. Every aspect of a professional shui consultation audit is a collaboration of the flow of chi, inspired by the five elements of water, wood, fire, earth and metal. Inviting nature and natural elements into the layers that create a home is one of the surest ways to adjust any environment and improve the chi flow.

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