

Articles - Basic Principles of Feng Shui

Feng Shui literally means wind and water. It is a popular practice for creating an ideal environment in which to live and work.

Feng Shui is an ancient Chinese study of the natural and "built" environment and has been practiced for thousands of years. This environment can be at the office, in your home or in a building. A Feng Shui analysis examines the surrounding environment, the building, how the people interact with the building and looks at time-related factors. Based upon these considerations, recommendations can be made on how to improve your relationship with the environment around you. Results are thought to include prosperity, health benefits, and well being. Properly applied, Feng Shui recommendations are said to result in improvements in the life of the individuals who occupy the property.

Feng Shui can be stated as a form of "Geo-mancy" or "Earth Wisdom." Many cultures in the world have a form of Geomancy in their history. The Chinese form of Geomancy, or Feng Shui, has evolved to be both a Science and an Art. The science comes from the calculations and methodology used in analyzing a property. The Art of Feng Shui is the wisdom acquired from performing a multitude of analysis and knowing the exact degree to which the remedies are prescribed.

Throughout ancient China, classical Feng Shui was a closely guarded discipline used as a tool to ensure the good health, wealth, and power of the Imperial Dynasties. The keepers of this secret body of knowledge - Feng Shui Masters, were highly respected meteorologists, astronomers, and other scientists, who were charged with sustaining the good fortune and prosperity of the royal court

Note: These principles are shown as an introduction only. The depth of these concepts goes far beyond what can be explained here.

The Balance of Yin & Yang

Yin (black) and yang (white) are the harmonizing factors of the universe: opposing energies like day and night. Yin and yang are totally dependent upon one another and one does not exist without the other. In feng shui, the goal is to achieve a balance of yin and yang. Some yin qualities include valleys, rivers and streams; yang qualities include hills and mountains.

The Eight Trigrams

The eight trigrams of the "I Ching" are the secret of life. The I Ching, China's oldest and most influential book, describes nature (and everything else in the universe) as moving and changing. The Eight Trigrams are the basis for Feng Shui analysis and calculations. A Trigram is a representation of one of the eight directions (North South East etc) and is calculated to determine the 'energy blueprint' within a property.

The Five Elements

Ch'i energy can be manifested in five forms - the five elements of fire, earth, wood, water, or metal. It is desirable to 'balance' or 'harmonise' these elements within your environment - each element can strengthen or weaken other elements in a variety of beneficial and detrimental ways. When calculating energy "blueprint" these interactions provide the key to correcting issues within a property.

Further Reading

- [The Principles of Feng Shui: Master Larry Sang](#)