

# FENG SHUI Creating Places of Peace



THERESA  
CRABTREE

# FENG SHUI

## *Creating Places of Peace*

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## Chapter One

### *History of Feng Shui*

Feng Shui's roots run deep in Chinese culture, dating back as far as 4000 B.C. During any specific dynasty, one feng shui method may have been outlawed while during another era, the same method may have been highly regarded in the construction of sacred and secular sites.

Archaeologists have determined that in the beginning, the art of feng shui was used to bring astrological alignments to earth. This form of geomancy is now called "Astronomical Geomancy" and has its roots dating back to Neolithic times (10200-8800 BCE).

It is believed that these early architects were marking energetic ley lines, astral alignments and setting specific energies using their knowledge of the movement of the sun, stars and planets to create energized spaces on earth. Creating a balance of life force energy, which they call qi (chi), was of utmost importance to the Chinese, as well as many other cultures across the globe. You will find more information on geomancy in Appendix A.

Throughout China, as well as other ancient sites such as the pyramids of Egypt, Stonehenge in England and structures such as cathedrals, stone rings and labyrinths, geomancy was used to enhance the energy of these sites and also as a means of discovering places on earth that naturally emitted higher levels of "positive" qi.

## Chapter One



*When there is a balance of qi, often represented by the Taijitu or yin yang symbol, it is believed that one will have better health, wealth and clarity of mind.*

Thus, in China, the use of feng shui, which is a geomantic tool, was used in the construction of important sites such as sacred places, tombs and eventually in the building of secular sites such as homes and places of business.

Today, with the popularity of feng shui in western cultures, there are many myths that have actually diminished the energies of those who are taught to adhere to specific sets of rules that are not natural, affecting the natural flow of qi and one's intuition. Thus, the basis of this book is to help separate fact from fiction and place high emphasis on using feng shui as a means of creating Places of Peace in the home, office, landscape or garden.

The majority of American cities, homes and businesses were not built on principles of utilizing "positive" natural earth energy. No recognition has been given to positions of the sun, moon or celestial events such as solstices and

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equinoxes or even the rising sun, except for homes constructed by “those in the know” such as Native Americans who are still tied into the knowledge of their ancestors.

Therefore, by following “strict guidelines” of the original feng shui masters is like trying to put a square peg into a round hole. It just doesn’t fit. Unfortunately, there are many western self-proclaimed “masters of feng shui” who are creating havoc by spreading doctrines that are detrimental to one’s belief codes, causing more problems than solutions by their readers who hold onto every word they say. We shall expound more on that later.

As we look at each area of feng shui, I will point out features that come from the ancient Chinese masters and those that have been adapted by western philosophers. You are encouraged to work with your intuition, what feels right to you, after all, you are creating sacred space to meet *your* needs.

The main goal to keep in mind is that feng shui is all about energy. The flow of energy (qi) is palpable and measurable. Finding and correcting areas in your home, office and landscape that have stagnant energy is important. Science is proving that improper energetic flows cause disease in the human body, as well as being capable of influencing human behavior. This is the basic understanding behind the science of the meridian system in the human body used by acupuncturists.

## Chapter One

It is common knowledge that the full moon has an effect on human behavior, often causing more accidents, visits to the emergency room and increased violence. It is all about energy flow.

With that said, let's look further into the facts and myths of feng shui so that you can create your own Places of Peace.

## Chapter Two

### *Feng Shui Defined*

Feng shui is the ancient Chinese method of creating the design and location of buildings, and the placement of objects to maximize the energy flow or qi, which they call “life force.”

The word “feng shui” literally translates to “wind-water,” with its roots coming from the following statement recorded in the ancient Chinese Book of Burial (Zangshu). “Qi rides the wind and scatters, but is retained when encountering water.” You will discover the importance of this philosophy when we look deeper at the meaning behind the Five Elements in Chapter 6.

Each Chinese dynasty treated feng shui differently, resulting in several schools of thought. Through the years, rules were defined and specific codes were adhered to in written carpenter’s manual. Evidence suggests that at times, these codes were enforced over several generations.

The earliest records of feng shui indicate that astronomy was used to correlate the movement of the sun, moon and stars to locations on earth, both natural and manmade. These alignments were important in China and across the globe. Most well known are sacred sites that align to the solstices and equinoxes. Many believe that the alignment of celestial events, when mirrored on earth, enhances the energy of the site. These correlations were used after many years of observing the movement of the stars.

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Archaeologists have discovered artifacts estimated to date as far back as 4000 B.C. that resemble modern feng shui devices. Historical evidence suggests that ancient Chinese sages used a gnomon to determine the direction of north. A gnomon is the part of a sundial that casts the shadow to determine the time of day. Determining the direction of north became easier with the Chinese invention of the magnetic compass around 300 A.D.

Later, a more sophisticated magnetic compass, the luopan, was invented by the Chinese. Often called a “feng shui compass,” the luopan is often used by feng shui specialists to detect the flow of earth qi in a specific area and to determine the exact directional flow of an existing building or one that is about to be constructed.

The magnetic compass that we are most familiar with relies mainly on the four cardinal directions (north, south, east and west). However, the luopan, as pictured below, is more complex, dividing the directional flow into 24 segments, making it a much more precise tool when determining the directional flow of Earth’s energy.



## Chapter Three

### *Toilet Lids and Other Crap*

As often happens when a new theory comes along, others jump on the bandwagon to make a quick buck or to add their two cents worth. Since feng shui has been around at least six thousand years, we can expect there to have been a few changes along the way. This is natural, for all things are subject to change.

However, I have witnessed a few events that made me cringe, because I see the beauty of feng shui being compartmentalized, with rigid rules being forced on people, often changing their belief codes in such a way that negative qi is created. I would like to share two examples to illustrate my point.

Let's start with the toilet seat lid. Many feng shui experts state that if you leave the toilet lid up, qi can become trapped in the water and depending on what area your toilet is located, you could have your health, wealth or relationships "go down the drain."

I have a couple of issues with this. First, it is obvious that this is a westernized theory, since the ancient Chinese didn't use modern day toilets. When I was in Okinawa in the 1970's, the more modern towns had an open sewage system, called benjo ditches, which directed waste from the homes to a sewage pond.

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Never once did I see any doodoo in the benjos, but I can tell you that on a daily basis, I witnessed the citizens of the little village I lived in either defecating directly into the garden, or collecting their little treasures in bags when they were away from home. I also bear witness that the size of their local veggies was enormous. I admit that it took me awhile to eat those veggies, knowing why they were so large, but when I did, mmmmm, were they tasty! I can only assume that the Chinese were doing the same thing with their poopies.

My second issue with the “toilet seat down” rule is the fighting that occurs when a “lid down or else my life will be catastrophic” believer lives with a “whatever...” person. Talk about negative energy! Worst yet is when guests visit and are reprimanded for not keeping the lid down. Although this can be a good learning tool to express one’s beliefs, it can also be humiliating to be chastised at a social event, especially around people living in societies where farting, urinating and defecating are topics not to be talked about.

Although I understand the principle behind the “toilet seat down” rule, I also recognize that sometimes it can be overdone, creating negative energy. The danger lies in the feng shui student who chooses to make this a part of his/her belief code. When one truly believes that his health or wealth is dependent on the placement of his toilet seat, problems can occur. I would like to suggest an alternate way to handle the toilet lid, for those who wish to keep this as part of their feng shui activity.

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Belief codes are very powerful, the very fabric that creates your future. When people place their intentions on an issue, this is what they will draw unto them, either in a negative manner or a positive manner. This is commonly called the “law of attraction.”

When your toilet lid becomes symbolic of something bad that will happen if not dealt with in a specific manner, you can create negative results. However, if you use the toilet lid in a positive manner, rejoicing with gratitude each time you see it, then a positive flow of energy is created.

I'd like to use one of Mother Teresa's statements as an example. “I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there.” Can you see the difference? The former places attention on war, while the latter focuses on peace. It appears to be a subtle difference, but the outcome is worlds apart.

Back to the crapper... now you have trained yourself to feel gratitude and a flow of health, wealth or prosperity every time you see your toilet lid in the down position. But what about the times when others leave the lid up? You can either get your dander up or try to change their behavior, or you can simply put the lid down, feeling waves of gratitude that your prosperity flow has been restored and for having friends who feel comfortable enough to share your toilet.

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Either way, my hope is that you learn to internalize your dreams in such a manner that no matter what happens around you, the reality that you are in charge of your health or wealth rests within you. Believing that the placement of your toilet lid controls the destiny of your future is disempowering.

Now that I have said all that, I admit that my preference is to have the toilet seat down. But, it's just that, a preference. I want to reiterate that there is nothing wrong with using the toilet lid or any other object to enhance your health and well-being. There is nothing wrong with the placement of objects to enhance the flow of qi. What becomes problematic is when people enmesh their belief codes in such a way that they give their power away, either to the placement of the object or to those around them who are walking a different path.

Often, I enter homes loaded with “feng shui” items that the owners don't really care for, but they feel it is necessary to create their desires. I believe that using well-loved items to represent their desires will create more of a balance, even if it doesn't follow the rules of modern “feng shui experts.”

I would like to share an incident that happened to me in 1990. That year, I was cleaning houses for a living. In one of the homes where I worked lived a man, his wife, two unruly children and a neurotic dog. The wife ran a business from her home office while her husband was often gone on business trips. They had recently hired yet another nanny to take care of their kids.

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The nanny had read a few books on feng shui and was so enthusiastic about it that she decided to become a consultant. That's when things went down the drain. She was a complete believer in the "toilet lid must be down or your finances will go down the drain" theory. Furthermore, was her insistence that the drains in all the sinks must be kept closed.

This was a household that was always in chaos. In the beginning, with insistent nagging from the nanny, the family half-heartedly, once in a while, would put the toilet lids down and remember to close the sink drains. That lasted about two weeks. Then the kids turned rebellious, purposely oblivious to the drains being closed and just let the sinks overflow or let the water splash on the very slippery when wet tiled floor. I became one unhappy house cleaner!

After a few talks with the nanny about the negative energy that ensues when one pushes their belief codes onto others, as well as the theory that you can lead a horse to water but can't make him drink, she began to ease off. Okay, she really eased off out of frustration because, like me, she realized that these folks were not trainable and that no matter what, their house was going to remain chaotic. She quit a couple of weeks after I left.

This was my introduction to feng shui. The danger of taking a good thing and misinterpreting the basics to adhere to arbitrary rules became obvious to me. What is good for the goose is not always good for the gander.

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In this particular household, the nanny created more chaos and stress by forcing the ideas she received from feng shui books onto me and her employers. She also took it personally, feeling that we were disrespectful because we did not believe in what she held so dear.

There is balance in all things. My hope is that as you read anything, including this book, that you look deeply at the tools being suggested and only accept into your code of beliefs those that truly resonate with you. Know that within you lies all the power you need to create your reality. Only *you* can give that power away to others by accepting as truth what they believe. Enough said, let's get to the fun stuff!

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### *Creating Places of Peace*

Places of Peace can be created anywhere in your home, office, garden or yard. It can be as simple as a tabletop altar or include your entire property. Ideally, you will view every space you enter as sacred, revering all that life has to offer.

Throughout the remainder of this book, you will be given suggestions on how to enhance the energy of your surroundings. Take these as ideas, not rules, allowing your creative juices to flow, having fun with it.

The first place to start is to de-clutter your space. It is my belief that your external environment mirrors what is going on inside yourself. If your surroundings are always a mess, perhaps you would benefit by implementing some organizational skills. On the other hand, if you feel off-center when everything is not always in its place, maybe it's time to loosen up a bit and enjoy life. Look for my booklet *Klutter Kontrol*, at: [theresacrabtree.com/feng-shui](http://theresacrabtree.com/feng-shui) for a more comprehensive step-by-step guide to de-clutter any space, both internal and external. For now, I will list a few general ideas to get you started.

- ✓ Take out the garbage. If it has been in need of repair for over two years, it is time to fix it or toss it out.
- ✓ If you don't like it, pass it on to someone who does.

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- ✓ Don't be concerned with the "big picture" to avoid becoming overwhelmed. Start small. What cluttered area drives you crazy? Start there.
- ✓ Donate any clothes or shoes you haven't worn in over three years. There are plenty of people who would love to buy them at your local thrift store.

After you have de-cluttered the space you are working with, it's time to clean it up. Pull out the mop, broom and dusting rags. If your intention is to feng shui your entire home and yard, you may wish to focus on just one area at a time. I would suggest that you start by focusing on the areas where you spend your indoor relaxing moments, such as the bedroom. Take all precautions to keep from being overwhelmed.

Now that the area is uncluttered and spic and span, it will be easier to visualize how you want to utilize the space. Later we will be getting more into specific things you can do to enhance the positive flow of energy. For now, I would like to give you an overview of what you can expect to find in the following chapters.

*Chapter Five* will show you how to use the Bagua map to discover where each of the nine sections is located in your house. Remember that this is a westernized version of feng shui, but can be a good guideline and fun way to re-energize and decorate your home, office and garden.

## Chapter Four

*Chapter Six* focuses on the Five Elements. It is the real meat and potatoes behind feng shui and the closest to what the Chinese have been doing for centuries. Again, there are no set of rules, use your intuition to guide you.

*Chapter Seven* is loaded with suggestions on how to use color and shapes to create balance in your Place of Peace. Although these are mainly western ideas, they can be useful in setting the tone and to intentionally assist in creating your desired future experiences.

Using colors in specific bagua areas is mainly a western idea, although there is much merit in the suggestions given because of proven research on how colors affect moods and behavior. Shapes have been used by the Chinese for centuries, especially as an overall part of the picture, such as the shape of the natural lay of the land or building to be constructed. Shapes were also symbolic of heaven and earth.

*Chapter Eight* offers information on gemstones and the energy they emit. Although this is not a Chinese form of feng shui, the use of rocks, crystals and gemstones can be a powerful way to clear and enhance your area as well as set your intentions.

*Chapter Nine* focuses on the use of essential oils to enhance your Place of Peace. Although using scents is a western form of feng shui, essential oils have been used to create mood and for their healing properties throughout recorded history.

## Chapter Four

*Chapter Ten* offers more of the traditional form of feng shui, explaining how energy flows and the interaction between the Five Elements. I'll share some ideas on how to find the flow of energy in each segment of the bagua.

*Appendix B* offers several dowsing techniques to find the flow of qi and how to enhance your intuition when making choices on what to add or remove in each of your bagua areas.

### **PLACES OF PEACE IN THE HOME**

View your home as a sanctuary, a refuge, a place where you would like to spend your next vacation. Look at each object you own with a new set of eyes. Does it bring you joy? Are there bad memories associated with it? If the object stirs up sadness, anxiety or anger, take time to find the root cause for these contracting emotions.

Then choose to either release the negative feelings or remove the object from your home. You will be amazed at the healing that can take place by doing this exercise! This is one of my areas of specialty. If you would like my help as you work through these emotional issues, contact me at: <http://theresacrabtree.wordpress.com> to set up a free initial consultation.

Everyone in the household should have their own space where they can retreat to relax, meditate, pray or just be alone with their own thoughts. This can be hard to do when you are already splitting at the seams, however, with a little creativity, it can be done.

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If there is no spare bedroom available, perhaps a section of a quieter room can be set aside with a screen or hanging fabrics. For larger families, a schedule can be created so that each member who wishes to use this space can have their own time slot.

This space should include a comfortable place to sit and/or recline. Decorate it with objects that will enhance your “time out” experience such as candles, books, incense, music, an altar with your precious treasures and sacred objects. Include photos of people or places that inspire you. Plan to spend at least fifteen minutes each day in this space to deep breathe and meditate, whether you just want to relax, pray or seek answers to your problems.

For more ideas beyond what you find in this book, search the internet to see how others create their altars and peaceful spaces. Then have fun creating your own!

### **PLACES OF PEACE IN THE OFFICE**

Creating a peaceful space in the office can be quite easy. However, maintaining a peaceful environment when everyone around you is buzzing and deadlines are approaching can be quite a challenge.

Besides the suggestions in the following chapters, here are a few ways you can make your office area a Place of Peace.

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First, pay attention to your attitude. No matter how peaceful your environment is, if you are running around like a chicken with its head cut off, peace will not be found. Practicing fifteen minutes of daily meditation at home and cultivating an attitude of gratitude in every moment will help calm everyone around you. Peace begins within and ripples forth throughout the office.

Do your best to resolve any issues with your fellow employees as soon as possible. Avoid gossip like the plague. Practice the Golden Rule: treat others as you would like them to treat you. Be kind. Smile at every person you encounter.

Now let's look at the office space itself. Whether you have a three-suite office or are located in a tiny cubicle, personalize your space with objects you love and that bring a sense of peace. If you can't paint your walls in calming yin colors such as blue and green, hang pictures with these colors or of your favorite nature scenes. Then again, if you want to jazz up the energy in your space, decorate using vibrant yang colors such as red and orange.

Below are some additional tips for your office.

- ✓ Removing clutter is of utmost importance. Get rid of any items you aren't using.
- ✓ Create a good system for filing and storing papers and items that need to be filed or dealt with later. Keep up with the filing.

## Chapter Four

- ✓ Keep your space neat and orderly. Each night before you leave, tidy your desk so that when you walk in the next morning, you won't feel bombarded with things to do.
- ✓ If possible, position your chair so that you are facing the door, ready to greet those who enter. If there is a window, angle your chair in such a way that you can see outside. For many, having their back to a wall enhances a sense of stability and security.
- ✓ Energy will flow in through the entrance. When possible, align your chair so you don't take on the full force of the qi.
- ✓ Correct lighting is important but sometimes hard to control. Overhead fluorescent lighting can cause eyestrain and deplete one's energy. If possible, replace with warmer lighting or to reduce brightness, remove one of the tubes. Replacing incandescent bulbs with full spectrum bulbs can reduce strain.
- ✓ Natural lighting is the best, but can be problematic. Control the sun's progression by using vertical blinds for windows facing east and west. Use horizontal blinds to control lighting on north and south facing windows.
- ✓ At your workspace, use proper lighting to reduce eyestrain, being sure there is no glare on your computer screen.

## Chapter Four

- ✓ Add plants that are easy to care for to help soften corners. Plants help keep one connected to nature as well as assist in oxygenating indoor spaces. To help decrease the effects of “sick building syndrome” choose plants that remove toxins from the air such as boston fern, christmas cactus, dracaena, english ivy, ficus trees, golden pothos, lemon balm (pluck a few leaves and enjoy a relaxing lemony tea), philodendrons, snake plant and spider plants.
- ✓ If you want to use the bagua map, pay close attention to the areas of wealth, fame and career. You can find a ton of ideas in Chapter Five.
- ✓ Decorate with memorabilia, awards and symbols that make you feel successful and wealthy.

### **OUTDOOR PLACES OF PEACE**

Now that the qi is flowing well in the home and office, let's take a walk on the wild side. Whether you live in an apartment or on several acres of land, there are always ways you can perk up the energy in the garden, yard, or patio.

If you live in the city with limited outdoor space, consider growing plants you enjoy, perhaps even edible ones, in containers on your patio or window sill. Plants help soften cement and entryways, making them more inviting. Speaking of inviting, you might want to avoid sharp or prickly plants that could be unwelcoming and catch guests unaware.

## Chapter Four

Be sure not to use plants that make your pets ill. Keep in mind the amount of time you want to spend tending the plants. I love impatiens, but indoors, I get impatient because they continually drop blooms and leaves.

Typically, with eastern feng shui, the land would be chosen first, then the house “correctly” situated on it. Since it is likely that you are working with an existing property and building, you can adopt ideas from the layout of the bagua map to locate the nine areas on your patio, part of your yard or for your entire acreage.

Appendix B offers several dowsing techniques to find the flow of qi in various parts of your yard. My personal favorite to use outdoors are L-rods. If using a pendulum, a heavy metal bob works well since it is less affected by the wind.

The following are a few suggestions you can implement while creating your outdoor Place of Peace.

- ✓ Make a map of the entire area you wish to work on.
- ✓ Choose how you wish to implement feng shui principles. Do you want to overlay the bagua over the entire area? Would you rather focus on certain aspects of the bagua, such as wealth or creativity? Which areas do you want to manipulate?
- ✓ Be flexible. Looking at the whole picture can be overwhelming. Start with what you are comfortable with. Expect to change your mind once you get started.

## Chapter Four

- ✓ Note the mini-ecosystems in your yard. Each season as the sun changes, it will affect the amount of sunlight and shade in each area. From experience gardening in extreme sunny locations such as Florida and Arizona, when a plant is classified as tolerating “full sun” that doesn’t mean basking all day in the full sun, unless it’s a native plant!
- ✓ Keep in mind how much time, energy and expense you have available to spend on the entire project. Don’t forget to factor in other expenses such as watering and maintenance.

If you plan to have any sacred spaces such as a medicine wheel, labyrinth or meditation area, locate these on your map. Every property has an Overlighting Deva that can assist during each phase of the project. Check my blog <http://theresacrabtree.wordpress.com> to learn how to connect with Nature Spirits.

- ✓ Take into consideration yin spaces such as areas with heavy foliage balanced with yang spaces which are more open and expansive such as a large, grassy area. See Chapter 10 for more information.
- ✓ If there are critters in your area that you would like to invite into your space, add water features and bird feeders. Birds feel safer when they are a few feet from trees or bushes, so locate these items close to each other.
- ✓ When possible, work with existing natural elements such as hills, ponds, existing plants, etc.

## Chapter Four

- ✓ Check your local county extension and garden shops for plant catalogs and suggestions for plants that grow in your area.
- ✓ If you wish to include paths, you can use L-rods to find the best location. If you don't want to use dowsing tools, just get yourself into a quiet mode by taking several deep breaths, and follow your intuition on where the trail should go. I learned early from Hansel and Gretel, if you want to mark a path, use stones, poker chips or heavy items, dropping them every few feet as you walk the proposed path. Slightly curvy paths are pleasing to the eye and slow down the flow of qi more than long, straight paths.
- ✓ Use your imagination and dare to think out of the box when designing your outdoor space. Make it yours by adding features and items that you love.

Besides ideas suggested throughout this book to enhance the flow of qi in each bagua area, below are some I hope you will enjoy. Have fun, be creative and get into nature more!

- ✓ Use a mixture of the Five Elements to create balance and harmony.
- ✓ Keep your neighbors in mind if you choose to use wind chimes, some can be loud and clangy. Soft, musical tones will welcome the birds and add a sense of peace.
- ✓ Create a Zen garden using lovely rocks and statues.

## Chapter Four

- ✓ Sundials make an interesting garden feature. They come in a variety of materials, shapes and designs to enhance any area of the bagua.
- ✓ When possible, have a curvy path to the doorways, especially the main entrance, to help slow the flow of energy entering the home.
- ✓ Marigolds are great bug deterrents. Plant them near your outdoor seating areas and doorways.
- ✓ Consider using round tables that are more user friendly than those with sharp edges, especially in more active areas.

## Chapter Five

### *The Bagua Map*

Before we get started on the Bagua Map, what it is and how to use it, I'd like to make a few editorial comments. The ancient Chinese did not use the Bagua in the same manner that is currently popular in the west. Since antiquity, there have been many schools of thought on how to apply feng shui principles. Most adhere to the following three principles.

- ❖ The importance of properly circulating Life Force (qi)
- ❖ Harmonizing the Five Elements
- ❖ Balancing Yin Yang energies

The word “ba gua” literally translates to “eight symbols.” This is referring to the symbols or trigrams used in the ancient Chinese divination book, the I Ching. The Bagua Map is a tool used by western feng shui consultants to find areas in your home associated with eight aspects of one's life.

In the I Ching, there are eight basic symbols written on three lines, which is why they are often called “trigrams.” These trigrams represent varying degrees of yin or yang and the cyclical nature of various aspects of life. They are also related to the eight cardinal directions.

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These eight symbols have been modified from the original octagonal shape used by the Chinese and are now often used as a nine-square grid. In modern times, the eight outer squares have been associated with various aspects of humanity such as health, wealth and career. The center square represents harmony, the balance of yin yang. As with the I Ching, each aspect is associated with one of the cardinal directions. This will be made clearer by studying the following Bagua Map.

### FENG SHUI BAGUA MAP

<b>SOUTHEAST</b> Wealth Prosperity Self-worth	<b>SOUTH</b> Fame Reputation Social Life	<b>SOUTHWEST</b> Marriage Relationships Love
<b>EAST</b> Health Family Community	<b>CENTER</b> Earth Balance Harmony	<b>WEST</b> Children Creativity Entertainment
<b>NORTHEAST</b> Wisdom Knowledge Self-Cultivation	<b>NORTH</b> Career Life Path Individuality	<b>NORTHWEST</b> Helpful People Travel Spiritual Life

## Chapter Five

The popular western feng shui method is to place an imaginary bagua map over the area you wish to enhance such as your home, office, altar or landscape. Please note that feng shui was not initially designed to be used this way, although it can be a good tool to use to enhance the flow of qi and to set positive intentions. Be careful not to fall into patterns of rigid rules.

Speaking of rules, various feng shui consultants insist on differing ways to place the bagua map over a site. The most popular version is to place the bagua in the direction shown on page 34, with the main entrance of the house aligned with the lower, northern portions of the grid.

In true feng shui, the house would have been designed to fall into alignment with celestial events and/or natural elements in the land, such as mountains or slopes in the rear and lakes or ponds in the front, allowing the natural flow of qi. The true direction of the building or site was so important that it resulted in the Chinese invention of the north directional magnetic compass and later, the more complex south directional compass, the luopan.

Many other feng shui consultants believe that the bagua map should be aligned in the same orientation as the house. In other words, if the main entrance to your house faces northeast, the door should be aligned with the northeast “wisdom” grid. This view makes more sense but is less popular because it becomes messy trying to make the grids line up. How to use the bagua is one example of problems that occur when one culture tries to adopt customs of another culture; they never fully align.

## Chapter Five

There is yet another group who believe that you should use your intuition or the “compass” of your heart to determine how to lay the bagua grid. Since the modern use of the bagua map is a western theory, there is merit to this. After all, the entire principle of feng shui is to create harmony and balance. If you’re trying to pound a square peg into a round hole, there goes the harmony!

Going one step further, there is disagreement as to what should be considered as the main entrance, especially when dealing with apartments and office buildings. Do you align the bagua with the main entrance of the building or with the main entrance to your apartment or office? Ultimately, it is your choice.

One thing I would like to make clear is that western feng shui is an art, and as such, everything is subject to interpretation and the creativity of the artist. How boring our world would be without the diversity of the masters such as Picasso, Van Gogh and Monet.

Keep in mind the three main principles of feng shui: the proper circulation of Life Force (qi), harmonizing the Five Elements and balancing Yin and Yang energies.

In addition, I would like to talk about another important aspect of feng shui, the intentional choice and placement of objects. It is my belief that we create our reality with our thoughts, words, actions and emotions. Thus, if we had a thought such as, “I want to be healthy,” that is one level of creation. When you speak this thought to others, it is heard throughout the universe.

## Chapter Five

When actions are taken such as choosing a healthy diet, daily exercise, proper amount of sleep and decreasing stress, the person is even more apt to be healthy. Add a strong emotional charge and nothing is going to get in the way of this person's goal.

Similarly, the intentional placement of objects is the key to the power of western feng shui, making it much more important than just a fun way to decorate your space. When you consciously clear out clutter, you make a statement to the universe that you are serious about taking control of your life. When you look at each object in your home and pay attention to the emotions they stir within you, the ability to heal past wounds empowers you. When you choose to place items that are symbolic to you in a specific area, it is a reminder of what you are choosing to create. That is the essence of feng shui.

It all goes back to belief codes. If you believe that the toilet lid in the up position can destroy you financially, then so it will be. If you believe that placing an object in the "wrong" place will create havoc in your life, then so it will be. Your intention and belief codes override any rules that feng shui consultants tell you. You *are* that powerful!

When two people have differing opinions about a specific aspect of feng shui, there can be disharmony. Which is more important, to allow each other their own beliefs or to continue with the disharmony? My advice is to create harmony wherever you are, in every moment. That is where true happiness, wealth and health lies.

## Chapter Five

It is your choice how to utilize the bagua map. On the following pages, I share information on how to use feng shui principles for each of the bagua areas that can be applied to your home, office and garden. Remember, these are simply suggestions to get your creative juices flowing; there are no set rules. Let yourself out of the box and have fun creating your Places of Peace!

### **HOW TO USE THE BAGUA MAP**

If you choose to use the bagua map to align the nine centers in your home, first create a floor plan of your house or the area you wish to manipulate. Next, decide whether you will align the bagua in the cardinal direction of the front door or whether you will use the most common western method, as I did on the next page, aligning the main entrance with the northern sectors.

If you live in an apartment or condo, or you are overlaying the bagua to your office space, you will need to choose whether you will make the alignment with the main entrance of the building or with the door of your personal office space. Either is correct, as long as you believe it is so.

Among feng shui consultants, there is debate as to whether to extend the bagua to include covered outdoor spaces like patios and porches. Garages and carports also fall into this category.

## Chapter Five

Using the example below, the bagua map is placed over the floorplan of the house, leaving the patio and front porch outside the bagua area. The main entrance leading living room is aligned with the north sector. The southeast portion is located partially in the master bathroom and mainly outside the house. The south sector is located partially in the master bathroom and mainly outside the house. The south sector is chopped into three spaces: the laundry room, part of the kitchen and the back yard.



## Chapter Five

These are common “problems” when trying to fit an existing building onto the bagua map. If the ancient feng shui masters had used the bagua map in such a manner, they would never have built a home with this type of floor plan. In addition, they would more likely have built a round or octagonal shaped home to fit the older, eastern octagonal models of the bagua map.

The question is how to fix the problem of rooms falling into more than one bagua section and what to do when portions or all of the bagua is outside the house. There is quite a difference of opinion on this subject. There are ideas on how to solve these problems throughout this book. Overall, my suggestion is to use your intuition and place objects in a manner that feels appropriate to you.

What I will do next is to share the most common themes associated with each bagua section, starting with the southeast and continuing in a clockwise manner, followed by information on the center section. I have gathered this data from several sources, so you may find discrepancies such as in the wealth area where some consultants believe the shape is round, while others say it is a rectangle or triangle.

The north, south, east, west and center sectors mainly include the themes used in the more traditional wu xing, commonly called the Five Elements. Reading Chapter Six will give you a better understanding of the Constructive and Destructive cycles mentioned in the “Balancing Yin/Yang Energy” portion of each section that follows.

**SOUTHEAST**

*Wealth, Prosperity, Self-Worth*

*ELEMENT:* wood

*COLORS:* green, gold, purple

*SHAPES:* rectangle, triangle, round

*GEMSTONES:* amethyst, citrine, jade, lapis lazuli, pyrite, sapphire, tree agate, turquoise

*ESSENTIAL OILS:*

cedarwood, oakmoss, patchouli, tangerine, vetiver

*SEASON:* late spring

***BALANCING YIN / YANG ENERGY***

Too much wood?

Balance with “destructive” metal elements.

Not enough wood?

Increase wood elements.

Second choice: add “constructive” water elements.

Accent with fire and earth elements.

### **Wealth, Prosperity, Self-Worth Enhancements**

Wealth does not always mean money; it also includes things you need and access to most of the things you want. Too often, self-worth is equated with one's career. It is time to climb out of that box and proclaim to the world. "This is who I am and no one can stop me from living my dreams!"

- symbols of wealth: infinity symbol, coins
- gold & silver items
- religious icons representing wealth
- luxury items: art, furniture, floor coverings
- plants with round leaves to represent coins: jade plant
- piggy bank
- jewelry, especially gemstones associated with this bagua
- decorative treasure chest
- gratitude journal and symbols
- mirror with self-esteem affirmations (Each time you look in the mirror, smile at yourself and send waves of love)
- pictures of items you want to buy, places to go
- fountain to represent flow of abundance
- fish bowl or aquarium, traditionally with 9 goldfish
- yard: windmill, weathervane, spinning whirligigs

## Chapter Five

### **SOUTH**

*Fame, Reputation, Social Life*

*ELEMENT:* fire

*COLORS:* orange, red, colors that increase energy

*SHAPES:* triangle, cone, pyramid

*GEMSTONES:*

carnelian, diamond, garnet, tiger's eye, topaz

*ESSENTIAL OILS:* clary sage, frankincense, jasmine, myrrh, ginger grass, roman chamomile, sandalwood

*SEASON:* early summer

*HEAVENLY CREATURE:* Vermillion Bird

### ***BALANCING YIN / YANG ENERGY***

Too much fire ?

Balance with “destructive” water elements.

Not enough fire?

Increase fire elements.

Second choice: add “constructive” wood elements.

Accent with earth and metal elements.

### **Fame, Reputation, Social Life Enhancements**

This is the area to boldly state who you are and what you have to offer. There is no ego in doing this; it is simply you standing in your integrity, creating your reality.

- awards, certificates of accomplishment, diplomas
- trophies
- goals and aspirations
- vision board
- symbols of victory
- art or photo of your aspirations
- affirmations stated in the positive, present tense, as though it is already so (Those beginning with “I am” have an extra punch to them.)
- symbols that reflect your core values
- memorabilia for past triumphs
- quotes from people you admire
- pictures of friends, heroes, famous people you admire
- lights to spotlight YOU and your accomplishments
- symbols of future goals

**SOUTHWEST**

*Marriage, Relationships, Love*

*ELEMENT:* earth

*COLORS:* earth tones: beige, brown, tan, yellow, romance colors: red, pink, white

*SHAPE:* square

*GEMSTONES:* emerald, malachite, rhondite, rose quartz

*ESSENTIAL OILS:* geranium, grapefruit, jasmine, orange, pine, rose, sandalwood, vanilla, ylang ylang

*SEASON:* late summer

***BALANCING YIN / YANG ENERGY***

Too much earth?

Balance with “destructive” wood elements.

Not enough earth?

Increase earth elements.

Second choice: add “constructive” fire elements.

Accent with water and metal elements.

### **Marriage, Relationships, Love Enhancements**

This area represents love and commitment to your Self, romantic partners and friends, both old, new and those yet to meet. Fill your heart with gratitude each time you see your enhancements and watch the love flow through you and to you!

- mementos from happy relationships
- fresh flowers: roses, carnations
- healthy plants with soft-edged leaves
- pictures of close friends, romantic partner
- pairs of objects
- symbols of love: hearts, etc.
- image or statue of a pair of doves or mandarin ducks
- statues or images of loving couples
- red, white, pink décor
- mirror to gaze into and tell yourself how lovable you are
- Looking for a mate? Make room in the master bedroom closet and dresser drawers. Have two bedside tables.
- Create a list of all the physical, mental, emotional and spiritual aspects of your desired mate. See yourself having fun together. Keep the list where you can view it. Prepare yourself to be the person that would attract this mate. Be in gratitude that your mate is on the way.

## Chapter Five

### **WEST**

*Children, Creativity, Entertainment*

*ELEMENT:* metal

*COLORS:* metallic, white  
(Some consultants add bright and pastel colors)

*SHAPE:* round

*GEMSTONES:* citrine, clear quartz, ice quartz,  
moonstone, pearl, white opal

*ESSENTIAL OILS:* blue tansy, sweet orange,  
sandalwood

*SEASON:* early fall

*HEAVENLY CREATURE:* White Tiger

### ***BALANCING YIN / YANG ENERGY***

Too much metal?  
Balance with “destructive” fire elements.

Not enough metal?  
Increase metal elements.

Second choice: add “constructive” earth elements.

Accent with water and wood elements.

### **Children, Creativity, Entertainment Enhancements**

This area symbolizes birthing new ideas. It honors children and the creativity that comes when one is ready to let the inner child come out and play!

- whimsical, colorful objects
- pictures of children and loved pets
- photos of vacations: past and future
- hand-made items made by you or children
- childhood memorabilia
- playful items, games, bubbles
- items that get your creative juices flowing
- brochures of fun things you plan to do
- energizing lights and colors
- favorite artistic wall coverings
- fun wallpaper, draperies, furniture fabric
- art and craft books, supplies
- great place for child's bedroom if it fits your floorplan
- Want to have children? Add affirmations and symbols to reflect your desire.

**NORTHWEST**

*Helpful People, Travel, Spiritual Path*

*ELEMENT:* metal

*COLORS:* black, gray, mauve, silver, white

*SHAPES:* circle, oval

*GEMSTONES:* clear quartz, moonstone, white jade

*ESSENTIAL OILS:* grapefruit, lavender, lemon, lime, peppermint, pine, thyme

*SEASON:* late fall

***BALANCING YIN / YANG ENERGY***

Too much metal?

Balance with “destructive” fire elements.

Not enough metal?

Increase metal elements.

Second choice: add “constructive” earth elements.

Accent with water and wood elements.

## Helpful People, Travel, Spiritual Path Enhancements

This is the section to express gratitude to those who have helped along your life path. It is also the place to plan vacations, business travel and help you soar to new spiritual heights.

- photos of mentors, gurus
- statues or pictures of saints, angels, fairies
- create an altar
- travel destinations: photos, maps, brochures, posters
- mementos of people who have helped you: business partners, team members, neighbors, strangers, pets
- boats, airplanes, ships, trains, RV, car images
- items related to services you provide
- religious items of importance to you
- “I am” affirmations, using your senses to “see” yourself there
- Create a visual board or list the spiritual goals you want to attain.
- memorabilia of spiritual goals you have attained
- pictures or statues of eagles soaring
- souvenirs of places you enjoy visiting

## Chapter Five

### **NORTH**

*Career, Life Path, Individuality*

*ELEMENT:* water

*COLORS:* dark tones: black, dark blue

*SHAPE:* wavy

*GENSTONES:* black tourmaline, carnelian, garnet, hematite, lapis lazuli, ruby

*ESSENTIAL OILS:* black pepper, cinnamon, ginger, patchouli, sweet orange, vanilla, vetiver

*SEASON:* early winter

*HEAVENLY CREATURE:* Black Tortoise

### ***BALANCING YIN / YANG ENERGY***

Too much water?

Balance with “destructive” earth elements.

Not enough water?

Increase water elements.

Second choice: add “constructive” metal elements.

Accent with wood and fire elements.

### **Career, Life Path, Individuality Enhancements**

This area focuses on bringing out the real you. What do you want to do with your time, money and energy? It includes career choices as well as community service. Dare to think out of the box, to bring those things you always “wished you could do” into your reality.

- Display your business card and logo or create one that represents what you want to do.
- symbols of personal goals
- career related items
- objects that express your individuality
- Make a list of things you are passionate about. Decorate it, frame it, post it and start doing them.
- This is a great place to set up your office, filing systems, if it fits your floorplan.
- Wanting to change your job? Create or update a resume, adding what you would like to do next. Post it where you can see it.
- Buy something that expresses the real you, especially if it is a part of you that no one has seen before.
- awards and recognition for your work and volunteer services

**NORTHEAST**

*Wisdom, Knowledge, Self-Cultivation*

*ELEMENT:* earth

*COLORS:* black, blue, green

*SHAPE:* square

*GEMSTONES:* amethyst, black onyx, hematite, lapis lazuli, smoky quartz

*ESSENTIAL OILS:* angelica, basil, clary sage, eucalyptus, frankincense, juniper, lemon, peppermint, rosemary

*SEASON:* late winter

***BALANCING YIN / YANG ENERGIES***

Too much earth?

Balance with “destructive” wood elements.

Not enough earth?

Increase earth elements.

Second choice: add “constructive” fire elements.

Accent with water and metal elements.

### **Wisdom, Knowledge, Self-Cultivation Enhancements**

This area is set aside to honor the accomplishments of you and everyone in the household. Bring out those photos and awards you are most proud of and display them with pride! Have kids? Encourage them to add things they are most proud of in the family wisdom area, as well as in their bedroom and playroom.

- inspirational objects
- books, educational materials, library
- diplomas, certificates of merit, report cards
- photos or images of wise people, especially those who have taught you things of importance
- symbols of things you want to learn or do
- objects related to your areas of expertise
- This is a good area for meditation and reflection, if it works with your floorplan.
- symbols of clarity: quartz crystal
- items to express gratitude for wisdom you have acquired
- lighting to represent how “bright” you are, maybe highlighting a picture of yourself

## Chapter Five

### **EAST**

*Health, Family, Community*

**ELEMENT:** wood

**COLORS:** gold, green, purple, wood tones

**SHAPE:** rectangle

**GEMSTONES:** chrysocolla, green jade, lepidolite, malachite, snowflake obsidian

**ESSENTIAL OILS:** cedar, lavender, sweet orange

**SEASON:** early spring

**HEAVENLY CREATURE:** Azure Dragon

### ***BALANCING YIN / YANG ENERGIES***

Too much wood?

Balance with “destructive” metal elements.

Not enough wood ?

Increase wood elements.

Second choice: add “constructive” water elements.

Accent with fire and earth elements.

## Health, Family, Community Enhancements

This area is dedicated to increasing your physical, mental and emotional well-being. Building healthy relationships with your immediate family and extended family within the community is also supported here.

- photos of family, especially happy times together
- family memorabilia, scrapbooks
- exercise equipment
- items related to perfect health
- community service awards
- Good place for comfy chairs for chats with family and friends, if appropriate for your floorplan.
- self-help and health books, gratitude journal
- letters and cards from loved ones
- List the things you plan to do to increase your physical, mental, spiritual and emotional health. Take the first step.
- reminders to be grateful for friends and family
- Having a problem with someone? Create an altar with the name or photo of the person, setting the intention of forgiveness and unconditional love.

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### **CENTER**

*Balance, Harmony, Foundation*

*ELEMENT:* earth

*COLORS:* earth tones, yellow

*SHAPE:* square

*GEMSTONES:* citrine, pyrite, tiger's eye

*ESSENTIAL OILS:*

lavender, musk, sage, sandalwood, spruce

*SEASON:* late summer

*HEAVENLY CREATURE:* Yellow Dragon

### ***BALANCING YIN / YANG ENERGY***

Too much earth?

Balance with “destructive” wood elements.

Not enough earth?

Increase earth elements.

Second choice: add “constructive” fire elements.

Accent with water and metal elements.

### **Balance, Harmony, Foundation Enhancements**

The center of the home, office and garden is the hub from whence all things flow. It represents the foundation for everything you wish to achieve. This is the place to announce to the world that you are an ambassador of peace, offering balance and harmony to the world.

- balancing scale with symbolic items
- earthenware
- items made from natural materials
- objects that invoke peace and harmony
- items representing earth and nature
- symbols of peace and harmony
- yin yang or peace symbols
- peaceful music
- artwork of serene nature settings
- symbols of safety and comfort
- representation of opposites that are in balance
- candles, incense, altar
- images of earth, globe
- photos and quotes from peaceful leaders

## **MORE WAYS TO SET YOUR INTENTIONS**

As you create your Places of Peace, whether in the home, office or garden, consciously state your intentions for each enhancement you make. It is your statement to the universe and Spirit Helpers that you are choosing to be part of the co-creation process and these are the things you desire to experience at this time in your life.

Here are some additional ways you can enhance your Places of Peace in each area of the bagua, whether you are focusing on the entire area, a small section or a tabletop.

Wood and metal furniture and decorative curtain rods can be used to enhance their respective elements.

Use tablecloths, fabrics, pillows and bedspreads to enhance the colors and shapes of a specific element.

Paint ceilings a different color, paint walls in a room differing colors, use wallpaper or fabric to cover partial or entire walls.

Rugs and tapestries can highlight various shapes and colors of the element you wish to enhance.

Hang gemstones in windows, glue onto lamps or other objects, attach to fringe on lampshades or curtains.

Add drops of essential oil to a cottonball, use an atomizer, or wall plug diffuser.

Highlight the season of the element with paintings or art objects.

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There are a multitude of ways you can enhance the bagua sections of your outdoor areas. For example, if your marriage area is outside, anchor the corner with a large statue of a loving couple.

If you home have a “missing section” which happens with “L” shaped homes, plant a tree or a stable construction such as a large statue or rock formation to anchor the energy. Ideally, use a symbol of the bagua area it represents.

Windmills, windsocks, banners and whirligigs enhance the flow of qi. You can use colors, shapes and symbols to represent the various elements.

Birdbaths, ponds, feeders, trees, bushes and other “safe harbors” welcome critters to your space, which enhances the energy.

Inviting plants and a welcome mat tell visitors, “You are welcome here.”

Water fountains create a flow of good energy.

Keep your yard tidy and uncluttered. If there are objects you don’t use often but need to keep, find places to store them out of site.

Make outdoor seating areas a place that will draw you outside and closer to nature.

When possible, use natural materials for all your enhancements such as shade, paths and fencing.

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The main focus of feng shui is to harmonize yin yang energies that are out of balance. The first step is to remove clutter and to keep your Places of Peace organized and clean.

Look at each space as though you could see the movement of air or qi energy. Pay attention to areas where air flow gets trapped or becomes stagnant. Find ways to prevent this from happening.

Enlist the help from all inhabitants of your home for ideas on how to symbolize their intentions in each of the bagua areas. Make it work for everyone to avoid creating imbalance.

Make all who enter your Place of Peace feel welcome by creating a feeling of anticipation for the next time they come to visit.

You will know you have succeeded in creating a Place of Peace when you hear others say, “It feels so peaceful here.”

Get your creative juices flowing! Allow yourself to get “out of the box” and have fun creating your Places of Peace. Peace begins within, then flows throughout the universe, touching every person, place and thing you encounter. Your home, office and car reflect your inner self to the world. As within, so without.

Is your space cluttered? Is it clean? Can you find things when you need them? Does your space emit a feeling of well-being and peacefulness? If not, perhaps there is some

## Chapter Five

unfinished business inside your Self that needs attention. Feng shui does just that, it sets the intention of what you wish to experience at this time in your life.

No-thing in the universe remains stagnant, all things are always in flux. It is impossible to still the motion of an atom or an e-motion. You will change over time; your desires will change as you begin to expand. Your wisdom will expand as you integrate new experiences.

Feng shui remedies will change over time. Once you have acquired the goals of your intentions, always be grateful and express these in words to those who have helped along your Path. Then share what you have learned with others who are struggling. This is the true and ultimate goal of feng shui, to keep life force energy flowing.

Feng shui is the cycle of life, whether symbolized by the flow of the cardinal directions, the seasons or life itself as you flow from one area of the bagua to another. As you outgrow belief codes and reach goals, be prepared to change the feng shui symbols to honor and reflect your new growth.

## Chapter Six

### *The Five Elements*

The Five Elements are often misunderstood. Their roots come from ancient Chinese philosophy and were used in many fields of study such as medicine, geomancy, astrology, music and the martial arts. The original words to describe this theory were “wu xing” which translates as five movements or cycles, often referred to as “five winds.”

The theory of wu xing was based on the observation that all things flow in cycles such as the seasons, celestial movements and the physical cycle from birth to death. It is understood that all things relate to each other, creating unique energy patterns.

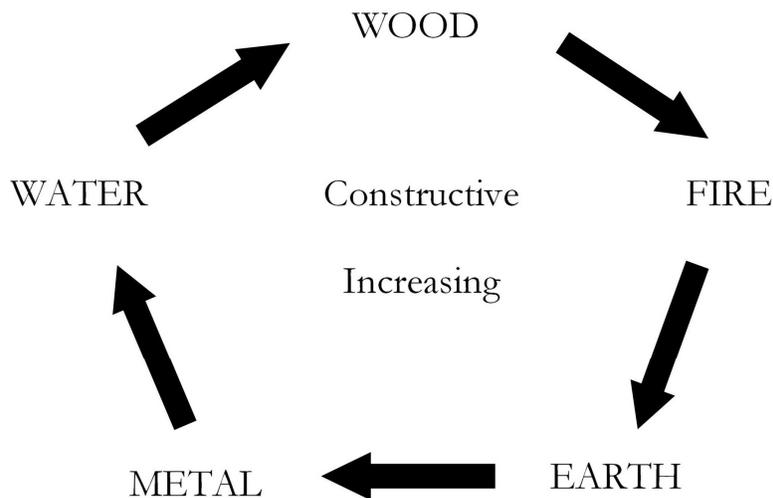
Thus, the original Five Elements used in feng shui were seen as the interrelationship and cyclical nature of all things, both seen and unseen. All physical objects were categorized under one of the five elements: wood, fire, earth, metal or water.

The Five Elements were essentially a mnemonic device to help remember the cyclical nature of each element in relation to the other four elements. Originally, the wood element was called “tree,” which makes more sense when you read the relationship of each element.

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The energies between the Five Elements flow in three directions. The first two, which are part of the “Constructive Cycle,” generates energy in a free-flowing manner, either increasing or slightly decreasing the energy of the neighboring element. The following is the wu xing mnemonic device to help remember these interactions.

WOOD (tree) feeds FIRE  
FIRE creates EARTH (ash)  
EARTH bears METAL (ores)  
METAL (bucket) carries WATER  
WATER nourishes WOOD (tree)

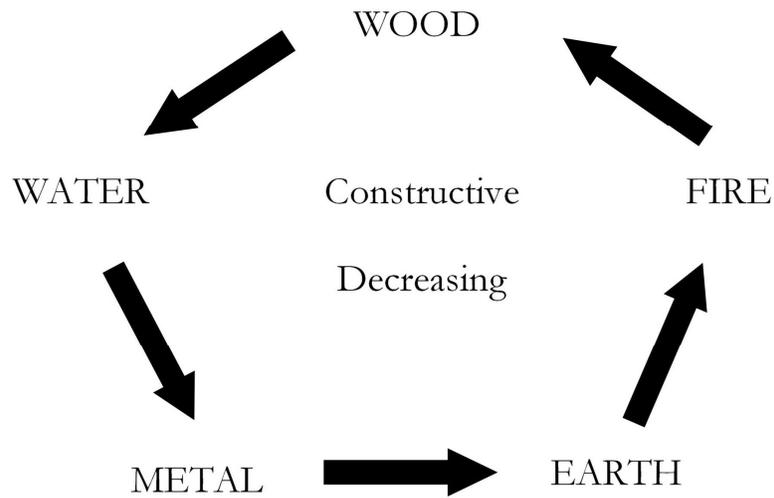


The first cycle represents the movement of energy flowing from one element to the next in a clockwise motion. When the energy is flowing in this direction, the energy of

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one element slightly increases the energy of the neighboring element. Thus, wood increases the energy of fire elements.

When the energies are reversed and flow in a counterclockwise direction, the elements slightly decrease the energy of its neighboring element. In this case, fire slightly decreases the energy of wood.



As you can see from the previous diagrams, each of the elements remain in the same position. However, their relationship to each other changes when the flow of energy reverses.

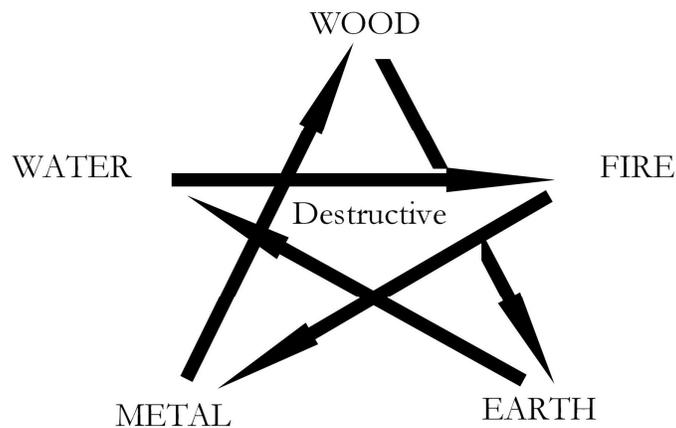
## Chapter Six

The underlying principle of feng shui is to recognize the flow of energy and to balance the interaction between the elements in order to create a Place of Peace.

The “Destructive Cycle” demonstrates the energetic relationship of each element with the two non-neighboring elements. The interaction between these elements is more pronounced than what is described above in the Constructive Decreasing Cycle.

The following is a mnemonic device to help remember the Destructive Cycle energy pattern.

WOOD (tree roots) disrupts EARTH  
EARTH absorbs (mud) or controls (dam) WATER  
WATER puts out FIRE  
FIRE melts METAL  
METAL chops (axe) WOOD



## Chapter Six

We will deal more with the energetic relationship between each of the elements and how to balance their interactions in Chapter Ten.

Since we will be talking more in-depth about colors, shapes, gemstones and scents in the following chapters, the remainder of this chapter will offer suggestions on how you can use the Five Elements of the four cardinal directions and center to balance emotions and the energy in each segment of your home, office or garden.

### Cardinal Directions of the Five Elements

Not surprisingly, as I have found with my association with indigenous Elders throughout the world, the Chinese system of feng shui also has its core in the four cardinal directions. Below I have used the main segment of a square bagua map to illustrate this point. This is also true for the traditional octagonal bagua map.

	<b>Fire</b> <i>South</i> Summer	
<b>Wood</b> <i>East</i> Spring	<b>Earth</b> Change of Seasons	<b>Metal</b> <i>West</i> Autumn
	<b>Water</b> <i>North</i> Winter	

## **EAST / WOOD**

(We're not talking about Clint Eastwood here.)

Let us begin our journey in the east, which is represented by the wood element. In the cycle of life, the east represents the beginning of life, from seed to early maturity, the beginning of the reproductive cycle. It is the time of spring, when new blossoms come forth and seeds that have been dormant burst forth with new life.

This is a time of growing and expansion as one begins to find Self and intermingle with other society members. Attributes of wood are strength and flexibility. When a person has too much wood energy, they may exhibit anger, resentment, stress and pent-up emotions. Sound like any two-year-old or teenager you know?

These emotions are part of the growing pains as one learns the rules of society. On the positive side, this is a time when one learns patience and self-control, understanding that there is a proper time and place for all. However, they still may be wishy-washy until they gain enough sense of self to break from the conformity of peer pressure.

In traditional Chinese medicine, emotions are related to each of the elements. Individuals with unbalanced wood are said to be angry, while balanced individuals are considered to be patient.

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When not enough wood energy is present, a person may be overly worrisome, unable to commit and have difficulty making decisions. Consider adding or decreasing wood elements to create emotional harmony where the person experiencing these difficulties spends the most time, such as their bedroom.

Elements associated with wood include the following: wind, air, minerals, ink, rubber, paper, plants, moisture, carbon, clouds, health and space.

Although wood furniture is often used to balance the energy in specific areas, it is living wood that best represents the wood element. This includes woody plants such as trees and bushes. Plants clean the air of toxins and provide us with oxygen, which is why wind and air fall into this category.

The two areas of the bagua that are associated with the wood element are the east which represents health, family, community and the southeast that represents wealth, prosperity and self-worth. The energy associated with wood is said to rise, like trees, thus the energy from the east rises to the southeast corner, making it a wood element.

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Now it is time to overlay the bagua map onto the area you are working on. Talking about east and southeast can become confusing if you have decided to use the traditional method and have lined up your bagua map with the true direction of your main entrance and it does not face a northerly direction.

Throughout this book when I talk about each direction, I am referring to overlaying the bagua map with the main entrance facing a northerly direction as depicted below.



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Now that you have located the east and southeast portion of your home, office, garden or segment that you wish to enhance, take a good look at the area.

If the area has too much of the wood element, such as an outdoor area with many trees or an indoor space with four wood paneled walls and hardwood floors, balance it with metal features. Water increases the energy of wood, so in this case it might not be a good place to add water features.

If these areas have hardwood floors, consider toning down the wood with rugs the color, shape or associated aspects of the area. Wood paneling on four walls can be toned by painting one or more of the walls, removing the paneling or covering with fabric or wallpaper.

If there are no wood or plants in this area, you may want to consider adding some wood or water elements to represent health, family or community in the east or wealth, prosperity, self-worth in the southeast segment. Add items you love or that inspire you. Remember to set your intention as you place each item.

You might want to add some healthy plants to represent growth of wealth and prosperity in the east. Green leafy plants in the southeast will enhance the color green which represents health. If there is already too much wood in the area, stick with less woody plants, like flowers.

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Wood is also associated with wind. Items that are wind propelled, such as wind chimes, can be used to set the intention for harmony with family and community members.

Mirrors and affirmations can help increase self-worth. Every day, take time to gaze into your eyes and tell yourself what a wonderful person you are.

Every area should have a balance of all five of the elements. In the areas where wood is the dominant element, you might want to add a few accents that represent the fire and earth elements.

This would not be the best place to have a fireplace since fire “eats” wood, but a candle may help harmonize the space. A purple flower, such as the African violet, encased in a ceramic pot can set the intention for increased prosperity. With a little care, these lovely indoor plants will flower throughout the year.

## **SOUTH / FIRE**

In the cycle of life, the south represents summer and the ages of young adulthood, the reproductive years. On the bagua map, the south is the only area represented by the fire element. The south represents fame, reputation and social life.

Fame does not necessarily mean being famous, it relates more to how you present yourself to the world. This can relate to your career or having a reputation for being kind, generous or rude. Who you hang out with in your social life is also a reflection of your reputation. How credible is a man of the cloth who often visits houses of ill repute?

When these areas are out of balance, there is inner conflict. Everyone would do well to spend time in contemplation, then choose what type of person they would like to present to the world. This may result in saying good-bye to certain friends and specific activities in order to free one's time and energy to create the life of their choosing. This is one of the challenges for the age group related to the south. At some point, they must make their own choices, regardless of what their parents or peers think they should do.

People who have too much fire generally are quick to lose their temper while experiencing strong feelings such as angst or hatred. They can become restless, needing ways to burn off their excess energy. They tend to be volatile, loud and obnoxious.

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On the opposite extreme, those who have too little fire may feel listless or sad. Without any passion, they may become depressed and melancholy, having difficulty engaging in their daily routine.

When the fire within is balanced, they are ignited when indulging in activities that are fueled by their passion. They tend to be compassionate, finding great joy in life.

In traditional Chinese medicine, individuals with unbalanced fire have a need to overcome feelings of hate. Once balanced, they can experience joy.

Elements associated with fire include light, lava, oil, smoke, alcohol, food (digestion), sun, candles, electronics and things that generate heat.

Active areas in the house, office or landscape can be energized with the use of fire elements. Typically, softer, more subtle fire elements should be used in quieter areas, such as the bedroom, library or meditation areas.

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Take a close look at the area you wish to enhance. Since this area of the bagua represents the element of fire, it would be a great place to have a fireplace, ceremonial fire pit or barbecue grill. If you do not want to go to the expense of installing a fireplace, there are portable gas or electric fireplaces that can be purchased at reasonable prices. They can create a feeling of hominess and be set with an intention such as, “I am a warm person.”

If this area has too much fire, such as a fireplace, red walls, toss pillows and rugs with red designs, you can balance it by moving some of these items to another room where it is more appropriate. You can also add water elements, such as a water fountain or mirrors to help douse some of that fiery energy.

Lighting is key to setting the tone for any room. If you want more energy, use more light: ceiling lights, track lighting, floor lamps that shine up and outwards or higher wattage bulbs. If you wish to create a quieter space, consider subtle, low wattage bulbs, lampshades that mute the light, night lights or candles.

Wood increases the energy of fire, so you may want to use it sparingly, unless you want to create more energy in the space.

Using earth and metal accents will help create a balanced feel in the room. If you have a fireplace, an easy remedy is to display a set of metal fireplace tools. You can use these even if you have a “fake” fire. If you need more humidity,

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consider a decorative metal steamer to place on top of your fireplace.

The earth element can be enhanced by placing flowers in a clay or earthen pot. It is always best to use real plants, but if your thumb is black, silk flowers are a good alternative since silk is a natural material. Avoid using plastic flowers. You can choose a flowering red plant such as a Christmas cactus to set the intention of having a happy social life, like having Christmas fun everyday.

## CENTER / EARTH

In feng shui, the center, northeast and southwest corners are represented by the earth element. This can be easily remembered since they all fall along a diagonal line on the bagua map.

In the cycle of life, the center is symbolic of being grounded, the place to go within to seek advice from the wisdom keepers on the Other Side. In ceremonial circles, the center or near to it is where the fire is located. The fire is used for transformation and to connect with helpful Beings to help one find solutions to problems or to connect with a higher Source for information, especially related to balancing or harmonizing one's Self.

The center radiates in all directions, offering the chance to remain balanced and in harmony with all things. It is the grounding force necessary to keep oneself here on earth. The earth is the focus of the center. Ashes to ashes, dust to dust, the earth is the foundation of our bodies.

Each of the four cardinal directions represents one of the four seasons while the center is symbolic of the change of seasons. During transitional times, it becomes important to go within for direction and to remain grounded and calm as the past is integrated and the future is created.

It is in the center that one can go to find their own truth that is hidden within their cells and very essence. Each human is fully connected to Source and their Higher Self at all times. By going within, the connection is made, while being supported by the earth mother.

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The center of the bagua map is an important place to set the foundation for all of the intentions you place in the surrounding bagua areas. This energy goes to the core of the earth and is in sync with the uni-verse (one voice).

When the element of earth is in balance within an individual, you will find them to be calm and centered, no matter what chaos is ensuing around them. These are your wisdom keepers, sages, gurus who have transcended the norms of the world and often are able to do amazing things. They no longer are ruled by physical laws nor do they have much interest in mundane things like useless chatter. To a lesser degree, earth balanced individuals are patient, practical (down to earth), hard-working and nurturing.

When out of balance, you will find earth individuals to be stubborn, rooted deeply in belief codes, unwilling to even think about changing their minds on certain subjects. Some go so far inward that they remain selfish as they create themselves as the center of the universe, not understanding why everyone doesn't bid their every command.

When an individual's earth element is out of balance, traditional Chinese medicine classifies these people with the negative emotion of anxiety. When earth is in balance, they are said to display the positive emotion of empathy.

Elements associated with earth include clay, crystals, bone, rock, soil, ash, sand, mud, shadow, mining, antiques, chemicals and minerals.

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On the bagua map, the center represents balance, harmony and foundation. This is a good area to have a meditation room or a quiet reading area. A chair looking out a window providing a view of nature provides a great place to fill one's heart with gratitude.

Quite often, the center of the house is the location for hallways and staircases. Bring in a sense of harmony with photographs or subtle lighting. There are many attractive lightswitch covers for ceiling fixtures if you would like to jazz up your mundane ones.

Depending upon your office situation, to subdue harsh overhead lighting, consider lightweight fabrics hanging loosely under a covered light. Be sure they do not cause a fire hazard and meet the approval of the boss.

If your office tends to be hectic, do what you can to slow down your inner self first. This may include getting better organized or learning more effective time management skills.

If your office is a place where you host clients, be sure to provide comfortable seating for them. If your role is to be "on their level," get from behind the desk or at least have the chairs that you both sit in be of the same size rather than you in a huge "I am superior over you" kind of chair.

Music should be soothing and not distracting. Provide privacy and give clients your undivided attention when possible. Keep to the appointed time so that you do not get harried and fall behind the rest of the day.

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Choose earth tone colors and décor that is soothing unless you are geared toward an active clientele such as children or sports enthusiasts.

In the yard, the first task to creating a Place of Peace is to remove debris. Neatly pile supplies out of sight. If you aren't using it: sell it, give it away, scrap it or trash it.

Bring in the other four elements to tastefully create an outdoor Place of Peace that reflects your needs. Make it a space that draws you outside, closer to nature, even if all you have is a porch or patio.

Most feng shui experts suggest removing dead leaves, but I have a differing opinion. In nature, decaying leaves are a part of the natural cycle. They nourish the roots of the trees that shed them and provide an important link to the food chain for many insects and their natural predators, such as birds. If you have a heavily treed area, let the leaves remain where they fall. If you desire a pristine lawn, use the leaves as mulch around bushes. Consider creating a compost pile. In gardening circles, composted leaves are known as “black gold,” full of nutrients.

If your indoor earth spaces already have too many earth features such as tiled floors or walls, cream-colored furniture and earth colors on the walls, add some wood elements. If your budget is tight, “shop” at home by switching furniture from one room to another to create the balance of elements that is needed. Maybe the red vase in a room that is already on fire can be used as an accent in another location needing to be fired up a little.

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The northeast section of your home, office or yard also has earth characteristics and is symbolic of wisdom, knowledge and self-cultivation. This is a good place to create a library, home office or place to display awards, diplomas, certificates and accomplishments, especially for respected elders. If you are still in school, post mock diplomas of the degrees you wish to attain.

Sculptures, figurines or wall hangings of wise animals such as fox, coyote and owl can be placed as a reminder to be grateful for the wisdom you have gained in your life.

If you have any skill with a sewing machine, old sheets with interesting patterns or inexpensive materials can be used to dress up windows. If privacy is not an issue, you can add enough fabric to decorate just the top or sides, or maybe just the bottom half. Curtains don't have to be straight across. Free flowing pieces of fabric loosely draped across an attractive metal curtain rod may be just the accent needed to bring in water and metal elements. Browse online or walk through the curtain department of local stores for ideas.

The southwest area of the bagua is also associated with the earth element. This area is symbolic of marriage, relationships and love. Relationships include friends and team members, anyone who you feel a connection with. Love also encompasses feelings for friends and your surroundings, not just mushy-gushy romantic love.

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Paying attention to the earth element is essential to keeping your relationships grounded and balanced. Photos of friends, statues and artwork depicting love and friendship can be placed with gratitude for those who are in your life, or for loves you wish to attract.

To unconditionally love all people, places, animals and events is a worthy goal to attain. The earth areas, and especially untouched natural areas, are great places to meditate and gain clarity on how to clear your own blocks that keep you from allowing love to flow freely to and from yourself to others.

Choose décor that reflects what you wish to create in this area of your life, whether you are looking for a long-term romantic relationship or friends to hang out with. If your interest is dancing or sports, display photos of people having fun doing these things.

Plants, whether they are planted outside, in pots or cut flowers in a vase are a common symbol for this area's aspects. Be sure the plant is not toxic to your pets or young children. Keep in mind that your cats will eat just about any plant to get the greens they need.

Choose easy to care for plants if you have a busy lifestyle. Indoors or out, consider edible plants. There are many miniature trees and flowering plants that can handle neglect and loss of light while you are away from the office on weekends and vacations.

## WEST / METAL

In feng shui, the west and northwest are represented by the metal element. West is symbolic of autumn and in the cycle of life, it represents maturing adults around the age of 30-64 years.

People who have too much metal energy can be rigid and set in their ways with a tendency to be over-controlling. When there is not enough metal energy, a person can have difficulty making decisions, have low self-esteem or have problems staying organized.

When an individual's metal energy is in balance, their determination, ambition and self-reliance are beneficial to themselves and others in the community. In traditional Chinese medicine, the emotions of grief and courage are associated with the element of metal.

Similar to metal that conducts electricity, metal persons generate energy and have the ability to create change and makes things happen. They can transform the energy of a place just with their presence. For example, high energy metal persons are like someone who arrives at a quiet party, soon the whole atmosphere is charged with his jokes, laughter, charisma or obnoxious behaviors.

Elements associated with metal include objects made of metal, stone, magnetism, electricity (conductivity), energy, rust, lightning, blood, stars, machinery and jewelry.

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On the bagua map, the west represents children, creativity and entertainment. This is a good area to locate an art studio, music center or child's bedroom. The energy of the west is whimsical and child-like, a reminder to add fun to your life. Energize this area to bring out your passion and zest for life.

To enhance the energy of metal, you can use metal frames for pictures of children or artwork that is whimsical or made by children. This is a great place to display artwork, music or any creative endeavor designed by you or children.

Choose items in the appropriate element to intentionally remind you to add more fun in your life. You can use these objects as reminders of gratitude for the fun you have had or are having, such as vacation memorabilia or things associated with your hobbies.

The northwest section of your home, office or yard is symbolic of helpful people, travel and your spiritual path. Helpful people can mean gurus, teachers, team members, grocery store clerks or anyone that has impacted your life in a positive manner. Travel refers to expanding outside your normal circle of friends. This can mean physically traveling for business or pleasure, as well as social networking at home through the use of the computer, phone or other electronic devices.

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Regarding your spiritual path, the northwest is symbolic of the time when you discover your Self, individuating from parents and peers. You now have a solid foundation of Self and begin expanding outward with compassion to touch the lives of those in your community and beyond.

The common theme of these seemingly different aspects is expansion, going beyond self and reaching out to the world. While helpful people have reached out a hand to you, travel symbolizes you reaching out to others. Your spiritual path is the foundation upon which you interact with the world.

The northwest is a good place to set intentions of gratitude with bronze, copper or other metal religious icons of importance to you. Metal picture frames holding photos of people who have been helpful to you, favorite vacation spots, sacred sites and churches, or anything that symbolizes your spiritual path will help increase the metal energy in this space.

You can intentionally set a reminder to be helpful to others with symbols such as silver serving trays, brass pots (symbolizing team work as they hold things together) and metal cookware (feed the hungry).

Stones are often overlooked as a metal element, often being associated more with the earth element. The northwest is a good place to create altars, medicine wheels or a ceremonial site, whether it takes up half your yard or a small corner of a room.

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Increase the energy of metal with metal framed furniture, window rods or shelving. Further increase the energy with earth elements such as cream-colored upholstered furniture, photos or paintings of nature scenes. Consider using curtains, rugs, throws or any textiles made from natural products such as cotton or hemp.

To tone down the metal energy at home, you can use fire elements such as incense. Sprinkle tones of red throughout the area in fabrics, vases or photos.

Generally, in offices, there is an overabundance of metal from desks, filing cabinets, metal shelves and electronic equipment. In this case, avoid adding metal or earth elements, since these increase the energy of metal. Balance too much metal by adding fire elements such as a red candle or blazing sunset poster.

Yard and garden metal energy can be enhanced by using metal fencing, archways or arbors for vining plants to provide shade with edible foods such as grapes. Bronze statues and wrought iron railings are other possibilities. To balance areas that have many trees and bushes, you might want to add metal seating arrangements and perhaps some water accents such as a bird bath or fountain.

Once you have balanced the metal energy in your west and northwest spaces, accent with a few water and wood elements. Adding a water feature made of stones or having stonework in the design can create a peaceful environment, inviting the natural energy of animals.

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In your home or office, a woody tree such as a ficus helps oxygenate the air. If the area is small, consider a plant, such as a whimsical pocketbook plant for the creativity center or one with white flowers to energize the metal energy. Have a black thumb or away too often to tend to a live plant? Consider an artistic metal decorative plant.

## **NORTH / WATER**

In feng shui, the only section of the bagua associated with the water element is the north. The north represents winter and in the cycle of life, it symbolizes mature adults in their retirement years.

When an individual's water element is in balance, these people are like calm water, having mellowed out with age. The once neurotic and overbearing parent is now more than happy to chill out and play with the grandkids. How many of us wish our parents had been our grandparents? Intelligence, wisdom, flexibility are all characteristic of water persons in balance. Time has shown them the important things in life.

People who have too much water energy can be likened to a dam that has been holding back until the floodgates are opened. At this time, their unleashed fury lashes at anyone in their path. Flood waters spread to the paths of least resistance. This creates difficulty in being focused, making decisions and committing to future possibilities. These people tend to be unconfined and overpowering while inwardly feeling overwhelmed.

Not enough water flow tends to cause stagnation. These people may find themselves depressed when their health declines and they are no longer able to do the things that once made their life enjoyable. They may feel lonely and isolated, forgetful, have rigid joints, lack of clarity or feelings of inferiority.

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In traditional Chinese medicine, the negative emotions of anxiety and fear are associated with the element of water. These are common emotions among the elderly who are not satisfied with their lives. On the yin side, the positive emotion is calmness. When the water element is balanced within a person, their inner self reaches the stage of calmness and inner peace. They are satisfied with how their life has turned out and optimistic about the future, happy to set aside the hectic lifestyle of the previous three cycles.

Elements associated with water include aquariums, mirrors, décor in fluid shapes, cold weather, winter, night, moon, dew, fountains, ice, steam, fluid, snow, frost, images of water, communication, wisdom, sea and storm.

On the bagua map, the north represents career, life path and individuality. This is where you get to choose what you want to do with your life. Oftentimes, we are taught as children not to be selfish, that we must put the needs of others before our own desires. This is like putting the cart before the horse.

How can you expect to take of the needs of others if you have not energized yourself first? The north offers you the opportunity to become self-centered, to choose what you wish to do with your time. If you have chosen a career that is not suited to you, energize the north with symbols of what you would rather be doing. Dare to dream big!

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Are you in a relationship that does not support your highest ideal for yourself? Then energize this space with symbols of your dream person or perhaps you are in need of time to be alone to find your Self. Dare to make these changes.

Your life path is made of individual choices, none being right or wrong, simply part of the experience that makes you who you are in the moment, subject to change without notice.

The north is a good place to locate water features such as fountains or aquariums. You can visualize yourself as a fish, flowing and free, with the ability to navigate where you wish to go. Fresh flowers in crystal vases can enhance the area, symbolizing clarity of choices. Be sure to keep the water clean, you do not want to stagnate your ideals! If there is too much water, you can offset it with earth elements such as ceramic pots, clay tiles, marble or statues.

If your office space has too much water, such as a room full of windows, you can tone this element down by adding some earth elements. Try adding bushy green plants, either in earthen floor pots or in hanging baskets in front of some of the windows. If your space has a large number of mirrors that cannot be removed, cover them with fabric or plaster them with images related to the career or life changes you wish to make.

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To enhance the energy of water in your yard, features such as ponds, bird baths or reflective surfaces can be used. If there is too much water energy in your northern outdoor space, generally it is automatically balanced if your area is natural, such as dirt, grass, trees, etc. If this area has been landscaped with rocks, add some water and earth features.

Once your areas are balanced, accent with wood and fire elements representing your chosen career, life path and individual desires. Oil lamps or light fixtures can represent enlightenment, your choice to be your true self. Carved wooden figurines can represent your personal choices. Be creative, have fun creating your reality. Every moment has the seed to your future. It is up to you to choose the seeds you will nurture. This is the true essence of feng shui since antiquity.

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### *Colors and Shapes*

Before we get into the colors and shapes associated with the Five Elements and nine bagua segments, I would like to remind you that nothing is set in stone. These are simply ideas and, in most cases, were not what the ancient Chinese feng shui masters were doing.

House paint as it is used today was not a common occurrence. Dyes for textiles were limited to colors that were available at the time and very often reserved for the wealthy. Upholstered furniture was unknown, except for the elite.

In the average household, the bagua map was not used to lay out specific areas for particular aspects such as career or creativity. Feng shui masters saw the world holistically and from an energetic point of view, paid attention to the flow of energy (qi).

Through the centuries, what was important during one dynasty may have been outlawed or unpopular during the next reign. However, colors that were used in China often were not changed from one dynasty to another.

Many ancient Oriental homes were open with just one room, sometimes partitioned with silk or rice paper screens. Two problems with many modern structures are rigid floor to ceiling walls and doors that stop the flow of qi.

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However, popular colors in the western world change at a more rapid pace. Case in point is the color pink for the marriage and romance sector. This likely would not have been a color associated with love to the Chinese masters. In fact, it wouldn't have even been a part of their feng shui designs, because they did not use this method of breaking the home into segments such as marriage.

Pink began to be associated with love in the late 17<sup>th</sup> century; in Europe, not China. This is just one example of how various aspects, such as colors and shapes have evolved their way into western feng shui philosophy.

On the other hand, since so many people in the world are now using modernized and ancient Chinese feng shui methods, the colors, shapes and other aspects are being energized. If you are familiar with energy and the creation process you will understand what I am about to say.

When one person sets an intention, such as “I am healthy,” as long as he makes choices in alignment with this core belief code, no matter how sick he is, he will become healthy. When this person has supporters that visualize him as being healthy, it energizes his belief code, even if he doesn't know others are “praying” for him.

The magic is that this energy is exponential. It is not like adding one penny to a pile of pennies which now equals 69 pennies. That 69<sup>th</sup> penny now has the value of thousands of dollars instead. With this said, you can see the potential power that feng shui has when many are using the same symbols over time.

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Years ago, I was shown by one of my Guides how the creation process works. When humans set clear intentions of what they want, whether they do this in meditation, silent prayer, making a public proclamation or simply tell it to themselves, the emotion behind it gets the attention of their Guides. The stronger the emotion and the stronger the belief, the more likely it will happen, especially when Spirit Helpers get in on the action. The trick is to look for the clues and not miss the mark.

I share this with you because it is important in understanding why and how feng shui works. When you choose colors, shapes or objects to set your intention, you are telling the universe, this is what I want, bring it on! Most intentions tend to be wishy-washy. “I want a mate. I don’t want a mate. I want a mate. I don’t want a mate.”

This type of behavior makes it difficult for your Spirit Helpers to fulfill your desires and it makes it more likely that you will miss the treasures they lay at your feet. Fear and disbelief block the flow of these treasures. The universe is expansive; it knows no boundaries such as time, place or money. It is only the human’s disruption of flow that stops the abundance.

Let’s continue on, knowing you can choose any color or shape to represent the things you want to manifest and experience in your life. There is no right or wrong as to what colors or shapes you choose to use in any bagua area of your home, office, yard or garden. However, by using the energized colors that many others have been using for centuries, the power can exponentially increase.

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What is most important is the conscious intention you set when you choose and place objects in each area. Keep your intentions stated positively so that you focus on what you want, not what you do not want to experience. The basic point is to have fun and to challenge yourself to reach further than you dared in the past.

As the magic unfolds, realize you can dream bigger. Many fall into feelings of not wanting to ask for too much, whether it is because they feel they are undeserving or because they don't want to use up someone else's portion. Know that you are deserving of everything the universe has to offer and that there is more than enough for everyone. So, dream big and have fun!

### **COLORS IN FENG SHUI**

Using natural objects, mainly insects and plants, to make colored dyes has been in popular use by most cultures since antiquity. Each color has a multitude of symbolic meanings attributed to it by the various cultures. The earliest written recorded use of natural dyes was found in China dating back to 2600 B.C.

Chinese philosophy has at its roots the striving for balance or qi. Everything is categorized as having either yin or yang attributes, including colors.

Although a specific color may be described as being yin, certain tones within that hue may be considered yang. The following classification of yin yang colors is a generalization.

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<b>YIN COLORS</b> <i>Feminine, Receptive</i> <i>Passive Force</i> <i>Cool</i>	<b>YANG COLORS</b> <i>Masculine, Creative</i> <i>Active Force</i> <i>Warm</i>
Black Blue Green Gray Pink Purple Silver	White Earth Tones Gold / Orange Lavender / Mauve Maroon Red Yellow

We'll now look at the various colors and shapes commonly associated with each of the Five Elements as they occur within each segment of the bagua map. Once again, we will start in the southeast corner and continue in a clockwise direction, then focus on the center square. Enjoy in joy!

## **SOUTHEAST**

*Wealth, Prosperity, Self-Worth*

### **SOUTHEAST COLORS**

Colors commonly associated with the southeast and wood element are *purple*, *gold* and *green*. Throughout history, purple has been a sign of royalty and power. The oldest known use of purple dates back to 1900 B.C. in the Mediterranean country of Phoenicia, modern day Lebanon. It is interesting to note that the Greek name of Phoenicia means “land of purple.”

The Phoenicians extracted the purple dye from the glands of thousands of mollusks to make a small amount of dye, thus it was very expensive and rare. Purple did not show up in China until 500 B.C. This early form of purple came from a chemical process using barium copper silicate.

The earliest known use of gold in decorative items was around 4000 B.C. in Eastern Europe. Gilding, the art form of applying gold leaf or powder to thinly coat solid surfaces, dates back to Egypt circa 1200 B.C. China began using small squares of gold as coins circa 1091 B.C. Gold color tones in textiles did not come into usage until modern times.

Like all colors, green has a wide variety of meanings. Some cultures use green to symbolize harmony, health, hope, learning, fertility or growth, while others consider green to represent death, sickness, envy or the devil.

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Quite often, green is related to nature due to the abundance of green hues of grass and foliage. The root of the word “green” means “to grow” and comes from the same root word meaning “grass.”

For feng shui purposes, purple, gold and green symbolize wealth and prosperity. They are also colors to set the intention for “growing” more abundance in finances, as well as self-worth. In China, the most valued stone is green jade. In America, green is also associated with money, due to the color of its paper currency.

Green is also used in the other wood section of the bagua, the east, to represent its original meaning, “tree.” The northeast uses green as a symbol for learning. The southeast is represented by the wood element, which colors are generally associated with brown and green, due to the colors of living woody plants.

So, there you have your most common palette of colors used in the southeast section of the bagua map. Use these colors to set your intentions for added wealth, prosperity and to increase the self-worth of yourself and other family members.

## SOUTHEAST SHAPES

The other eight bagua areas mainly have only one shape associated with it. However, the southeast corner has three: the *rectangle*, *triangle* and *circle*. The Chinese attributed the rectangle to the wood element, which is the dominant element in the southeast and east sections of the bagua.

Since you want to enhance the energy of wood in this section, consider using rectangles in the décor, whether in the shape of furniture, dabs of rectangular paint on the wall or in the patterns of textiles.

The triangle is associated with the fire element and will be talked about more in the south section. However, the triangle is often associated with wealth and prosperity, thus making it appropriate for setting intentions in this bagua.

Think of the triangle as a pyramid. Its base is wide and the energy more free-flowing. As the energy rises, the area becomes narrower, pushing it forcefully out of the top, like a volcano. You can use pyramids to set the intention to increase your flow of abundance.

You can also enhance your feelings of self-worth with the pyramid by seeing yourself as a child with a solid foundation, yet having a lot of room to grow. As you mature, you start narrowing your choices until the moment that you burst forth, fully empowered.

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The circle is associated with the metal element and will be looked at closer in the west gua. The round shape in the southeast corner is generally used to represent coins, another symbol for wealth. You can display various coins or plants with round leaves. Jade plants are often used for this purpose, since they resemble the shape of coins and they are the color of jade, China's most prized stone.

While you are setting the mood for more abundance in the southeast corner, put on some jazzy music, shake your booty and enjoy a bun dance!

## **SOUTH**

### *Fame, Reputation, Social Life*

#### **SOUTH COLORS**

The south is dominated by the fire element. Colors associated with this segment of the bagua are *red, orange* and colors that reflect light and like fire, are expansive and energizing.

Various cultures attribute a myriad of meanings to the color red: fire, power, protection, lust, sun, love, passion, glory, hope, dignity, mystery, reunion, health, harmony, peace, prosperity, happiness, good fortune and luck.

Scientists believe that red is the first color perceived by the human brain. The word “magic” has its roots in German and Old Norse and translates as “red ochre,” this color was believed to have magical powers.

Red dyes were expensive to make, thus, like purple, it became a symbol of wealth. In some countries, common citizens were forbidden to wear red textiles.

In China, the color red has an interesting history and has deep roots as a national color. Red can be seen everywhere during their most celebrated festival, the fifteen days of spring. Brides often choose red dresses, being carried to the ceremony in a red litter, then walking down a red carpeted aisle to meet their groom. When a child is born, the first month birth date is celebrated with red eggs.

## Chapter Seven

Some of China's most well-known symbols are often found in red including their national flag, the walls of ancient palaces, intricate Chinese knots, lanterns, red firecrackers, paper cuttings, celebratory paper door post signs and the gifting of red envelopes to symbolize abundance.

In the Chinese culture, each of the four cardinal directions is associated with a group of constellations. It is not surprising that the "Heavenly Creature" associated with the southern constellations is represented by the color red, the Vermillion Bird. Globally, naturally produced vermilion comes from cinnabar mined in China and is often called "China red."

The color orange in the English language comes from the fruit of the same name. India regards orange (deep saffron) as the most sacred of colors and is worn by Hindu monks. The saffron stripe in their flag represents courage, sacrifice and renunciation.

Orange is the national color of the Netherlands. During the Elizabethan Era, orange was only worn by the nobility, while artists often associated the color with the saints. In the U.S., orange is associated with Halloween and Thanksgiving decorations because it is the color of pumpkins.

## Chapter Seven

Some of the attributes of orange from various cultures include gluttony, prosperity and kinship. In China, orange is often associated with happiness and love. In feng shui, orange is one of the colors associated with the fire element, since it is one of the dominant colors found in fire. Thus, orange is also associated with warmth, heat and energy.

Orange has the ability to excite emotions, both negative and positive. If one is already in a bad mood, it can increase the intensity of the mood. In this case, it is best to include orange's compliment color, the calming blues. Orange stimulates activity and the appetite, and encourages socialization, making it a good color for active areas such as the kitchen, dining room and recreational areas.

Orange helps to focus concentration, helping one to organize their thoughts better, making it an ideal color to be used in the office.

Orange fruit trees originated in China, eventually spreading throughout the globe. If you live in a warm climate, consider planting an orange tree in the south bagua segment of your yard or garden to enhance the fire element or to represent your social life. There are mini varieties of orange trees that can be potted and grown in the home or office. Sharing the fruit from the orange tree can also represent the areas of fame and reputation if sharing and kindness are traits you wish to be known for.

## Chapter Seven

For feng shui purposes, you can add red and orange in many different ways: design on upholstered furniture, bedspreads, sheets, vases, textiles, paintings of fire, photographs of sunsets or plants that flower in these colors, such as impatiens, carnations or roses.

The goal is to select objects that will enhance the image you want to portray to the world. This may mean working on your self-image if you have not broken through the fears and belief codes that are keeping you from reaching your full potential.

If this is true, consider a bright colored poster board and glue images of what you wish to accomplish on it. Place it in an area where you will see it often, to remind you that you have within you all you need to step forward in life.

Take time to reflect on your current social life. Is it satisfying? Do you enjoy the people you hang out with? Are they supportive? Do you often go to parties and gatherings that do not interest you because you don't want to hurt others' feelings? How often do you do the things that interest you? If there are areas in your social life you wish to change, you can use feng shui to help set these intentions.

If you are fully satisfied with your self-image and how you present yourself to the world (fame), your reputation and social life, celebrate it by using bright colored streamers or objects that represent the way you feel about yourself.

## SOUTH SHAPES

Historically, the *triangle* is the shape associated with the fire element. When you look at licks of fire, they tend to be broad at the base while narrowing at the apex. The triangle, like fire, tends to generate energy, expanding in all directions. Some scientists believe that the ancient Egyptian pyramids were built to be powerful energy generators.

The cone shape is also represented by the fire element. It is similar to an inverted triangle, however the cone is actually a vortex of spinning energy, increasing or decreasing, depending on the direction of its flow. Large wild fires often spawn spirals of fire, creating cone-shaped vortices of energy.

Shapes like the sun, fire, stars and starbursts are also symbolic of the expanding nature of fire. Use these symbols to energize passion in your life, especially as it relates to fame, reputation and social life. At home, place a photo of yourself and family members on a cutout of a star.

If you aspire to have a different career, such as a nurse, place a picture of a nurse's body on the star adding a headshot of you on it. Photos of fireworks to represent your dazzling self can be fun. Brighten the space with photos or diplomas with red, orange or bright red picture frames.

## Chapter Seven

In the office, hang diplomas and certificates of awards you have received. Add any trophies to the mix to show the world that you have drive and are successful.

In the yard, you can plant flowers and trees indigenous to your area that blossom or fruit in red. Yard art in the shape of stars, the sun or fire can be a fun addition. Tiki torches in your outdoor seating areas add a nice ambiance. Nothing symbolizes a fire better than fire itself and a fire pit with comfy seating is a wonderful place to enhance your social life. Bring on the marshmallows!

## **SOUTHWEST**

*Marriage, Relationships, Love*

### **SOUTHWEST COLORS**

Earth is the dominant element associated with the southwest segment of the bagua map. The colors associated with earth are *yellow*, *brown* and *earth tones*. See the Center segment later in this chapter for more information on these colors.

*Red*, *pink* and *white* are also used in the southwest corner because of their historic symbolism associated with passion, romance and love. Read more about the history of red in the South section in this chapter.

Plants, such as roses, whether they are planted outside or cut flowers in a vase are a common symbol for love and romance. Red and pink roses are associated with romantic love, whereas yellow roses are a symbol of friendship. White roses represent pure, innocent love. Orange roses say, “I am passionate and ready for your love” while light purple roses send the message, “I would like to get to know you better.” If you are feeling in a feisty mood, place the stem of a thornless rose between your teeth and dance around the office. Maybe it will cheer the place up... or get you grounded by the boss. (Just kidding!)

## SOUTHWEST SHAPES

Traditionally, the shape associated with the southwest is the *square*, which is symbolic of the earth element. Squares typically represent foundations. Their energy is strong and stable, anchored with four equidistant corners.

Hearts can also be used in this segment to symbolize love and friendship. Set your intentions while cutting construction paper, fabric or wallpaper into heart shapes. Write or paint your intentions on them. Jazz them up with photos of your loved ones or images to represent the mate you want to welcome into your life.

Relationships and love also mean brotherly love. Group photos of sporting teams, peers, fellow employees in square frames painted in earth tones or reds can remind you of how important friends are. Have fun painting a square table with symbols of love. You can also shellac photos on the table or a square box to store your photos.

This could be a good area to have a cozy seating area with your address book, as a reminder to call your friends. The upholstery could be in earth tones. Your address book can add a splash of color in pink, red or yellow prints. Feel really important and buy a red phone for special calls.

In the office, add photos of your work, social team members or memories of fun office parties. Outdoors, square shaped tables, pottery, floor tiles on the patio or walkways can be infused with reminders to be grateful for your friends and loved ones.

## WEST

### *Children, Creativity, Entertainment*

#### WEST COLORS

Metal is the dominant element in the west and is characterized by *white* and *metallic colors* in this section of the bagua. White represents the purity and innocence of children while pastels symbolize their soft nature. *Bright colors* are energizing and remind us to have fun. Mix them all together or add more. Let your creativity flow!

In many cultures, white represents enlightenment and purity. This is why God is often depicted wearing white robes. White is also symbolic of cleanliness, brightness and light. Many religious orders wear white for special occasions including the Catholics, Mormons and Muslims.

In western societies, brides traditionally wear white to denote their innocence and purity. However, in Asian countries, white is symbolic of death. Japanese brides wear white to represent death to the family they were born into as they enter their groom's new family.

Chinese wear white to reflect mourning of the death of a loved one. They view death as a rebirth, thus white is also symbolic of the fulfillment of the life cycle. White also represents gold in some cultures. Combine white and gold to create an atmosphere of influence and calmness.

In China, the constellation or "Heavenly Creature" associated with the west is the White Tiger.

## WEST SHAPE

The shape associated with the west and northwest is the *circle*. From the circular iris of our eyes, looking out to the circular objects in space, we are encircled in circles, like a three-ring circus (which means circle).

There is an endless array of meanings for the circle, including its design as the building block of all creation as seen from a sacred geometry perspective.

Wedding rings are symbolic of forever love. In sacred ceremony, the circle is used as a point of focus and protective boundaries. Circles represent never-ending cycles, completion of cycles and unity of all things.

The Chinese Taijitu symbol represents unity and balancing of polarities. Yin is symbolized as black while yang is symbolized as white. The Chinese symbol of a square inside a circle represents the union of heaven (circle) and earth (square).

Have fun creating and decorating your Places of Peace at home, in the office, yard and the garden with circles and whatever colors suit your fancy. This is the area to let the artist in you come out. Grab the child within and have a ball!

## **NORTHWEST**

### *Helpful People, Travel, Spiritual Path*

#### **NORTHWEST COLORS**

The northwest area is symbolized by the metal element. Colors associated with metal are *black, white, gray* and metallic colors such as *gold* and *silver*. Black will be expanded on in the following north section.

White is a blending of all colors and is symbolic of increased spiritual knowledge. White robes are also symbolic of angels, saints and robes of holy teachers. Use white objects to set your intentions when you are seeking the perfect person to help you with something or for guidance along your spiritual path. This could be in the form of angels, statues of helpful people or decorative items.

You can visualize your white ceiling as heaven and call in Spirit Helpers to assist you. For more information on the color white, read the previous section on the west colors.

Consider tapestries or photos of your favorite spiritual icons as reminders to call on them for assistance for all your needs. In your office, if you wish to be less conspicuous, place medals or charms with images of your favorite saints and gurus. Outdoors you can use prayer flags to enhance this area.

## Chapter Seven

Gray is a neutral color that is calming and stabilizing. Plan on moving or traveling? Plaster photos of places you wish to visit on black or gray suitcases to set your intentions. This makes a great conversation piece and offers you a chance to share feng shui principles with others. If your friends think you are crazy, at least you will be packed when they send you to the nuthouse!

### **NORTHWEST SHAPES**

The shapes associated with the northwest gua are the *circle* and *oval*. They both represent the womb and can hold your intentions for birthing ideas and seeds of interest along your spiritual path.

Cut out paper or find round or oval picture frames to hold photos of people who have helped you, places you wish to visit or symbols and images representing where you are and where you wish to travel next along your spiritual path.

Increase the energy of metal by using metal sculptures, fencing, railings or décor. Metal represents strength and mental power, most helpful when you are making future plans. Sharp metal objects symbolize being mentally sharp, alert and intelligent. Incorporate spikes, circles and ovals to enhance the area even more.

Blow bubbles in this and your west area to scatter your ideas out to the ethers. You can read more symbology related to the circle in the previous west section.

## **NORTH**

### *Career, Life Path, Individuality*

#### **NORTH COLORS**

The dominant element representing the north is water, which is symbolized by dark toned colors such as *black* and *dark blue* (the deep blue sea).

Black has an interesting history, representing duality of thoughts from culture to culture. In one culture, black may represent authority, while in another culture or time period, it may symbolize humility. This polarity of symbolism continues with black's representation of sin vs. holiness, rebellion vs. conformity, wealth vs. poverty and good vs. bad.

Other meanings associated with the color black are sexuality, sophistication, formality, elegance, mystery, fear, evil, unhappiness, depth, style, sadness, remorse, anger, anonymity, underground, mourning and death.

In Chinese culture, we find the dichotomy in the taijitu symbol of balance with black representing yin and white symbolizing yang energies. Black is considered to be the color of the dark northern night sky, where the Heavenly Emperor resides. Thus, the color black has been honored since antiquity. During special occasions in China, black is worn as a reminder of the soul's return to the heavenly black skies. The constellation or "Heavenly Creature" of the north is the Black Tortoise.

## Chapter Seven

For feng shui purposes, dark color tones and water features symbolize the flow of wealth in the career gua. You can also set intentions for self-empowerment when it comes to career choices and daily decisions.

For over 6000 years, the Chinese have been crafting exquisite lacquered décor and furniture, originally in red and black. If you enjoy this type of art, consider adding a piece or two to enhance your career goals, using them as a symbol of wealth and individuality.

In the office, desktop accessories such as filing bins, stapler, tape dispenser and pens can be infused with reminders of how successful you are. Jazz up your desk set by inscribing your name on them or your pens.

In the yard and garden, create a path symbolic of your life path, lining it with objects, plants, colors and shapes that symbolize your career goals and individuality.

### **NORTH SHAPE**

The shape that represents the water element and the north is free-form, undulating or *wavy*, like waves on the sea. Water is a symbol of release and renewal and can be used to help set intentions when you are considering a career change or moving to a higher level. Every step along your life path allows you an opportunity to renew yourself and release old patterns and belief codes that no longer serve you.

## Chapter Seven

Textiles, art deco items and dinnerware in these patterns can enhance the energy of water. Draping light fabrics over curtain rods in an undulating manner can be a reminder to flow with life's circumstances rather than being resistant. For added interest, lightly interweave 2-3 different colors, fabrics or prints, allowing them to cascade like a waterfall.

In the office, hang paintings or photos of water or abstract art with wavy forms to set intentions related to your career, life path and individuality. This can be done without drawing attention to what you are doing.

In the yard or garden, be creative. You can plant wave-shaped rows of flowers or edible foods. Zig-zag a pathway, create or purchase abstract art representing water. Place stones in a wavy pattern with items added to represent this gua's intentions. This gua represents individuality, so get out of the box and have fun creating personal representations for your life goals!

## **NORTHEAST**

*Wisdom, Knowledge, Self-Cultivation*

### **NORTHEAST COLORS**

The northeast is symbolized by the earth element with *black*, *green* and *blue* being the dominant colors used for feng shui purposes. Although black is used in this earth section to represent wisdom and knowledge, note that historically, the Chinese use black to represent the heavens. Read more on the history of black in the previous north section.

Green has become more associated with the earth element in recent times, since the word “green” has become synonymous with nature and organic products. It also represents plant life, which is associated with the wood element. More information related to green can be found in the southeast and northeast sections.

In this section, we will focus more on the color blue. Dark tones of blue are associated with water, while lighter tones symbolize the earth, especially sky-blue tones and the color of our “big blue marble” as seen from outer space.

Light blues are considered to be yin colors. They create a feeling of calm, relaxation, peace, trust, healing, tranquility, harmony, truth, confidence, security and loyalty. Navy blue is the feng shui color representing this gua’s aspects of wisdom, knowledge and self-cultivation.

## Chapter Seven

At home or in the office, maps and globes can represent the expanse and ripple effects of the knowledge and wisdom you share with others.

Owls are typically associated with wisdom, their image can be used to remind you how wise you are or set with the intention to pursue your academic goals, whether you are taking one course or embarking on a lengthier series of classes.

Framed diplomas, certificates and other mementos of the wisdom you have acquired can be placed with light blue matting and navy-blue frames.

This is the area where you get to shine the spotlight on yourself and to dream big as you make choices to learn or apply the skills that interest you. Don't be shy, let others know what you are skilled at, because you may just be the person they need to help them over a stumbling block or to give them the piece of knowledge they need to help them along their path.

Just remember to let the earth element keep you grounded so that your ego does not get out of control.

### **NORTHEAST SHAPE**

The shape associated with the northeast is the *square*. See more information on the square in the center section that follows in this chapter. Although the earth is round, this element is more symbolic of the earth itself, including soil and all of nature.

## Chapter Seven

We are made from earth elements and our bodies will decay and return to nurture the earth when we leave this realm (ashes to ashes, dust to dust). Earth is our foundation, which is what the square symbolizes. When a building is based on a square, with the four corners anchored solidly, you will know you have a strong foundation upon which to build.

The earth is grounding. When you have problems to solve, are upset or just feeling jangly, take off your shoes and stand on the bare earth. This will help ground you and give you clarity. Walk barefoot on the earth whenever possible.

Enhance your home, office, landscape and garden with square items representing wisdom and knowledge. Choose a square table or square cloth over any shaped table to create an altar representing your past accomplishments and/or future goals. Outside, use square stones along your symbolic life path mentioned in the north gua section.

In the yard or garden, set intentions for self-cultivation by creating a special squared off area with plants and objects representative of your goals. You can also create the same effect in the home or office by using a square pot with smaller plants and objects.

Create a special Place of Peace to honor your earth mother. Mingle all shapes and colors to pay respect for all beings (seen and unseen), all experiences and everything that has been, is, and will be. Namaste.

## **EAST**

*Health, Family, Community*

### **EAST COLORS**

The dominant element in the east is wood. The colors associated with this gua are *gold, purple, wood tones* and *green*. Read more information on gold, purple and green, in the Southeast section. Information on brown and wood tones can be found in the following Center gua section.

The dominant color associated with the wood element in Chinese feng shui is green. Remember that in traditional feng shui, wood actually means tree, thus you can see why green is the associated color. The “Heavenly Creature” of the east is the Azure (blue-green) Dragon.

Since the wood element and health are both symbolized by green, it’s like having a 2 for 1 deal when it comes to setting intentions in this area.

The east is representative of early spring, a time when green sprouts begin to pop out of the earth after a restful winter. Thus, green is a symbol of rebirth, fertility and renewal. Overall, green is a symbol for nature. Green is also symbolic of the heart chakra and healing modalities.

Light shades of green create a relaxing space for meditation areas and can help slow the pace in overly busy offices. If you can’t paint an entire wall green, you can use the color in window coverings, adding photos of nature scenes or green, leafy plants.

## Chapter Seven

Television studios often have a waiting room for guest speakers that is painted green, called the “Green Room.” The reason is that green is considered a calming color and the hope is that guests will calm their nerves before coming onstage.

Gold colored picture frames of family and cherished community members can decorate your wall space or shelves, reminding you to be grateful for having these people in your life. Green can symbolize growing relationships with community members.

If you don’t have any yard space, which is naturally full of green and wood elements, consider adding woody or bushy plants on your porch or patio. Many flowers and edible plants, such as tomatoes, can also be grown in outdoor pots. Just be sure to water them often and try to keep the pots out of direct sunlight so the roots don’t get fried. That would bring a whole new meaning to fried green tomatoes!

### **EAST SHAPE**

The *rectangle* is the shape associated with the east and the southeast gua areas. Think of a tree trunk, most are vertically rectangular. On a horizontal level, the rectangle is associated with stability. It has the same characteristics as the square, which is a special type of rectangle. Squares are addressed in the southwest, northeast and center sections of the gua.

## Chapter Seven

In the home, rectangles are everywhere: furniture, bookshelves, headboards, picture frames, electronic devices, countertops, windows, doors, even most rooms are rectangular. As you choose items to place in the east, think of things that symbolize and remind you to work toward your goals or to feel gratitude for goals that have been attained.

## **CENTER**

*Balance, Harmony, Foundation*

### **CENTER COLORS**

The center gua of the map is represented by the earth element and is the grounding center for all of the other guas. As a metaphor for our own lives, peace begins within and radiates outward. This is the same for the Center gua. This is a great place to set intentions for assistance in any area of your life that is off balance. If appropriate for your floorplan, the Center gua is a great place to set up a mediation area and altar.

The colors representing the Center are *earth tones*, such as *tan, beige, brown* and *soft yellow*. The earth tones are symbolic of the earth herself. Use these colors and soil to add more earth energy to this section. If your bagua area is not suitable for potted plants, mount pictures of plants or consider pots in hanging plants.

Earth tones lend stability, comfort, simplicity and a feeling of being grounded. It is easy to add this color in carpeting and rugs, giving a sense of being barefoot outdoors, no matter what room you are in. In the office, if the floors are tiled or carpeted in a different color, bring in a rug to place over the carpet, if it meets safety codes and the boss's approval.

## Chapter Seven

Yellow in China is the most revered color and is said to generate yin/yang, implying that this color harmonizes all things. In other cultures, yellow also represents joy, optimism, hope, sunshine, gold, warmth, jealousy, illness (jaundice), happiness, neutrality, good luck, cowardice and friendship (yellow roses).

Add pale yellow to cheer up a room and create a sense of hominess. Too much bright yellow on walls can bring up feelings of agitation. Many people will paint all four walls of a room the same color and leave the ceilings white. Try a variety of colors on the ceilings in each of your rooms. Lighter colors add interest while darker colors create the illusion that the ceiling is lower. Feeling creative? Add a mural to your walls or ceilings, like clouds, stars or sunbursts.

Set intentions by using décor with elements of yellow and earth tones such as nature scenes, butterflies, birds or anything that is from nature in the home, office, yard or garden. Choose objects that create a sense of harmony for you and other members of the household in the form of music, scents and visual delights.

The main goal for this gua is to create the foundation for all that makes your heart sing. The Center is a place where one can go to get away from the rat race and spend time reflecting on problems to solve and expressing gratitude for what is. Have fun creating this Place of Peace.

## CENTER SHAPE

In China, the *square* represents earth and the human body. Often you will find the square within a circle, this symbolizes the marriage or harmony of earth and the heavens.

In ancient feng shui, many houses, tombs, buildings and cities were designed in the shape of a square, providing a sense of safety, security and stability. The center of the house is considered to be the power center. Squares set the foundation, giving us boundaries and a way to orient ourselves.

Square flowerpots, furniture and rugs can intentionally be placed to create a sense of peace and stability. If you have a rectangular table, placing a square cloth over part of the table and perhaps creating an altar of gemstones, crystals and objects that are sacred to you can be all you need to create a Place of Peace in your home or office. For more ideas on how to use square symbology, visit the southwest and northeast bagua sections in this chapter.

I cannot overemphasize the importance of taking time to meditate each day. This is best done in the morning as a means to set your intentions for the day. Consider what your priorities are and fill your heart with gratitude for all the people, blessings and experiences in your life. Set aside a Place of Peace wherever it is best suited in your home or garden. Discipline yourself to use it each morning and watch the magic unfold in your life!

## Chapter Eight

### *Gemstones*

Gemstones are not a traditional way that ancient Chinese feng shui masters would use to enhance bagua areas in a home. Mainly because they did not use the bagua map the way western feng shui consultants do.

However, gemstones are a great way to energize and harmonize a space. They are also lovely natural ways to enhance any décor. Each gemstone works in a different way and each can be infused with thought forms, making them an excellent way to let your Spirit Helpers know you are serious when you set your intentions.

Some gemstones, such as quartz crystals, hold energy better than others. This is why crystals are used in everyday items such as cordless phones; they hold the memory of whatever was infused in them. Gemstones can lose their “charge” and get gunked up if the surrounding energies are blasted with weird energies, so you will want to clear them from time to time.

The following is a list of a variety of gemstones and their most common colors and properties. You will also find them listed in the bagua areas where they are most commonly used and I will offer suggestions for some not so common usages. Please note that you can use any gemstone anyplace that makes your heart sing.

## Chapter Eight

There are a variety of ways you can use gemstones to enhance any bagua area. Select gemstones that match the color or shape associated with the gua, to symbolize one of the Five Elements, or to set your intentions for any of the aspects such as career, creativity or love.

Hang crystals in the window to bring in the sun's energy and if you're lucky, you can dance with the rainbow people! Hang stones around your neck as jewelry, place them anywhere on your body or hold them in your hands when you are setting your intentions or meditating.

To energize the stones while setting intentions, look at the stone, hold it in your open palm in the sun or under the rays of the full moon, hold it against your heart, breathe on it or place your saliva or menstrual blood on it. Use whatever method or ritual feels right to you.

There are four main components to the creative process. First, there is a conscious thought. Then the thought is strengthened when it is talked about, whether the oral statement is to yourself or others. This step lets the Spirit Helpers know you are serious. Then there must be action steps, such as those listed above.

The key to success is the emotions you express. There is no room for wishy-washiness when you truly want something. Strong emotions gain the notice of Spirit Helpers. They would go crazy if they had to monitor every thought or uttered word. In fact, you would go crazy if you were consciously monitoring all of your thoughts!

## Chapter Eight

Spirit Helpers are more tuned into energy than words. When emotions are strong, it gets their attention. When all four elements of the creation process are in place (initial thought, word, action, emotions), they can get busy helping you create whatever your heart desires.

Be creative in how you want to display your gemstones. They can be part of an altar, embedded in photos, glued onto decorative items, displayed on shelves, used as fan chain pulls or carved into shapes that have meaning to you. They can be placed in conspicuous or inconspicuous places.

If you are creating a Place of Peace, such as a prayer circle, add whatever stones feel right in your heart. Some gemstones clash with others, creating disharmony. The easiest way to avoid this is to not overdo it. Once you have put everything into place, get into a quiet state of mind and pay attention to how the area “feels.” If something feels “off,” try rearranging or removing some of the stones until the space feels right. If you are a dowser, use the technique you are most familiar with to assist in gemstone placement.

Before purchasing and/or placing stones, ask for guidance from your Spirit Helpers and follow your intuition. Whenever you bring a new stone into your space, whether you purchased it or received it as a gift, take time to “clear” it. This can be done by placing them in salt and setting in the sun for several hours. You can also clear stones with your intention, if you are focused enough to do so.

## Chapter Eight

After your gemstones are cleared, say a prayer over them and set the intentions you wish the stones to help you with. See more about clearing stones below.

When you are in nature and come across a stone that is attractive to you, it could be that it wants to come home with you. Before touching or removing the stone or object, ask its permission. I usually leave a “gift” as a thank you to mother earth, either from my medicine pouch, a strand of hair or a prayer of gratitude. There is a sentience to all things, including stones and the area where you found it.

No matter how much you like the stone, if it feels that you should leave it, do so. There are numerous stories about people having horrible problems after taking home rocks from Hawaii, inciting the anger of Pele. This can happen anywhere, at anytime. In many places, the ancient indigenous people are still around and protecting places that are sacred to them. Respect their wishes and leave only your footprints (hopefully they will be on a trail). Alright, are you ready to get stoned?

### **How to Clear Gemstones**

Note that this section is not about cleaning your stones, it is about clearing energy charges. When you bring home your gemstone or crystal, it is a good idea to clear its energy. You should also clear the stone whenever you use it as a healing tool, whether on yourself or someone else.

## Chapter Eight

When others touch your stones, they leave their energy imprint, which may need to be cleared. That depends mostly on how you plan to use the stone and the energy of the person involved.

A cleared stone will emanate a good, clean feeling. There are many ways to clear stones. Below is a generalized list. It is a good idea to know the best specific way to care for each of your stones.

There are two methods for clearing stones with salt, the dry salt method and the wet salt method. Just like salts can help detoxify the human body, sea salts can also be used to pull negative energies from gemstones. Be mindful that some “gemstones” are minerals that can be damaged or dissolve if soaked in water. Do not use processed table salt for it may contain corrosive agents.

### ***Dry Salt Method***

Using a glass or ceramic container, bury the stones in the salt, pointy ends down. Leave overnight or until the stones “feel” re-energized.

### ***Wet Salt Method***

Check with your jeweler before using the salt clearing methods because the salt could damage the metals, especially when using the Wet Salt Method. Use a ratio of about one tablespoon salt to each cup of cool water. If you are blessed to live near a salty body of water, you can use the sea water for the cleansing. In a glass or ceramic bowl or container, place your stones in the solution and soak overnight.

***Earth Burial***

Mother Earth offers herself as a natural method of grounding and clearing energies for all beings, including gemstones. Simply bury the stones in your yard, pointy ends down. Be sure to mark their location so that you can find your buried treasure! You can also use flower pots, but you might want to change the soil each time. If your soil is a heavy clay or loamy, this can be messy. You will need to wash, then dry the stones. Leave the stones buried overnight, then reclaim your buried booty. Arrrgghhh!

***Moonlight***

Recharging your gemstones overnight during the cycle of the Full Moon to the New Moon is an easy way to recharge your gemstones.

Choose a night when the skies are expected to be clear and observe the pattern of the moon in your area to know where to place your stones for maximum exposure. The moon is at its maximum energy on the Full Moon and a few days after, but you can charge them anytime. Please note that some stones are fragile and may not be able to handle temperatures below zero.

***Smudging***

Smudging is an ancient method of clearing energies from objects and spaces. Using sage, a cedar stick, incense or sweetgrass, bathe your gemstones in the smoke, while setting the intention that you wish to have these stones cleared of all non-beneficial energy.

## Chapter Eight

### *Water*

Pure water has healing properties within it. Using cool or room temperature water, either soak your gemstones or allow the water to shower over them. If you live near an untainted water source, use this water to bathe your stones.

If you do not have a source for purified water, simply say a fervent prayer at your water tap, asking that the water be restored to its natural crystalline state. I use the following for my drinking water. “Please neutralize any pollutants and adjust the molecular structure to its original, pristine state. Thank you.”

You can purify yourself by using this or a similar prayer each time you take a shower or bath. There is so much chaotic energy surrounding us that it is important to clear your own energy field at least once a day.

If you are not familiar with Masuro Emoto’s work with water, I highly suggest you check into it. He has proven that water molecules can be changed through prayer and intentions. Once you grasp this concept, the realization of your power as a co-creator can change your life. This is the core concept of feng shui as presented in this book.

**SOUTHEAST**

*Wealth, Prosperity, Self- Worth*

**Wood Element**

*(green, gold, purple / rectangle, triangle, circle)*

***Amber and Jet***

These two organic compounds are often used in jewelry and available at rock shops although they are not true gemstones. Amber is fossilized pine resin and jet is decayed wood that has been subjected to extreme pressure. Because of their organic nature, they make great representatives for the wood element.

***Amethyst***

If you want to add the color purple to this gua, consider an amethyst, which is a variety of quartz. Amethyst is said to be an aid while meditating to bring clarity, assisting in the decision-making process. It is known for its calming influence, allowing one to go deeper into inner reflection to find assistance along the spiritual path.

***Carnelian***

Carnelian is a semi-precious gemstone that is brownish-red in color. It is believed to have the power to enhance self-worth and to increase abundance. This gemstone has a powerful energy and should be used with caution in places where you have created a calming Place of Peace.

***Citrine***

In its natural state, citrine, which is a variety of quartz, is pale yellow or orange. Natural citrine is believed to promote wealth, prosperity and abundance. I have read that ancient cultures would keep citrine in their cash box, thus it has become known as the “merchant’s stone.” However, I could find no verification of this practice.

Supposedly, citrine does not absorb negative energies, thus it doesn’t need to be “cleared” like many other gemstones. It is believed by many that it radiates positive energy and can be used to clear out surrounding negative energy.

Citrine has many health benefits including assistance with the digestive tract, sleep disorders, aids the circulatory and immune systems and many of the major organs. As a mood elevator, it also increases self-worth.

***Garnet***

When worn as jewelry, garnets are believed to help increase self-worth. There are many types of garnets called by a variety of names and occurring in many colors: red, yellow, rose, orange-brown, violet red, reddish-brown, deep red, white, yellow-green, brown and black. This vast array of colorations makes the garnet an enhancement for any bagua area.

***Green Tourmaline***

In the U.S., green is the color of the currency, thus any stone that is green can be used to attract wealth, prosperity and business success.

## Chapter Eight

### ***Jade***

To energize wealth and prosperity, use green jade as an amulet or carved figure to represent your intention. Jade can also be used to assist while making important business plans.

### ***Jasper***

Jasper is a form of chalcedony and can be found in red, yellow, brown or green. It is said to have the ability to slowly cleanse negative energy.

Jasper is a great self-empowerment tool, helping to overcome shyness and step into one's power. It offers courage and protection from physical harm. It is also purported to help those who are ready to overcome their addictive and compulsive behaviors.

Physically, jasper assists with digestion, urinary tract, liver, spleen, pancreas and sciatica.

### ***Ruby***

If you have an issue with low self-esteem, consider placing a ruby in this gua. Infuse it with thoughts of increased self-love and a reminder to dream big and reach for your highest potential.

### ***Turquoise***

Many ancient cultures envisioned turquoise as a symbol of wealth.

## Chapter Eight

### **SOUTH**

*Fame, Reputation, Social Life*

#### **Fire Element**

*(red, orange / triangle, cone, pyramid)*

Vermillion Bird

#### ***Carnelian***

This gemstone has the orange and red colorations suitable to represent the fire element. In some cultures, only the high nobility were permitted to wear this stone, thus making it a good stone to set the intention for fame, reputation and for a feeling of higher standing in one's social life.

#### ***Citrine***

Wanting to add orange to this gua? When heat-treated, Citrine ranges from dark orangish-brown to reddish brown. It is said to raise one's happiness level while assisting to lower negative emotions and help balance mood swings and emotional upset which should be good for one's social life and reputation!

#### ***Fire Opal***

As its name implies, the fire opal can be used to enhance the energy of the fire element. It has a color range from yellow to orangish-red. This gemstone is said to awaken one's passion, igniting the personal power within. It also aids in letting go of the past and helping to facilitate change, both important steps to increasing one's reputation.

## Chapter Eight

### ***Garnet***

Ready to take your fame and visibility to a new level? Garnet is said to increase success in business and assists in making one become more popular. If you want to add the color orange to this gua, hessonite garnet is an option.

Garnet is also believed to help keep friendships balanced and in harmony, making it a great asset to set intentions for your social life. It also has many other traits, as you will discover as you make your way around the bagua.

### ***Lapis Lazuli***

Lapis Lazuli is considered to be a very powerful stone. In many ancient cultures it was highly venerated and considered more precious than gold. The Egyptians used it as a symbol of truth, making it a wise choice if your intention is to have a reputation for honesty and integrity.

This beautiful deep blue gemstone is believed to enhance harmony in relationships and is a symbol of friendship in many cultures.

### ***Obsidian***

As a naturally occurring volcanic glass, obsidian makes a good representation for the fire element, typically ranging from light brown to black in color.

### ***Ruby***

To enhance your fame and reputation, consider adding the powerful ruby to this gua. For centuries it has been used as a symbol of royalty and vitality. Because of its red color, it is associated with healing and cleansing of the blood and as a source of vitality.

## Chapter Eight

### *Vermillion Granite*

If you would like to tie into the energy of the Vermillion Bird, the “Heavenly Creature” of the south, consider adding vermillion granite to this gua.

## SOUTHWEST

### *Marriage, Relationships, Love*

#### **Earth Element**

*(earth tones, yellow, brown, red, pink, white / square)*

#### ***Amber***

Amber is not a gemstone, but rather is classified as an organic gem. It is made from fossilized pine tree resin, estimated to be about 50 million years in age. Wouldn't that make a good symbol for a long-term relationship?

Because it is a natural material and has yellow/earth tone colors, amber is good for enhancing the earth element.

#### ***Emerald***

Emerald is the sacred stone of Venus, the goddess of love. It is believed that giving your lover an emerald will draw them closer to you and they will remain faithful, if the intentions of the giver are pure. The emerald is also believed to help harmonize dissonance between others, thus making it a great stone to place intentions for wonderful relationships with friends and lovers.

#### ***Garnet***

Garnet is kind of a "catch-all" name for several similar mineral compositions. Garnets can be found in all colors of the rainbow. The deep red garnets have a reputation for inspiring love and devotion in long-term relationships. Almadrine garnet is said to bring depth to your romantic relationship. Garnet is purported to be helpful for arthritis, back ache and varicose veins.

***Jade***

In China, a butterfly carved in jade is believed to attract love.

***Malachite***

Malachite is said to have the ability to counteract self-destructive romantic tendencies and help attract lasting love relationships.

***Rose Quartz***

The pink shades of rose quartz makes it an ideal gemstone to represent romantic love, brotherly love and love of all things seen and unseen.

***Ruby***

When received as a gift, the ruby is symbolized as a token of friendship and love. It is also said to increase passion in the bedroom.

***Tiger's Eye***

Like amber, the yellow and brown tones of tiger's eye make it a good symbol for the earth element which is dominant in this section of the bagua. Roman soldiers wore tiger's eye to protect themselves while in battle. It is a good grounding stone to aid when feeling unbalanced or needing to increase one's level of confidence.

***Tourmaline***

Varying in color from pale pink to deep red, this energetically yin gemstone is ideal for opening the heart chakra. Pink Tourmaline is said to reduce stress, soothe emotional upset and release obsessive compulsions. Black Tourmaline is often associated with the Earth Element.

## Chapter Eight

### WEST

*Children, Creativity, Entertainment*

#### **Metal Element**

*(metallic, white, bright colors, pastels / circle)*

White Tiger

#### ***Gemstone Colors***

There is a wide array of gemstones you can use to include the specific colors of this gua. To add white, consider pearls, moonstones or items made from bone. The list for bright colors and pastels is too long to list here. Choose your favorites, or perhaps the birthstones of each member of the household.

#### ***Agate Geode***

Geodes are fun when found whole. Although they are rather bland on the outside, there is the sense of mystery and childlike wonderment as to what beauty lies within. You can use this gemstone to help bring out the child within and to create more fun in your life.

#### ***Azurite and Malachite***

Because of the large percentage of copper in these minerals, they make an excellent choice as symbols for the metal element.

#### ***Green Tourmaline***

This beautiful stone is also called verdelite and is said to spark ingenuity and creativity. Patience is also a virtue of this stone, bringing joy to those who wear it.

## Chapter Eight

### *Sapphire*

The word sapphire comes from the Greek word for blue, although they come in a range of other colors. I have added the pale blue sapphire in this gua since it is often the color of the Bengal white tiger's eyes, which is the "Heavenly Creature" honored in the West.

## **NORTHWEST**

### *Helpful People, Travel, Spiritual Path*

#### **Metal Element**

*(black, gray, silver, white / circle, oval)*

This gua is a great area to display and honor those who have been helpful in your life. You can choose figurines, such as angels, fairies, religious icons, saints or gurus made from any natural stone.

#### ***Gemstone Colors***

To utilize the colors of this gua, there are a wide variety of choices. For black, consider obsidian, black onyx, or black tourmaline. To add a splash of white, consider white jade, coral or pearls.

#### ***Amethyst***

Amethysts are known to have the ability to help one go deeper into a meditative state in order to gain clarity when making choices along one's spiritual path. Use it on your altar and keep one handy in the area where you meditate.

#### ***Azurite-Malachite***

This unique composition of azurite and malachite is said to open the "third eye" and when held to the forehead or in the palm, it gives meditators deeper insight along their spiritual path. It is also believed to enhance clairvoyant abilities.

## Chapter Eight

Malachite is believed to protect against accidents and is often worn by travelers. Because of their high copper content, these minerals make good representatives of the metal element.

### ***Garnet***

Garnets have many attributes, one of which is protection while traveling. The red garnet is believed to enhance intuition and self-discovery when used as a meditation tool and seeking information relevant to one's spiritual path.

### ***Cacoxenite***

This mineral deposit can be found in quartz, especially amethyst. It is said to have the ability to help one connect with their Spirit Guides.

### ***Hematite***

Because of its high iron content and colors of silver, gray and black, this mineral can be used to represent the metal element of this gua.

Hematite helps to ground high level spiritual energy, which is beneficial to those who are on their spiritual path. It is also said to help increase intuition.

### **Silver**

To enhance the metal element in this gua, you can use metal objects such as silver nuggets or objects made from silver.

**Topaz**

Topaz is believed to have the properties of helping one increase their intuition, thus assisting them each step of their spiritual path. You can use topaz to set intentions during each step of the creative process, from your thoughts, words, actions and emotions.

**NORTH**

*Career, Life Path, Individuality*

**Water Element**

*(dark tones, black, dark blue / wavy)*

Black Tortoise

***Aquamarine***

The name aquamarine is derived from the Latin root word meaning seawater. It is a member of the beryl family and is known for its delicate blue or blue green coloring and can be used to enhance the water element for the north bagua.

***Azurite***

One of the colors associated with the north bagua is dark blue. The deep blue copper mineral azurite can be used to set the intentions for this gua. It can also be used to enhance the water element because of its association with the color of the deep blue sea.

***Black Gemstones***

Black is one of the colors associated with the North bagua. The “Heavenly Creature” of this gua is the Black Tortoise. There are many options if you wish to include black in this area: black onyx, obsidian, black tourmaline, jet, black moonstone, bulls eye agate and black pearls.

***Garnet***

Perhaps Garnet’s best-known asset is to increase one’s success in business. Use it to set your career goals.

***Flourite***

To enhance the water element, consider adding fluorite to this bagua. The word fluorite comes from the Latin verb “to flow.” This mineral is also used as a source of fluorine for fluoridated water. Which I must say is toxic to the human body, although many governments go to great extents to add it to municipal drinking water.

Flourite has earned its title of “the most colorful mineral in the world,” occurring in a wide variety of colors from pink to black.

***Malachite***

Want to enhance your business? Malachite is said to increase success while decreasing undesirable business distractions.

***Coral, Opal, Pearls***

To enhance the water element, consider these ocean gems. Coral is the skeleton of tiny marine polyps and comes in colors ranging from red to dark red, white, pink, orangish pink, blue and black. Because of its high-water content, opals are often associated with the water element. Pearls are organic gemstones created by mollusks and have been in use as an adornment in China for several centuries.

***Ruby***

Because of its red color, the ruby is associated with the base chakrah, which is symbolic of individuality. Use this gemstone to set intentions for goals you want to accomplish along your life path.

***Specular Hematite***

Another black gemstone that can assist with the aspects of the north gua is specular hematite. It is said to have the ability to increase energy while at the same time it can be very grounding, good functions to have in your career and along your life path.

Hematite is said to assist in aspiring to personal goals and to help release judgment against oneself and others. This can be a great stone to assist while creating individuality and making choices along one's life path.

Specular Hematite is a good stone to keep on your desk to counter the ill effects of electromagnetic fields from your computer, cell phone and other electronic devices.

## **NORTHEAST**

*Wisdom, Knowledge, Self-Cultivation*

### **Earth Element**

*(black, blue, green / square)*

#### ***Black Onyx***

Black onyx, when polished, creates a mirror effect, allowing one to seek inner wisdom.

#### ***Black Tourmaline***

To enhance the color black, consider this beautiful gemstone. When tourmaline is rubbed, it becomes charged with magnetic electricity and may energize whatever intentions you set into it.

#### ***Blue Gemstones***

There are many gorgeous blue gemstones to choose from: agate, aquamarine, lapis lazuli, rainbow hematite, sapphire, spinel, topaz and zircon.

#### ***Green Gemstones***

Choose from these gemstones, if you would like to utilize the color green: aventurine, emerald, garnet, malachite, peridot, sapphire, watermelon tourmaline.

#### ***Azurite, Carnelian***

Taking any educational courses? Azurite and carnelian are believed to enhance the intellect and assist with better concentration.

## Chapter Eight

### ***Emerald***

The beautiful green emerald is purported to increase wisdom.

### ***Lapis Lazuli***

This semiprecious gemstone is said to enhance clarity of thought, emotional stability and wisdom.

### ***Malachite***

Due to its resemblance to the human brain, malachite is often called the “brain rock.” It is considered a super rock and has the ability to enhance concentration. It is a great stone to have nearby when studying for exams.

### ***Clear Quartz***

Clear quartz is often used as a divination tool, such as a crystal ball. It has a hypnotizing effect when gazed upon, allowing the brain to go into a theta state and communicate “between the realms.”

Most of the well-known crystal skulls are carved from clear quartz. These objects are believed to hold ancient memories with the ability to communicate with all beings, including other carved skulls and humans.

Adding clear quartz to any of the bagua areas can be an advantage because these crystals are known to be easily programmed, thus holding any firm intentions you place into them. Because of their ability to hold memories of their environment, they need to be “cleared” now and then so they don’t get clouded with non-beneficial energies.

*Turquoise*

Turquoise can be used in this bagua to represent the blue and green colors associated with the Northeast. Its name means “Turkish stone” coming from the country of Turkey in earlier times.

Turquoise has been revered as a holy stone in many cultures. It is believed that turquoise holds the memory of earth’s origins. You can use this stone to set your intentions regarding wisdom and knowledge.

## Chapter Eight

### **EAST**

*Health, Family, Community*

#### **Wood Element**

*(gold, green, purple / rectangle)*

Azure Dragon

#### ***Purple Gemstones***

To add some purple to this gua, there are many choices available. Several gemstones mentioned in this chapter come in varying degrees of purple. Choose the ones you feel attracted to: agate, amethyst, chalcedony, charoite, garnet, jasper, sapphire, spinel, tanzanite and topaz.

#### ***Amber and Jet***

To add more of the wood element to this gua, consider using Amber, which is fossilized pine sap or jet, which is decayed wood. Both are quite beautiful and stunning.

#### ***Azurite***

If you would like to honor the “Heavenly Creature” of the East, which is the Azure Dragon, the coloration of this stone is a good choice. Azurite is believed to promote the ability to visualize your goals, thus making it a great stone to set your intentions in any gua.

#### ***Citrine***

Having difficulty with family members? Citrine helps to balance negative energy, allowing issues to be resolved.

## Chapter Eight

### ***Gold***

Gold is one of the colors represented by the East gua. You can use items made of gold, gold leaf or painted gold. Gold has one of the highest frequencies on Earth and can enhance any area. If you would like to use gold, but are nervous about it being stolen, place it in inconspicuous places within the gua.

### ***Jade***

Jade's beautiful green color can be used to enhance the healing powers of the East gua. For centuries it has been used for many health issues, primarily the kidneys. The name jade originated during the Spanish conquest of the Americas who called it "piedra de ijada" which means "hip stone." It is also known as "lapis nephriticus," bringing a whole new meaning to kidney stones.

Jade is also believed to help with mental clarity. There are many affordable green jadeite and nephrite carved images that can be used to enhance this gua or to wear as jewelry for protection.

### ***Sapphire***

These gorgeous gemstones receive their name from the Latin word "sapphirus" which means blue. However, they range in color from pale blue to dark blue, clear, green, pink, violet and yellow. This is a good stone to set intentions for truth, loyalty, devotion and faithfulness for health, family and community members.

## Chapter Eight

### ***Malachite***

This gemstone has been used to heal emotional and physical illness and is particularly good for releasing negative emotions such as guilt. If you are wishing to heal family issues and restore harmony in your relationships, this is a good stone for setting those intentions.

Malachite works with the “third eye” which is the center for visualization, making it a great assistance for anything you wish to create or un-create in your life.

### ***Topaz***

Topaz is believed to be a powerful healing stone. Pure topaz is colorless and said to be the most powerful, especially for spiritual connections. Topaz also comes in many other colors, some naturally and some from the hand of man.

Topaz is said to have the ability to remove stagnant energies from the body, thus allowing energy to flow more freely, helping the body to heal itself. This would be a good stone to set your intentions for increased health. While you’re at it, why not dream big and visualize yourself as having perfect physical, mental and emotional health?

### ***Green Tourmaline, Emerald***

Due to the healing color of green, these gemstones aid in healing the heart and emotional problems. Emerald is also a symbol of hope and faith, while green tourmaline helps alleviate detoxification symptoms.

*Turquoise*

Turquoise is considered to be a symbol of friendship. It is also said to help bring peace and harmony to family members and those willing to end friction.

Turquoise is also believed to assist with many health issues such as heart problems, sciatica, digestive disorders and viral infections. It also aids with detoxification and muscular strength. Some say that the healing powers of turquoise increases when combined with copper.

## Chapter Eight

### **CENTER**

*Balance, Harmony, Foundation*

#### **Earth Element**

*(earth tones, yellow, brown / square)*

#### ***Brown and Yellow Gemstones***

If you want to enhance the brown and yellow colors of this gua, several gemstones can provide you with an opportunity to set your intentions in stone. Here are some ideas: beryl, citrine, garnet, jasper, sapphire, tiger's eye, topaz, tourmaline and zircon.

#### ***Amber***

Amber is usually associated with the wood element, since it comes from pine trees. However, it can also represent the earth element, since it is a natural object. The beautiful amber color can also represent the yellow earth tone of this gua.

#### ***Diamonds***

Another good representative for the earth element is diamonds, which are found deep within the earth's mantle. What better gem is there to set your intentions for a good foundation?

Diamonds are formed under extreme pressure and its beauty is magnified when cut and polished, making it a good stone to set intentions for creating balance and harmony in your life, for we all are "diamonds in the rough."

***Smoky Quartz***

This gemstone can help see through the smoke in order to gain clarity of mind. You can use it to ground yourself when life is out of balance. Use this stone to set your intentions for creating harmony and to set the foundation for what you desire to experience.

***Snowflake Obsidian***

This volcanic glass can be a good symbol for the earth element since it is formulated deep within the earth. It is also a good representative for balancing opposites due to its white and black coloration.

When polished, obsidian is like a mirror and has been used like crystal balls to foretell the future for centuries. The mirror effect is said to allow one to see unfavorable behavioral patterns, thus allowing the viewer to make necessary changes in order to balance body, mind and spirit.

***Watermelon Tourmaline***

Watermelon tourmaline is a rare gemstone, having three colors that occur naturally. It is similar to its namesake, the watermelon, having an outer green color, white like the rind and pink like the fruit.

Each of the tourmaline's possess different attributes, yet all are said to have strong healing powers. Watermelon tourmaline balance one's feminine and masculine energies. It is also believed to harmonize emotions caused by conflicts with others and within one's own mind.

## Chapter Nine

### *Scents in the Bagua*

First, I would like to reiterate that there are no right or wrong ways to apply feng shui principles. Using essential oils to set intentions in each bagua is a modern idea, not one practiced as such by ancient Chinese practitioners.

This chapter is designed to offer ideas to implement the use of sage, incense, essential oils and other scents while setting intentions. Using the five senses while visualizing the world you wish to create amplifies the manifestation of your dreams and desires.

The sense of smell is often overlooked when setting intentions, however, it activates the brain faster than sight or hearing. How often have you been transported back in time when you smelled a particular scent? Aromas have the power to make us feel buried emotions and can be used to help influence others and one's self to take specific actions, which can be especially important in the home and office.

White sage and sweet grass have been used by indigenous tribes since antiquity. Traditionally, they are used to clear negative energies from a space and to invoke the ancient ones. The belief is that Elders from the "Other Side" recognize the scent and will be drawn into the ceremony they are being invited to attend. It is also believed that sage helps "thin the Veil" between dimensions, making it easier to connect with those who have crossed over.

## Chapter Nine

Incense is composed of aromatic plant materials, often combined with essential oils. Incense has been in use for well over 3500 years. The earliest recorded use of incense comes from the ancient Chinese who used herbs and plants such as cinnamon, cassia and sandalwood during formal rituals and ceremonies.

Many cultures used incense for a variety of purposes such as masking odors, purification rituals, meditation, spiritual ceremonies, meditation, clearing the energy of a sacred space, interaction with Beings from the “Other Side,” to drive away evil spirits and to invoke the graces of the gods.

Sandalwood incense has been used for thousands of years to clear the energy of a space. You can use it in any of the bagua areas where there is stagnant qi.

Essential oils are not just a “New Age” fad. Their use across the globe for healing, rites of passage and spiritual ceremonials dates from ancient civilizations through modern times. Essential oils have recently gained popularity in many modern health facilities.

Historically, each oil was used for specific purposes and performed by qualified persons who were trained, often for generations in their proper usage.

For feng shui purposes, essential oils, sage and incense can be used to purify a space, to shift undesirable negative energies, as a means to set intentions for specific experiences and to clear stagnant energies in order to create a more positive and balanced energy flow.

## Chapter Nine

Oils can be used singly or in blends. It is recommended that blends be created by qualified herbalists because some oils do not blend well and can energetically create havoc in a space, including the human body.

Essential oils are the actual essence of the plant from which they are derived. Perfumed oils do not have the same healing properties because of the synthetic and often toxic ways they are manufactured.

In most cases, when seeking oils, select those that use organically grown plants and distilled by means of a slow-steam process. These oils will have a higher frequency and be more potent. They usually have a higher price tag, as well, so shop around for the best buys. Essential oils are readily available online and at health food stores.

Do not underestimate the power within a few drops of quality oils. They are potent and can cause discomfort and other problems if used improperly. Most essential oils can cause skin irritation, especially if not diluted properly with water, alcohol or vegetable-based oils.

Whether you choose to use synthetic perfumes or essential oils, there are many ways to diffuse the scents at home and in the office. Diffusers are available in the form of night lights, nebulizers and atomizers. Some have fans to help spread the scent. Some use electricity while others are battery operated. There are many attractive stand-alone diffusers made to blend into your décor by looking like a piece of art or socket plug-ins that can be used while out of sight.

## Chapter Nine

Be wary of using manufactured air and carpet fresheners, deodorizers, metered sprays, mists, plug-ins, sticks, wicks, aerosols and scented candles. Read the labels and you will find that instead of essential oils, manufacturers are using extremely toxic chemicals such as acetone, butane and propane. These chemicals are known to be harmful to every system in the body, especially the respiratory system, causing symptoms such as asthma, headaches and dizziness after just one inhalation, for those sensitive to these products. Creative “warning labels” make them seem healthy and safe to use but don’t be fooled.

You can use several healthier methods to freshen the air using essential oils. Two practices that I would suggest avoiding are placing oils directly on light bulbs or the use of light bulb scent rings. These can cause a fire, decrease the life of the bulb and cause toxic fumes when the oil heats to excess. Below are some better ways to make scents in the bagua.

Add a few drops of your favorite essential oils to artificial flowers, sachets or cottonballs to scent the area. Freshen stale odors by adding a few drops of lemon oil to the toilet bowl, drains, garbage can and disposal.

Potpourri pots or a pan with water can freshen a large area by adding a few drops of oil to simmering water. There are also oil burners available to match any décor. Add a few drops of oil to the hot wax of a candle to enjoy your favorite scents.

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Add a few drops of essential oils to a glass spray bottle filled with water. Keep in mind that some oils will “eat” plastic, causing plastic bottles and the spray mechanisms to erode or become gummy. Shake well before using. Spritz the oil/water mixture in the air, on linens, fabrics, pillows, anywhere you would enjoy the scent. Always test on a small area first, because some oils will stain fabrics.

Be careful not to overdo it. Some people’s olfactories are sensitive. You don’t want to have friends avoiding your home or office because of the scents. If you are in a space where you need just a whiff for yourself, consider opening a bottle of the essential oil, take a few sniffs and reseal. This is a great way to get a quick energy boost, clear sinuses, gain clarity and help relieve tension, depending on the oil you choose.

Many essential oils have antibacterial, antifungal and disinfectant properties, most notably tea tree oil and lemon oil. Consider using these essential oils instead of harsh cleansers. Not only are they healthier, but your home and office will smell better. I don’t know about you, but I have been in many a pine forest and not one smelled like Pine-sol!

In the garden, scents come naturally from blossoming trees, shrubs and flowers. Be mindful when planting heavy scented flowers like jasmine and honeysuckle near windows and outside dining areas. No meal is appetizing when everyone is sniffing and sneezing.

**SOUTHEAST**

*Wood Element*

***Wealth, Prosperity***

Bergamot (orange)  
*(creates clarity to make better decisions)*

Rosemary  
*(creates clarity)*

Peppermint  
*(energizes)*

***Self-Worth***

Lavender  
*(enhances inner peace)*

Geranium  
*(induces feelings of optimism and confidence)*  
*(fights depression, alleviates fear and anxiety)*

## Chapter Nine

### **SOUTH** *Fire Element*

*To enhance the Fire Element,  
consider using scented candles or essential oil burners.*

#### ***Fame, Reputation, Social Life***

Carnation  
*(protection)*

Clary Sage  
*(inspirational)*

Jasmine  
*(friendship)*

Sandalwood  
*(releases tension and anxiety, harmonizes energy)*

Honor the beautiful being you are with the following high vibration essential oils. These oils have been used by various cultures for centuries and are valued for their spiritual and esoteric properties.

Frankincense  
*(induces meditative state, reduces tension and stress, lifts one's spirit)*

Myrrh  
*(awakens connection to Higher Self, assists in staying present)*

Spikenard  
*(used to bless and anoint with high honor, protection)*

**SOUTHWEST**

*Earth Element*

***Marriage, Relationships, Love***

Cedarwood

*(aphrodisiac)*

Geranium

*(induces cooperation and romance)*

Jasmine

*(sensual)*

Patchouli

*(sensual, musky aroma)*

Rose

*(symbol of romance and love, arouses passion)*

Sandalwood

*(aphrodisiac, creates harmony)*

Ylang Ylang (flower from tropical ylang ylang tree)

*(sensual and exotic)*

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**WEST**  
*Metal Element*

***Children, Creativity, Entertainment***

*Citrus scents increase energy which revitalizes creativity and the playful child within.*

Bergamot

Citronella

Grapefruit

Lemony Oils

Sweet Orange

Tangerine

*Mints energize and enliven.*

Peppermint

Spearmint

**NORTHWEST**  
*Metal Element*

***Helpful People, Travel***

*Citrus and mint scents help with alertness while traveling.*

Bergamot

Citronella

Grapefruit

Lemon

Sweet Orange

Tangerine

Peppermint

Spearmint

Carnation (*protection*)

***Spiritual Path***

Bergamot

*(clarity to make better choices)*

Cedarwood

*(enhances meditation)*

Lavender

*(purification, helps with visions during meditation,  
calms the mind, allows the release of negative thoughts)*

Rosemary

*(drives away evil spirits)*

**NORTH**  
*Water Element*

***Career, Life Path, Individuality***

*There are many options to help enliven your office energy.*

Clary Sage

Grapefruit

Lemongrass

Peppermint

Spearmint

Sweet Orange

Tangerine

Eucalyptus

*(cleans and clears the space)*

Geranium

*(uplift spirits, calms nerves)*

Lavender

*(creates a calm environment)*

Patchouli

*(grounding, maintains calmness)*

Rosemary

*(clarity to make decisions)*

**NORTHEAST**  
*Earth Element*

**Wisdom, Knowledge, Self-Cultivation**

Bergamot  
*(clarity)*

Cedarwood  
*(evergreen tree from Algeria having a sweet, woody grounding aroma)*

Patchouli  
*(grounding)*

Peppermint  
*(energizes, clarity)*

**EAST**  
*Wood Element*

**Health, Family, Community**

Since recorded history, essential oils have been used for a variety of medicinal purposes. When using essential oils to overcome health issues, it is important to seek professional advice from a qualified herbalist. Essential oils are powerful and if misused can cause more problems than they solve. Listed below are several oils that are used for various ailments. Again, remember that essential oils are derived solely from plants. There are many perfumed oils that are chemical concoctions, which can be highly toxic.

*Lavender* has gained wide popularity for its healing properties. It promotes overall good health and has a wonderful calming influence to help relieve tension, anxiety and stress. Lavender is also known to relieve headaches, migraines and help with depression and heal burns, cuts and insect bites.

“Big business” is getting on the bandwagon and using lavender in many of their products. However, be wary for most of these products do not contain the oil from lavender, but are merely chemicals creating a lavender-like scent. Read the labels!

*Tea Tree Oil* has antiseptic, antibacterial and antibiotic properties that can help freshen, sanitize and deodorize a space during and after an illness.

## Chapter Nine

Many essential oils have antibacterial properties and can be used to clean and sanitize your entire home or office either singly or as blends. These include: orange, lemon, lavender, rosemary and perhaps the most potent, oregano oil.

***Suffering from tension, anxiety, depression or stress?  
Try one of the following essential oils to help shift  
the energy.***

Bergamot

*(relieves tension, anxiety, stress, depression)*

Cedarwood

*(calms nervous system, stimulates circulatory system)*

Chamomile

*(eases tension)*

Geranium

*(relieves depression, calms nerves)*

Grapefruit

*(relieves depression)*

Sandalwood

*(assists depression symptoms, harmonizing effect)*

Sweet Orange

*(relief from nervous tension, depression, aids cold symptoms and  
bronchitis)*

***Have PMS or the grumpies?***

Chamomile

Geranium

Sweet Basil

***Running low on energy? Citrus and Mint Scents***

Bergamot (orange)

Lemony aromas

Peppermint

Spearmint

Tangerine

Grapefruit

***Have a headache that just won't quit?***

Citronella

*(headaches, fatigue, migraines, cold symptoms, eases rheumatic pain)*

Grapefruit

*(eases headache, nervous exhaustion, muscle fatigue, cold symptoms)*

Peppermint

*(headache, migraine, mental fatigue, vertigo, fainting, sore throat, nervous tension, cold symptoms)*

***Need some mental clarity?***

Peppermint

Spearmint

Lemon

Rosemary

*(stimulates the circulatory system, combats mental fatigue and nervous exhaustion)*

Chapter Nine

**CENTER**  
*Earth Element*

**Balance, Harmony, Foundation**

Cedarwood

*(evergreen tree, roots to help ground)*

Cypress

*(creates harmony by cleansing negative energy)*

Marjoram

*(grounding, strength, calmness)*

Patchouli

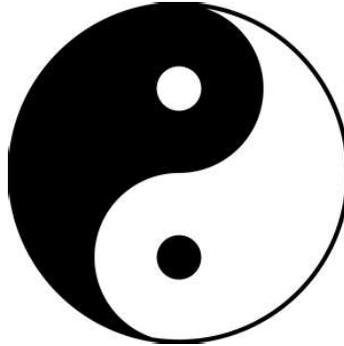
*(grounding, calmness, earthy scent)*

Vetiver

*(grounding, calming)*

## Chapter Ten

### *Yin / Yang: It's a Balancing Act*



The concept of yin and yang is often symbolized by the Taijitu (tie-gee-to) symbol. Often called the yin yang symbol, it represents the balance of all things. Light cannot exist without dark; dark cannot exist without light. Rather than viewing objects and events as opposites or a duality, the goal is to recognize that all things work together synergistically to create balance.

The Chinese call the flow of energy or qi, the life force. There is a reason for this. Without a constant flow of healthy energy, all living things, including humans, plants and animals, become diseased, significantly decreasing their well-being and longevity.

Qi moves with air flow and scatters when it hits physical objects. It tends to be absorbed when encountering bodies of water, thus reminding us that the meaning of feng shui is “wind-water.”

## Chapter Ten

From its inception in the ancient Chinese culture, feng shui has been used to create balance. Methods of finding the flow of qi became ornate, resulting in the creation of the magnetic compass that is still in wide use today.

Finding the flow of qi, recognizing where the flow is too strong, too weak or stagnant is important, for when qi is out of balance, so is everything surrounding it.

Although we do not see air or qi movement with our eyes, it is always present. Sometimes you can sense it, even if you do not know of its existence.

For instance, have you ever walked into the room of one who is ill and sensed staleness in the air? It just does not feel right, even if air fresheners and fans are in use. Open the windows, let in fresh air and instantly the energy changes. There is a world of difference when it comes to moving stagnant air versus allowing fresh air into a space.

Many studies have been performed for decades on the physical and mental effects of stagnant air and underground water flow on the health of individuals. Some homes have been known as “cancer houses” after many people living there developed cancer. Once they moved to a new home, symptoms abated, including headaches, lethargy and even suicidal thoughts.

How can this be? Fresh air is vital to our survival. Every cell needs fresh air to thrive and function properly. With the invention of air conditioning, our society as a whole has become susceptible to illness, not just because bacteria and fungi are spread throughout the closed air

## Chapter Ten

system, but because fresh air is not allowed in. Instead, stale or stagnant air is repeatedly cycled throughout the building, creating more carbon dioxide from people's outbreaths than pure oxygen given off by plants, which is the way nature functions.

Have you ever wondered why runners are so light on their feet? Aerobic exercises increase the amount of oxygen in the blood stream. Many people are shallow breathers, doing very little forms of aerobic exercises. They tend to be more lethargic and it is no wonder.

Without a steady flow of oxygen, the cells are unable to do their job in an efficient manner. Give an oxygen deprived person two liters of oxygen through a nasal cannula and watch their energy level increase significantly.

On earth today, oxygen levels have dropped significantly due to global warming, urbanization and deforestation. In its pristine "Garden of Eden" state, lush foliage surrounded the earth in complete balance. There was no need for oxygenation enhancements, for the trees and plants were always at work maintaining balance in the environment.

## Chapter Ten

Today, with modern technologies creating an immense effect on air quality, it is a wonder life can be sustained at all. Part of the reason for health crises and aging is simply from a lack of pure oxygen in the body. Hyperbaric chambers are known to heal wounds “miraculously” yet they are no match for nature’s balance of all things.

How can you create a positive flow of life enhancing qi in your home, office and garden? First, detect air flow. If a room seems to feel vitalized and there is a steady flow of fresh air from windows and doors, especially in areas that have a high-quality outdoor air index, you can be assured that the qi is good and health will be enhanced.

Even so, there may be pockets where air becomes “stuck.” These are usually areas such as corners, under furniture and where the air does not flow freely. You can remedy these situations in a variety of ways. Soften corners by adding large potted plants and/or hanging baskets. The plants will help oxygenate the area as well as help to keep the air flowing freely. Remove skirting on beds, sofas and chairs so that air can stay in circulation.

Take time to visualize each space you wish to enhance by paying attention to how you think the air would normally flow. You can get clues by temporarily taping strips of ribbons that hang loosely from the ceiling and various locations throughout the space. Open the windows on a slightly breezy day and notice which ribbons move and which remain completely still. The use of fans can be directed to create movement in stagnant areas.

## Chapter Ten

For those living in environments in which the weather makes it impossible to be comfortable without the use of a closed air conditioning and heating system, it is imperative to find ways to induct fresh air into your home or office. The simplest method is simply to open the doors and windows and let fresh air flow throughout the house, even if only for fifteen minutes each day.

Get out into nature on a daily basis and if possible, do some sort of aerobic exercise such as running, dancing, skating or bicycling. Deep breathe often throughout the day, especially while outside. Get away from smoggy areas and find a source of fresh air as much as possible.

Let's visit a "sick room," one that has little to no life force or qi. How can we make it healthier? Look for areas where air pools and stagnates or where the air flow is too fast, such as occurs in long hallways leading to an outside door. If you are a dowser, L-rods are especially helpful to determine and follow the flow of qi. See Appendix B for more information on dowsing techniques.

The purpose of feng shui is to balance the flow of qi. This may mean adding movement in stagnated areas or slowing the flow of qi in open and funneled areas. We already talked about using plants, fans and removing furniture skirting to prevent stagnated areas. Air flow can also be directed by fountains and waterfalls that circulate air movement.

## Chapter Ten

Qi can also be enhanced by inanimate objects, such as discussed in earlier chapters. Review Chapter Five and notice the natural flow between each of the Five Elements. By adding the proper blend of colors, shapes, gemstones and scents, you can affect the flow of qi.

At times, the flow of qi needs to be slowed down. To detect areas of concern, start at your front door. Stand in the doorway facing the interior of your entranceway. Is there a long hallway that funnels the air flow? Can you see all the way through the house to the back door or large window? If so, you may wish to impede or disperse the flow of air so that it spreads out as evenly as possible throughout the house.

A large potted plant, strings of beads or airy fabrics such as lace may be useful in slowing the qi flow. Something more substantial like a tall piece of furniture or screen may be appropriate to break the energy by forcing the qi to flow in different directions. Be creative and find ways to direct the flow that suits your particular taste.

Do the same for each window that you open. Place your back to the window and envision where the qi would flow, as though water were gushing throughout the space. In large rooms with several open windows and doors, the space could become too breezy, creating vortices of spiraling qi. This can be disruptive to the human body, as well as play havoc in your space by making papers fly and snuffing out candles.

## Chapter Ten

Again, be creative as you find solutions to slow the flow of qi. An easy solution for windows is the type of curtains you select. Sheer or lacey curtains help to disperse air flow. Tiered curtains help monitor your desired flow. For example, on calm days, you may have the curtains pulled to the side, completely exposing the window. While on windy days, you could close the bottom half of the curtains so that your papers don't fly all over the place, yet, air flow is maintained through the upper portion of the window.

The windows themselves may be able to deflect qi, especially if they are louvered. Pay attention to the flow of air through the windows. It may be appropriate at times to close off or only slightly open windows or doors facing the breezy side. While in contrast, opening wide the windows facing the calmer side.

Next, notice the flow of air coming from air conditioning vents. Most vents can be manually adjusted to direct air flow. However, there may be circumstances in which the flow from vents cannot be changed.

A simple solution is to use cloth to direct the flow. Tacks or small nails can be used to attach the cloth to the ceiling or wall. If the vent is forcing air in a sideways direction, place the cloth a few inches from the vent where it will block the flow. Generally, you only need about 8-12 inches of fabric hanging down to do the job.

## Chapter Ten

If the flow of air drops down, such as onto your bed or desk, place the cloth directly under the vent, tacking it on the four corners. Always make sure the cloth is non-flammable, loose and a few inches from any metal surfaces, especially if the vent is a source of heat. Burning down your home or office is bad feng shui.

If you choose to use L-rods to detect the flow of qi in your home or office, start at each entrance, each window and then anywhere that air flows such as air conditioning vents. Ask the rods to follow the flow of qi. If the rods splay apart, that generally means the air flow has dispersed in various directions. If both rods are straight ahead, that is the direction of the flow of qi.

In summary, the goal is to maintain a proper balance of life enhancing qi. Whatever is happening in your home or office will affect you. If the qi is good, you will feel good. If the qi is stagnant, you will feel drowsy, lethargic and not be able to focus properly. “Sick building syndrome” is on the rise, affecting millions of people, plants and animals on a daily basis. Many symptoms can be avoided simply by adding a healthy flow of fresh air and live plants into your Place of Peace.

## Chapter Eleven

### *Beyond the Trinkets*

Although there is nothing wrong with filling your space with trinkets, it can be overdone. Choose objects that have meaning to you. Select colors and shapes that you find attractive. Anything can hold an intention. View these objects as reminders to yourself and the universe of what it is you wish to experience in life.

If something does not feel right in your space, take time to discover what is out of balance. If you have negative feelings towards an object, either take time to change your attitude towards it or remove it from the home or office. You may find that some items feel right in one space, although it creates disharmony in another.

The first step to creating a Place of Peace is to remove clutter. If you don't use it, like it or need it, find a new home for it. Clutter creates stagnation. Retaining only items that are purposeful, attractive or have significant meaning to you will greatly enhance the qi in your space.

By applying the principles outlined in this book, your inner Place of Peace will be enhanced. The ultimate goal is to be able to remain calm and peaceful in any situation, each moment of your life. This is crucial to living a life of balance and harmony. This is also the key to living a life that feels like "heaven on earth."

## Chapter Eleven

Individually, we cannot stop wars and the chaos that surrounds us. However, each one of us has the power and potential to stand our ground, remaining in peace and integrity, no matter what is happening. The more people who do this, the more the world will be impacted in a good way.

Visualize yourself whole and complete. Then practice doing the same for every person, place and event that you encounter. Eventually, this will become your mode of operation, focusing on the positive every moment of your life. You have the power within you to live like an Ascended Master while in physical form.

Feng shui is one tool that can be used to help create balance in your life. It is not a rule book. Be wary of those who insist that things must be done a certain way. Set your intentions by always focusing on what you want to experience. Staying in gratitude for what you already have, with the knowledge that all you desire is coming your way, will greatly enhance your ability to manifest your dreams.

Use your imagination and encourage others in your household or office to help create a Place of Peace that nurtures your souls and enhances your experiences while on earth. Have fun with the concepts, use your intuition to make choices, move objects to various places until it feels like it is in the right spot, bounce ideas off each other, search books and the internet for ideas to “fix” problem areas.

## Chapter Eleven

Know what you want in life, then set your intentions into objects to anchor these desires. By taking action steps, you tell the universe, “This is what I want, bring it on!”

De-cluttering a space also helps you to become more organized in your mind, freeing up qi energy within yourself. It is like having a credit card, you can spend the extra energy wherever you want.

There is truly no greater place to be than fully embodied on earth with a wonderful sense of purpose and driven by good health. It is all yours to experience.

Dream big and have fun creating your Places of Peace!

## Appendix A

### *Geomancy*

Modern geomancy has developed from many ancient cultures. The term “geomancy” is derived from the ancient Greek words, “earth divination.” Initially used as a divining tool, handfuls of sand were tossed on the ground and then “read” by the geomancer. Through time, it has come to include much more.

In ancient China, feng shui has its roots in geomancy. Before selecting sites for spiritually significant buildings and tombs, geomancers would use tools and keen observation, making note of the lay of the land. Several things were taken into consideration including surface and underground water flow, astrological alignments and topographical features such as mountains, meadows and forests.

The Chinese had an acute understanding of earth’s electromagnetic fields and how they were distributed geographically across the globe. Their obsession with the flow of energy or life force, which they call “qi” led to the invention of the magnetic compass, astrolabe and other navigational tools still in use today.

It is their understanding of qi that has broken through many traditions and superstitions as modern science began to prove the existence of this unseen force.

## Appendix A

The flow of qi in the human body can be measured and attuned with the use of acupuncture needles. The same can happen on a land site by using a human who is in tune with nature, to project his energy into the earth similar to an acupuncture needle, in order to harmonize the space.

The Chinese were well aware that buildings affect the natural flow of qi. Thus, in their desire to remain as close to nature as possible, they would design significant buildings in a manner that would be least resistant to the natural flow of qi, while maximizing solar gain or specific astrological alignments, depending on the nature of the structure. Some cities were designed with what is now termed “permaculture” or “green” methods.

In addition to the effects of electromagnetic fields, what are now known as “ley lines” were also taken into consideration. Ley lines are straight alignments from one sacred site to another. Sometimes these sites are man-made, often they are natural occurrences in the land, such as hills and mounds. They also include areas that have been energized after centuries of ceremonies performed on the site or in the region.

The ancient Chinese knew that the life force or qi energy is essential to life itself. They recognized that all living objects emit qi. When this energy is out of balance, disease and death result. In buildings where the qi tends to be stagnant, those living on site tend to be more ill than those living in spaces where the qi flows freely.

## Appendix A

The Chinese knowledge of qi and the importance of maintaining balance stretched across their entire field of understanding from cells within the body to heavenly alignments. By observing nature, they came to understand that no matter what happens, nature will try to balance itself. They further understood the dichotomy of polarity, not seeing it as good versus bad. Rather they understood polarity to be a contrast of singularity, with balance at the core foundation.

When polarities are balanced, there is harmony. Harmony brings a sense of peace and well-being. Thus, maintaining balance is of extreme importance in order to fully enjoy life experiences. When balance is maintained on a daily basis, it takes less effort to realign when something upsetting occurs.

This basic principle of creating peace and harmony is the foundation of modern western feng shui. Whether using colors, shapes, gemstones or scents, the goal is to create a place where one can remain balanced, every moment, no matter what chaos ensues in the world. Those who manage to do so become acupuncture needles, able to create Places of Peace wherever they are, beginning within and spreading throughout the home, office, garden and beyond.

## Appendix B

### *Dowsing the Flow of Qi*

Understanding and recognizing the flow of qi in your home, office and garden is the basic premise of feng shui. Although you cannot visually see this flow, know that it exists. You may notice some movement of qi such as when curtains billow, papers ruffle and such. However, in most cases, the flow is subtle and naked to the human eye.

Places that funnel qi, such as long hallways, stairwells and long, narrow rooms speed the flow of qi, especially if there is an open door or window at one or both ends of the space. Rows of trees and bushes creating a tunnel also speeds the flow of qi.

Qi can become stagnant, unable to flow freely, when entering “dead spaces.” This happens often in corners, behind and under furniture and places where it encounters water or physical objects.

Stagnant qi contains no life force. There is no oxygen to invigorate the space. The lack of energy creates a space where disease and death are inevitable for those spending a lot of time there. Pay special attention to spaces where you spend a considerable amount of sedentary time, such as in bed, a favorite chair and most especially computer centers.

## Appendix B

EMF fields exacerbate health problems by causing frequencies that are not harmonious with healthy qi. Removing electronic devices from the bedroom and spaces where much time is spent may help energize the room, as well as your body.

Never place a laptop on your lap, keep it at least a foot from your body. One way to do this is to use a separate keyboard that is attached to your laptop. The EMF fields are highest where the compressor is located and above the keyboard. Borrow or purchase a Gauss meter to find a safe distance, keeping you out of the electromagnetic fields.

Personally, I experienced a tremendous drop in energy while using my laptop while writing my first book. I developed thousands of burst blood capillaries (petechiae) on my thighs as a result of using the laptop on my lap, even with a lap pad. When I realized what was happening, I switched to using the laptop on a table, however, I was not far enough from the fields and quickly started having the same problem on my stomach and breasts, which were on a direct alignment with the front of my laptop. After using an attached keyboard that keeps me a safe distance from the EMF fields, the healing began.

I mention this as a warning, when it comes to electronic devices, especially computers and cell phones that are in close proximity to your body. Keep your distance because they disrupt the natural flow of qi and are harmful when used near your body for extended periods of time.

## Appendix B

When using cell phones, hold the phone away from your head, preferably using it on speaker. Various gemstones and shields can be used to help shield you from these dangerous fields. Research what feels best for you.

Let's get back to dowsing for qi flow. If you are an experienced dowser, you can use your pendulum or "L" rods to determine the flow of positive qi, as well as to find the flow and distance of negative flow from electronic devices. If you are new to dowsing, I suggest that you practice the following techniques for several months before relying on them. Your mind is a powerful thing and dowsing tools can easily be manipulated by belief codes and fears.

How do dowsing tools work? The human body in essence is a well-oiled electromagnetic machine. The body has an intricate electrical system similar to the electrical circuitry flowing through your house. When there is no disruption to the flow, the current is strong. However, where there are blockages, which can be caused by trauma, stress, dehydration, belief codes and other factors, the flow can be blocked or disrupted.

In order to get the most accurate results from your dowsing, several things should happen first. Most important is to be hydrated. Try starting your car with a battery that has no water in it, there just isn't enough juice to get the motor running. The same is true with the human body. Whenever you feel tired or run down, drink purified water to help rejuvenate yourself.

## Appendix B

Timing is another important consideration before pulling out your dowsing tools. If you are stressed over a situation and unable to put it “on hold,” it will likely divert your attention and possibly give you crazy answers, especially if the topic of your dowsing questions is related to the emotional situation you are dealing with. For that reason, always begin by asking your tool, “Can I dowse at this time? May I dowse at this time? Should I dowse at this time?” If you get a “no” answer to any of these questions, drink several ounces of water, settle your emotions and then ask the questions again. Once you get a “yes” to all three questions, then you are ready to begin.

This leads us to belief codes. Dowsing tools work as an extension of the human body. They are not to be used to foretell future events or to meddle into the affairs of others. They will give you “hear and now” answers to questions that your body is capable of giving.

Fine tuning your ability to ask questions in a proper format is essential. Oftentimes, people will make statements, waiting for a “yes, no or maybe” answer when in reality, they haven’t placed the request in a question format. Often multiple questions are asked in one request, thus muddling the effects of the answer.

Another thing to consider is time. The answer you receive may be good for that exact moment, but can change in the next moment, day, week, etc. This often happens when a person changes belief codes or vanquishes a fear.

## Appendix B

Once you clear your energy field of a negative thought or emotion, whether for the moment or for eternity, the response to a question may no longer be relevant. For this reason, it is suggested to begin with questions you know are true. “Is my name Sally? Do I have a dog?” Practice. Practice. Practice.

### **USING L-RODS TO FIND THE FLOW OF QI**

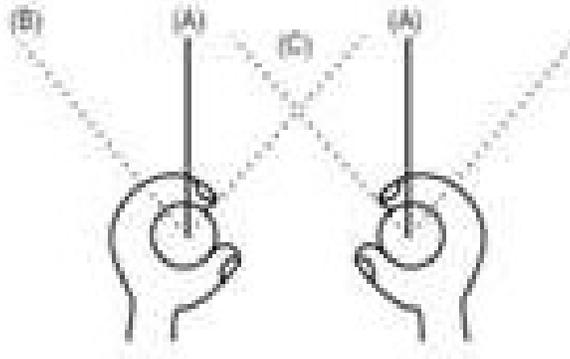
Let’s begin with L-rods. I find them the easiest and most accurate way to follow the flow of water and qi energy. L-rods are made of metal, shaped like the letter “L.” Copper is a good metal to use since it is an excellent electrical conduit. L-rods can also be easily made from coat hangers. All you need is a sturdy piece of metal 6-18” in length. Bend them at a 90-degree angle, with enough on the short end to be able to hold loosely and comfortably in the hand, with the rest of the rod facing away from the body.

I like to use L-rods that have a copper sheath handle so that I can firmly grip the sheath, while allowing the rods to flow freely. They can be purchased online or check for a dowsing group that meets in your area.

Loosely hold the short end of the L-rod in your hands, allowing the long length of the rods to be pointing away from your body. Be sure not to hold too tightly, especially if your rods do not have a sheath covering.

## Appendix B

Hold the rods in such a way that they are perpendicular from your body. If they are pointing too high, they will fall backwards and point downwards due to gravity. If you point them too far downwards, it will affect the true reading. Practice walking around, asking the rods to point straight ahead, as illustrated by (A) below. This could take several attempts. Be patient and allow yourself time to learn this skill.



Once you are able to walk freely with the rods, you can begin to practice asking them for answers. Program your rods so that a “yes” answer is shown by the rods moving towards each other, forming an “X,” as pictured by (C) above. A “no” answer is demonstrated by having the rods move away from each other, as shown by (B). The intensity of the answer may be shown by the force of movement, as well as the spread of the rods, in some instances.

When following the flow of qi, initially your rods will be straight ahead. If they splay apart, like (B), this means that the flow has split into different directions.

## Appendix B

At times when there is a very strong answer, the rods may actually whirl in your hands. A “maybe” answer or an indication that the question was unclear is often represented by a slight wavering of the rods, while pointing straight out from the body.

In relation to feng shui and following the flow of qi, you may ask the following and other questions and comments. Are there any areas of stagnation in this room? Show me where there are pockets of stagnant qi in this space. Is this plant emitting positive qi? Show me the flow(s) of qi in this space. Will adding a plant to this stagnant corner increase the flow of qi to a balanced state?

When asking your rods to show you the flow of qi in the room, stand in one spot. Personally, I prefer to start at the main entrance to the space. Hold your rods in your hands, then ask to be shown the qi surrounding that space. Then follow the rods. I am right handed and follow the pull of the right rod. You can do the same, or follow the pull of the left rod if your left hand is dominant.

Following the qi with rods can be tricky, because only the strongest of the flow will go in “straight” lines. Generally, there will be swirls of energy as it bounces off objects and other angles of qi. If you get to areas where the rods separate like a “no” answer, it is likely that the qi has split and is flowing in opposing directions.

## Appendix B

Qi is not just wind and air movement. It is also energy and can be affected by objects holding memories, thoughtforms and experiences. It is also the life force of humans, plants and animals who emit unbalanced or negative qi if they are unhealthy.

Qi is pure energy and can be affected if emotional events such as ceremonies, suicides or people have left imprints there. This is also the case for hauntings in which entities are earthbound in the space. There are ways to clear these imprints through rituals and applying feng shui principles.

Once a basic understanding of the flow of qi has been determined in the space, the L-rods can become cumbersome. It may be best to switch to another dowsing method or follow your intuition while you decorate your space.

### **HOW TO USE A PENDULUM**

Pendulums work on the same premise as L-rods. They are like an extension of the body's electrical circuit coming from the hands. Although you can use something as simple as a threaded needle for a pendulum, you will get better conductivity if you use a pendulum with a metal chain and medium to heavy weight bobber. If you plan to use a pendulum to chart your garden space, keep in mind that a heavier bobber is less likely to be affected by the wind when used outdoors.

## Appendix B

Hold the pendulum in your dominant hand, pinching the chain between your pointer finger and thumb. The distance between the fingers and bobber should be about 3-5 inches. Hold the other three fingers away from each other, not allowing them to touch each other. They will act as antennas, helping the pendulum to sway freely.



Program every pendulum you use to flow in the same direction for each answer. I prefer to have a “yes” answer swing straight out, to and from my body, similar to the direction of my heading nodding “yes.” I program a “no” answer to sway back and forth, similar to the head movement most commonly used to mean “no.”

Whenever my pendulum does something different than these directions, I know that I may have stated the question in an unanswerable format. It could mean “maybe” or that I need to ask some follow-up questions. I have also programmed my pendulums to use diagonal swings for statistical questions using an imaginary line as the baseline.

## Appendix B

For the purpose of feng shui and enhancing qi, you can ask a myriad of questions using your pendulum. For accuracy, I follow my gut reaction and intuition, especially if I receive a surprise answer or if something does not feel right. Again, I suggest practicing several months before relying on the answers you receive from dowsing tools. Also, if you have been an avid user of Ouija boards or dabbled in Satanism, know that ornery spirits can sometimes come through dowsing tools and play havoc with you.

For more information on dowsing, I suggest reading *Letter to Robin: A Mini-Course in Pendulum Dowsing* by Walt Woods. This small booklet can be downloaded freely at <http://www.lettertorobin.org/Home.html>.

### **FINGER KINESIOLOGY**

The following is an excerpt from my book, *Mayan Messages: Daily Guide to Self-Empowerment*.

Kinesiology has been in use for centuries, having many applications. Kinesiology is a method of communication between your body and your Higher Self. The following method is simple. You can do it yourself and it can be used without drawing attention to yourself when in public.

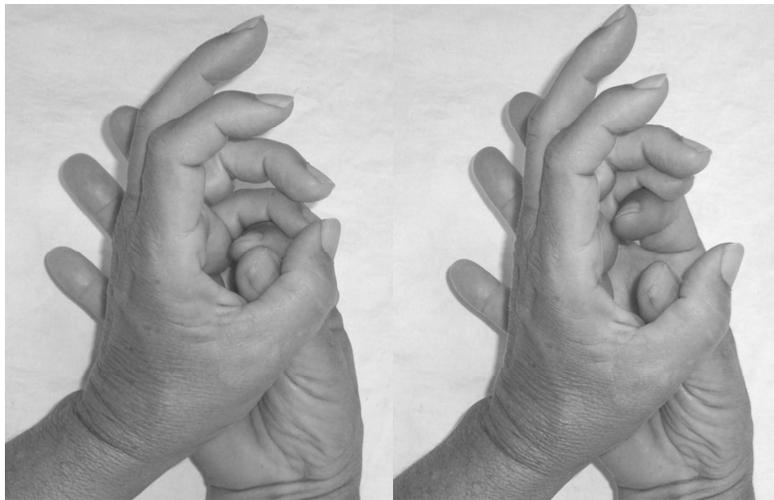
Like any tool, the more you practice, the more proficient you will become. Before dowsing, remember to drink plenty of water and clear your mind of chatter and be centered or else your answers may be skewed.

## Appendix B

On your subordinate hand, touch the tip of your thumb to the tip of your little finger on the same hand, this will close the electrical circuit in your hand.

To test the circuit, place the thumb and pointer finger of your dominant hand inside the circle you created with the thumb and little finger of your subordinate hand. The remaining three fingers on each of your hands act as antennas. Be sure they do not touch each other.

Ask yourself a question that you know can be answered with a “yes.” Using equal pressure, try to pull the thumb and little finger apart, using the thumb and pointer finger of your dominant hand. Press the inner thumb against the outer thumb while pressing the index finger against the little finger.



“Yes”

Circuit Remains Strong

“No”

Circuit is Broken

## Appendix B

If the answer to the question is “yes,” it will be difficult to pull the circuit fingers apart. Your body’s muscles remain strong when standing in their truth. However, answers that are not truthful weaken the muscles and the finger circuit will easily come apart.

Practice asking yourself “yes” and “no” questions that you know the answer to. Observe the difference between positive and negative answers. Notice how the muscles remain strong when the answers are true and weaken when the answers are false.

This method of kinesiology can be used in many applications. While in the store, you can focus on an item while using finger kinesiology. You can ask, “Is it in my best interest to use this product?”

You can also ask for dosages. “How many of these vitamin C tablets should I take today? How many times today should I take them? Should I take them with a meal or on an empty stomach?”

Research ways to use kinesiology and practice before using it as a reliable source of information. This is not a tool to be used to foretell future events.

Your emotions can skew the results, so always be centered and ask these three questions before you begin, “Can I use this tool? May I use this tool? Should I use this tool?”

## Appendix B

Your body will respond using the data it has stored from your lifetime of experiences, innately knowing what is best for you, so questions related to health are appropriate. However, it does operate off your current belief codes, thus your fears may override what is best for you. For this reason, it is good to release negative thoughtforms and habits that keep you locked into limiting patterns.

Similar to the pendulum, you can ask a myriad of questions using kinesiology. When creating your Places of Peace, find out where to place objects, which gemstones to use, how to apply specific scents, which colors to use, etc.

I begin each session asking my Higher Self and Guides (and the Higher Self and Guides of clients) what is for my (or the client's) highest good when choosing intentions to set. Each step of the way I incorporate the aide of these Beings to assist with color choices, what objects to choose and where to place them to enhance the qi, and for input on the best gemstones to use to hold the intentions.

Colors, shapes, which of the Five Elements to use, scents, anything can be asked. Know there is no wrong or right way to express your free will while creating the reality you wish to experience. The key is to have fun while creating your Places of Peace.

Many blessings,

Theresa Crabtree