

“FENG SHUI FOR BEGINNERS”

BY
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First Published 1994

Printed in Great Britain for Hodder & Stoughton Educational a division of Hodder Headline Pty Ltd, 338 Euston Road London NW1 3BH by Cox & Wyman Ltd Reading.

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Acknowledgments

The Author would like to thank all those people who have so kindly allowed their homes to be included and especial thanks to Shen Ling of the Ling & Wu Feng Shui Consultancy in London for her work in checking the book for any inaccuracies.

“Feng Shui is the Chinese system of arranging our environment so that we can live more in harmony with our surroundings”

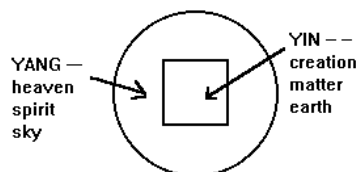
- Known only in the West for less than 100 years and since we have incorporated its principles
- Feng Shui Hsien-sheng - true master, consultant and grave siting
- Lung Mei - Dragon's veins
- Feng Shui is magic, divination, interior design, philosophy and common sense
- Feng Shui shapes the ground plan of houses and decor
- focuses for the last 5000 years on the psychology of human nature
- Shih Ching (Book of Songs) bet 9-5C BC
- Li Chi (Record of Rites) Han Dynasty 206 BC - AD 220
- Ku Chin T'u Shu Chi Ch'eng (Imperial Encyclopaedia) 1726 Edition is in the British Museum
- first reports of Feng Shui were when missionaries first visited China at the end of the 19th Century on a regular basis. They were surprised to find Taoism, closely bound up with Feng Shui and were not allowed to erect crosses, as these stabbed the land.
- in 1949 the Cultural Revolution led by Mao which lasted for 20 years violently discouraged the old culture and ways.
- Feng Shui is still used in Hong Kong, Singapore, Taiwan, Malaysia, at such places as the Bank of China, Hong Kong and Shanghai Bank (both in Hong Kong), the Hyatt Singapore, Citibank, Morgan Bank, Chase Manhattan, Asian Wall Street Journal Offices.
- who are Feng Shui consultants?
 - Taoist Priests for religious practices
 - Geomantic Diviners and fortune tellers veering towards the magical side
 - Feng Shui Hsien-seng grave siting and complete house surveys

PRACTICE

What is an accurate translation of feng shui into English?
Where would you go to find a consultant?
How long has Feng Shui been known about in the west?
If you used a surveyor in the west what would you use in China?
Name two of the possible remedies against bad Feng Shui.
What was the religion of China when the missionaries first arrived?

- Tao is the fundamental inspiration from which everything in the universe flows.

‘Everything according to the Taoists can be divided into Heaven and Creation, or spirit and matter.’



‘from heaven, spirit they reduced the circle to an unbroken line called yang, while creation, matter, became a broken line called yin.’ - Tai Ch’i is the Great Art/Supreme Ultimate.

Not to be confused with Tai Ch’i Chu’an the great art of boxing.

SQUARE

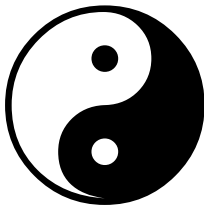
YIN

CIRCLE

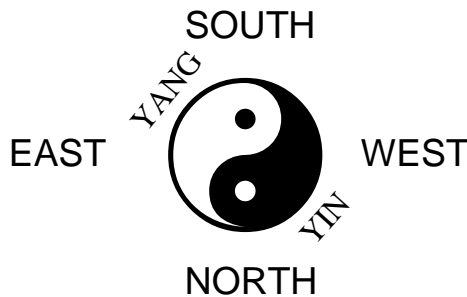
YANG

YANG YIN

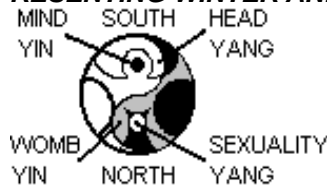
sun shadow
 summer winter
 dry wet
 hard soft
 heat cold
 day night
 light dark
 creative receptive
 male female
 active passive
 positive negative
 sky earth
 heaven creation
 spirit matter
 south north
 up down
 outer inner
 SPIRIT MATTER/BODY



THERE IS A DOT OF YIN IN YANG AND YANG IN YIN



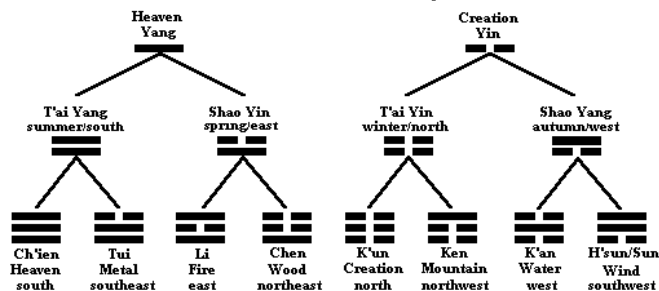
THE LIGHT YANG IS AT THE TOP REPRESENTING SUMMER AND THE SOUTH, THE DARK YIN IS AT THE BOTTOM REPRESENTING WINTER AND THE NORTH



Left brain controls the right side, and it would seem also to govern the more intuitive, artistic side of our nature, the female brain. The right brain controls the left side and governs our more mathematical thought processes, the male brain.

THE TRIGRAMS

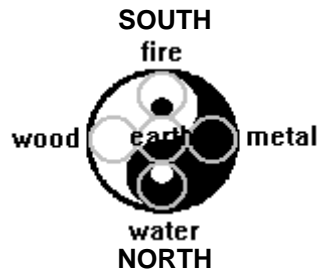
BASED ON THE EARLY HEAVEN SEQUENCE



- TRIGRAMS**
- Top line represents the duality of heaven and creation, the yin/yang
 - The middle line represents heaven and creation coming together to create the 4 seasons and the cardinal points of the compass
 - The bottom line is us, people

The 8 Trigrams are thought to have been invented by Emperor Fu Hsi around 3000 BC from the shell of a tortoise he found on the Yellow River. They were then the former heaven sequence. Around 1000 BC this sequence was changed to the later heaven sequence by King Wen of the Chou Dynasty.

Fu Hsi regarded the 64 Hexagrams as an agricultural almanac which he called the I Ching; The Book Of Changes. King Wen added to Fu Hsi's interpretations and turned it into the I Ching we know today.



THE FOUR CARDINAL POINTS OF THE COMPASS ARE ALSO FOUR ELEMENTS

The Theory of the Five Aspects is called the Wu Hsing. We are a combination but tend to display the character of one stronger than the others. These are not like the elements of Western Astrology, more aspects of character.

EARTH- T'u - The Diplomat, moderate, sense of loyalty, harmonious, likes to belong, pays attention to detail, likes company, needs to be needed, can be stubborn, should avoid damp

FIRE - Hou - The Magician, compassionate, intuitive, communicative, likes pleasure, seeks excitement, likes to be in love, doesn't like to be bored, should avoid heat.

WATER - Shui - The Philosopher, imaginative, honest, clever, seeks knowledge, original, tough, independent, can be secretive, needs to be protected, should avoid cold.

METAL- Chin - The Catalyst, organised, likes to control, precise, discriminating, needs to be right, likes order and cleanliness, appreciates quality, should avoid dryness.

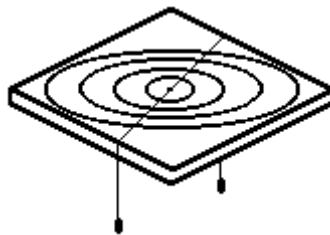
WOOD - Mu - The Pioneer, expansive, purposeful, active, likes to be busy, can be domineering, needs to win, practical, should avoid wind.

CH'I - can be seen as the underlying principle behind the Tao. Most important aspect is the life force. It can't be touched, tasted, heard or felt but we are aware of its effect. In acupuncture there are 4 types: Guarding, Internal Organs, Original and Protein.

PRACTICE

- What is meant by yin and yang?
- What does the bottom line of a trigram represent?
- What is the luckiest symbol for the Chinese?
- What are the compass directions for the five elements?
- Which of the five elements is called the Philosopher?
- What is Ch'i?

FENG SHUI COMPASS- There is a Feng Shui Compass displayed in the Whipple Museum of the History of Science in Cambridge. The square outer plate is the earth/creation plate. The round inner plate is the heaven plate. The string is used to align the house orientation with the orientation of the personal horoscope.



All Chinese compasses are the opposite way round to those in the west: they have their south at the top where the north would be and their west to the right and east to the left.

THE EIGHT REMEDIES: Used in varying combinations whether Ch'i is to be stimulated, slowed down, encouraged or deflected.

1. LIGHT Lights, mirrors, reflective surfaces. Mirrors are probably the most widely used FENG SHUI remedy, they reflect bad Ch'i out and encourage good Ch'i in by capturing a pleasant view from outside, they lighten and enlarge dark rooms, deflect Ch'i around hidden corners and even alter and change the psychology of a room. Lights should be as bright as possible without causing glare. The Chinese use a lot of lights outside the house and in the garden to fill in missing or dead Ch'i.

2. SOUND Is an important FENG SHUI remedy. Bells, metal mobiles, bamboo tubes, etc. melodic noises help break up stagnant Ch'i by causing swirls and eddies of sound in the air. Wind chimes also act as gentle alarms to tell us when someone has entered our house. Pleasing and harmonious sounds are also good attractor of lucky Ch'i, they are said to encourage wealth. The sound of water flowing is beneficial. Fountains are seen as both movement and sound.

3. **COLOUR** The Chinese are great believers in the use of colour to stimulate the flow of Ch'i especially red and black, lucky colours associated with attracting wealth. A sudden patch of strong, bright colour can stimulate Ch'i quite effectively.

4. **LIFE** Plants to fill blank areas where there is no Ch'i. Hide sharp corners, stimulate stagnant Ch'i, large plants used to slow down Ch'i/secret arrows, same as fish in aquariums. The Chinese word for 'fish' also means money, so fish are often used to represent wealth. A fish tank near the cash register encourages customers to spend freely.

5. **MOVEMENT** Ch'i is stimulated or deflected with flags, silk banners, ribbons, fountains, wind chimes, mobiles, weather vanes; use natural wind power if possible and cures made of natural materials. Smoke from incense, flowing water moving gently and gurgling rather than roaring.

6. **STILLNESS** Any large inanimate object, statue, rock brings a stillness to an area where Ch'i is moving too fast. eg path to the front gate causing Ch'i to leave too quickly. A small shrine generating stillness and a focal point to an area that needs lifting is also a focus for spiritual life.

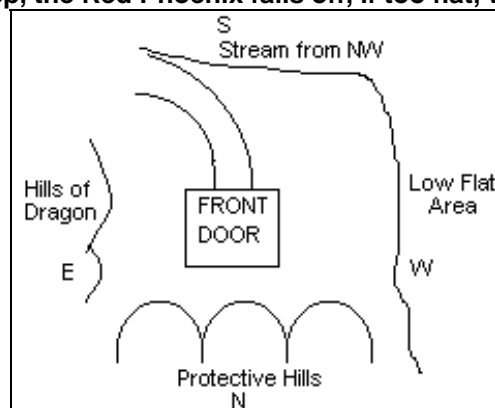
7. **MECHANICAL DEVICES** Traditional FENG SHUI machinery, modern includes electrical equipment, TV's, stereos, electrical fans and computers. Electricity and Ch'i must be harmoniously regarded if they are not to clash. Keep electricity to a minimum, we are part of a 'ring-main' and need to be aware of the effects electricity has on our homes.

8. **STRAIGHT LINES** Flutes, scrolls, bamboo tubes, and fans break up Ch'i when moving heavily or sluggishly especially along beams and long corridors. Hung in an octagon shape, they direct Ch'i away from the beam or corridor and back into the rooms.

THE FOUR ANIMALS OF THE COMPASS

The ultimate house should have a stream coming in from the NW blocking the unpredictable Ch'i of the Tiger, flowing down across the house bringing life to the red phoenix and disappearing off to the SE. The stream should meander and have small waterfalls.

The Chinese prefer the southeast front door: the luck and wealth of the red phoenix, the wisdom and protection of the Dragon. If the front is too steep, the Red Phoenix falls off, if too flat, worldly success stagnates.



SOUTH- FENG HUANG (Red Phoenix)- Pheasant, cockerel, peacock, crow, quail, any bird. Facing south is best, outward going, lucky, summer, fame & fortune, happy, light, joyful, hopeful;

NORTH - YUAN YU (Black Tortoise) - Turtle, coiled snake, smoke. Sleepy, sombre, hidden, mysterious, ritual, winter, nurturing, look for aspects of children, marriage, family. Hills to keep secret and loved all that is precious to you.

WEST - WU (White Tiger) - warfare, suddenness, anger, autumn, strength, violence, might, unpredictable, danger. Tiger is flat land, if there are tall mountains, then the Tiger is too strong, can promote unforeseen circumstances. if land falls away too steeply, life will be boring and unpredictable

EAST - WEN (Green Dragon) - Wise, wisdom, cultured, good manners, spring, protective, good luck, kind. Rejuvenation, hope look for experience, wisdom and learning, protects scholars, writers and artists.

9.	SOUTH-	WANG TS'AI	PROSPERITY & FAME
2.	SW	P/AN LU	PEACE & HAPPINESS
7.	W	CHANG YIN	PLEASURE AND INDULGENCE
6.	NW	CHIN TS'AI	NEW BEGINNINGS, IMPROVEMENTS
1.	N	CHIN YIN	SUCCESSFUL RELATIONSHIPS
8.	NE	T'IENT CH'AI	CHILDREN AND FAMILY
3.	E	FA CHAN	WISDOM AND EXPERIENCE
4.	SE	HUAN LO	WEALTH AND MONEY

LO SHU GRID

"Walking the Nine Palaces" Follow the pattern of the lo Shu grid to inspect house sectors. Ask the 9 questions: look? feel? furniture? decor? use of area? what could be changed? improved? what do you like? what displeases?

House facing south - ideal for water, not bad for wood, ambivalent for metal and uneasy for fire;

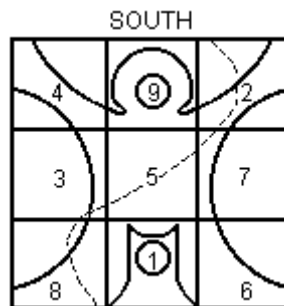
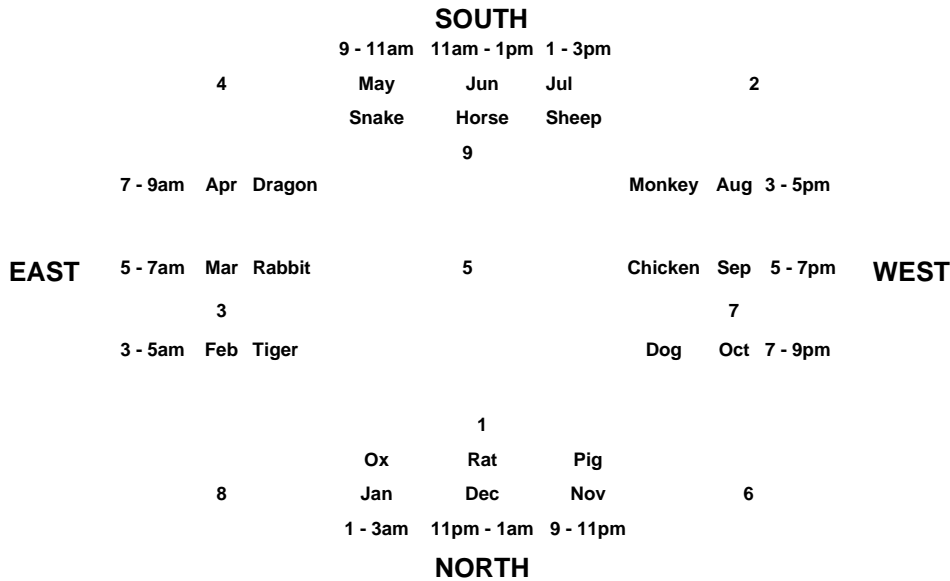
House facing north - ideal for fire, not bad for metal, ambivalent for wood and uneasy for water;

House facing east - ideal for wood, not bad for fire, ambivalent for water and uneasy for metal;

House facing west - ideal for metal, not bad for water, ambivalent for fire and uneasy for wood

Earth can adapt to all surroundings should avoid high rise buildings and prefer basements. The other directions will be a mixture of the cardinal points. A house facing southwest could suit both water and metal and be uneasy for fire and wood, while a house facing northeast would be helpful for fire and wood types and uneasy for water and metal.

P.32 Diagram front door facing direction WRONG!



Lo Shu with human body outlined

- FIRE -** comfortable, ultimate;
- WOOD -** practical, unusual;
- EARTH -** harmonious, family;
- METAL -** modern, ordered;
- WATER -** period, conservative.

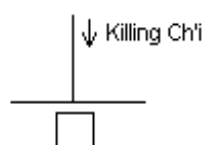
PRACTICE

- What are the four animals?
- Which compass directions do they govern?
- Make a ground plan of your office, house or garden.
- Check the compass direction of your house to see which way it faces;
- Name two of the eight remedies.
- What direction do the Chinese think of as most favourable?

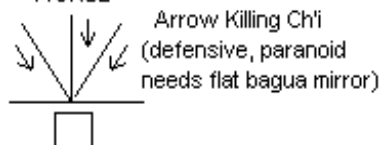
#424 death x 2

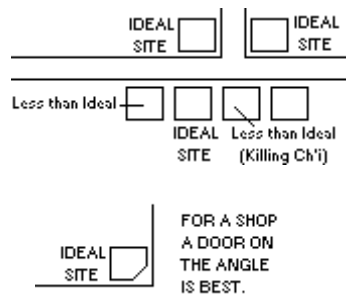
fish "May your wallet be full of fish" (money)

ROADS/PATHS

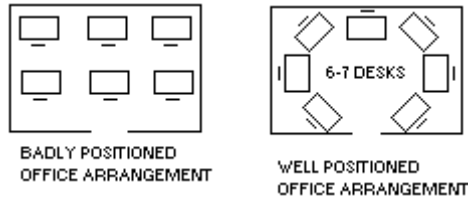


WORSE





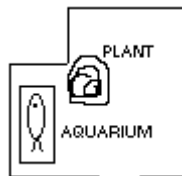
When ready to overlay the Pah Kwa, Prosperity and Fame, *Wang T'sai* is to the south.



POSITION A MIRROR ON THE WALL IF THE DESK FACES THE WALL

Long corridors should be broken up, ch'i is always rushing away

DOOR ALIGNMENTS



PLANTS IN FRONT OF CORNER:

DOOR OPENING ONTO WALL-PUT MIRROR

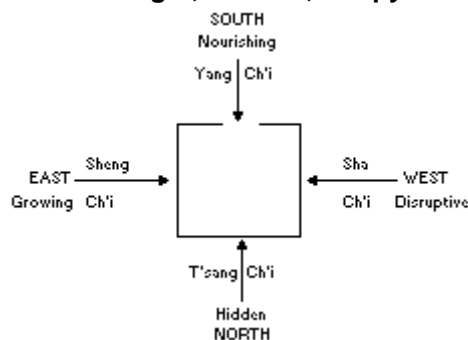
ALCOVES & CORNERS CAN BE LIFTED W MIRRORS/PLANTS/LIGHTS

PRACTICE

- What is 'killing Ch'i'
- Draw up a bagua with enrichments for your office
- Where does the area of Huan Lo fall? What have you got there?
- Walk the nine palaces of your office.
- Where is the ideal site for your desk? Move your desk to different positions in your office and spend time just sitting there seeing how you feel. Check against the Pah Kwa to see in which area of enrichment you've got your desk. Could you improve on the position perhaps by moving it from T'ien Ch'ai to Wang Ts'ai?

key areas to check when inspecting our homes:

- mountains - shan - tall buildings are like mountains, they can overpower our Ch'i. Concave and convex mirrors can turn their image upside down, even a bowl of water will have the effect of flattening their image.
- surroundings - hsueh - neighbourhood, ugly buildings close, fan Ch'i - prison, army barracks, hospital (transmits offensive Ch'i), lake in west activates tiger, in north, sleepy



- trees - liu - (direct. trans. for liu is 'willow') this is the tree most often represented in Chinese landscape painting (shan-shui). If buildings are the yang element, trees are the yin. Shan-shui works on 3:2 ratio, 3 yang elements to 2 yin who also see hills as yang and hollows as yin. For a panorama, 3\5ths yang, the sky and 2\5ths yin, the landscape. Use yin trees for an excess of yang buildings or yang hills. 'In the west this ratio is known as the 'golden section'' and it is as important in Western art as it is in Eastern.'

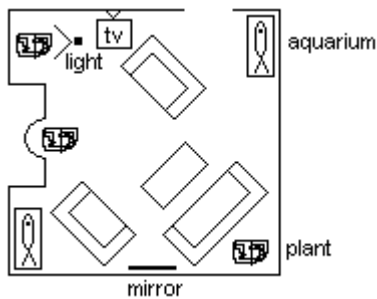
- dwelling - chai
- water - shui
- inside - fang
- wind- feng
- ourselves - hsin - we need to be as in balance as our home, and sort out personal feng shui.

The Sitting Room is best suited to An Lu (SW) Peace and Happiness, fire types could well prefer it to be in Chang Yin.

'Honoured Guest' position should face the door - lounge - this is the best seat the most comfortable chair, nearest to the fire usually the one we have for ourselves, the least likely to give up when friends call round.

Alcoves can be enriched with lights, plants and aquariums.

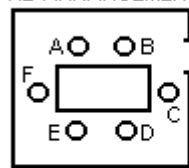
If the kitchen/dining area is seen first when the door to the sitting room is opened, they should be screened with a plant-covered trellis of some sort.



used this diagram but moved the couch to the right and down more. sitting room with corners remedied

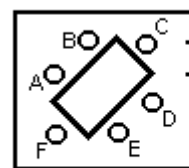
If the sitting room is the heart of the home then the kitchen is the lungs: this is where the breath and inspiration of a home should come from. This is the room that can benefit most from good Feng Shui. Mirrors should be used or reflective surfaces to reflect the view behind when working at benches and cooking.

DINING ROOM BEFORE RE-ARRANGEMENT



ONLY 1 HONOURED GUEST POSITION A
DOOR TOO CLOSE TO C

DINING ROOM AFTER RE-ARRANGEMENT



NOW 2 HONOURED GUESTS A & B
DOOR EQUIDISTANT FROM C & D

At its heart, feng shui is about the concept of chi (a life force or energy flow) in your home. Just as in traditional Chinese medicine chi is said to flow through the body, in feng shui chi is thought to flow through the home. The nuances of feng shui practice are based on the way we shape the energy that moves in and around our home and rooms. There are several different schools of feng shui, but here I will be focusing on some common foundation concepts. KUBE architecture. Don't send creative energy out the window It may seem like a lovely idea to put your desk facing a window with a view,