



## **Energy Systems and Feng Shui**

**Maggie Leyes**

In 1953, Francis Crick and James Watson *discovered* the template of life, the 64 codons of DNA, the genetic code for all life. Three thousand years before, Chinese sages set down in the mystical text of the I Ching the template of life as they saw it reflected in nature. The oracle, composed of 64 hexagrams based on the binary elements yin/yang, could describe all conditions in the universe. In 1973, German philosopher, Martin Schönberger, put together the ground-breaking correspondence: the absolute one-to-one equation of the 64 hexagrams of the ancient Chinese I Ching and the 64 DNA codons.

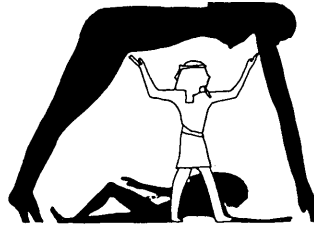
This discovery is a powerful lesson for our times. Each civilization had come to the same conclusion about the nature of life and the universe. Western science found it under a microscope, and the East intuitively understood it mirrored in nature. What we can glean from this 3,000-year discrepancy between technology and intuitive knowing is two-fold: First, we must suspend our blind faith in scientific proof, opening ourselves to intuitive processes that can lead more directly to the answers we seek. Second, these answers do not always lie in what we create through technology but are inherent in nature and in ourselves.

**Harmony in our world is achieved by understanding what already exists and using that knowledge to bring balance into our lives.**

How did the ancient Chinese formulate such an *advanced* concept of the universe? They gained knowledge of the flow of Chi, or energy, by observing nature and working with it intuitively. That body of knowledge and experience grew into an art and a science, a method of understanding man's relationship to his surroundings, called geomancy or Feng Shui.

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What was the nature of that relationship between man and his environment? Again, we can look to the I Ching for answers. It clearly shows the main tenet of Feng Shui revealed in the trigram, the basic component of the oracle.<sup>1</sup> The bottom line of the trigram represents Earth; the top represents Heaven, and the middle line represents Man. Heaven, Earth and Man<sup>2</sup> (Tien, Di, Ren) are the cosmic order; these energetic systems work in tandem to achieve harmony, balance, and the full range of human and cosmic experience. Remove one of the elements, and the entire matrix collapses.



**Heaven, Earth, and Man are three interdependent systems of energy that resonate together to form our universe.**

The art and science of geomancy that flourished in China reflected the quest to understand the intricacies of those three parallel systems. They understood that everything, all phenomena, when broken down into its simplest component was energy.<sup>3</sup> They perceived Heaven, Earth, and Man as resonant systems of energy in which the energetic patterns of one system were reflected and generated in the other systems.

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<sup>1</sup> From the concept of the trigram, three lines of yin/female and yang/male energy, flow the eight basic energies of the universe. In keeping with the poetic nature of the oracle, they were given archetypal, energetic names from nature: Heaven, Earth, Thunder, Water, Mountain, Wind, Fire, and Lake.

<sup>2</sup> Heaven is the archetypal reference to the cosmos or space; Man refers to humanity.

<sup>3</sup> Again, ancient intuitive knowledge and current scientific findings converge. Quantum physics has *proven* this, "...mass is nothing but a form of energy...mass is no longer associated with a material substance, and hence (atomic) particles are not seen as consisting of any basic "stuff" but as bundles of energy." Fritjof Capra, The Tao of Physics, Shambhala Publications, Inc., 1975 p. 202.

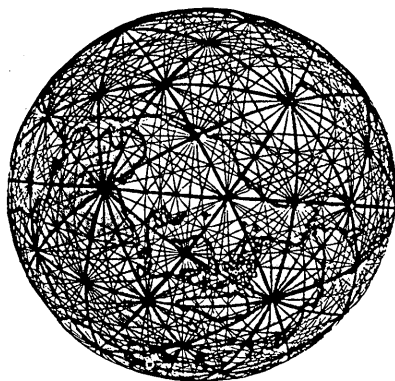
## Heaven

According to the ancient Chinese geomancers, patterns of harmony came from Heaven or the cosmos: first there was Wu Chi, the primal vibration or Cosmic Sound; this differentiated into Tai Chi or two tones, the yin/female and yang/male polarities, which then manifested as the 12 tones or Lu. These vibratory modulations affect Earth and Man in regular cycles of hours, days, months, years, and so on. Astronomy and Astrology are the sciences used to explain the cycles and how Man and Earth resonate with the energetic vibrations emanating from space. Tides, seasonal shifts in nature, human bio-rhythms, menstruation, and many other more subtle cycles are all influenced by these harmonics.

## Earth

**Whatever befalls the earth, befalls the sons of the earth.  
Man did not create the web of life; he is merely a strand of it.  
Whatever he does to the web, he does to himself.**  
Chief Seattle, 1854.

Earth, like Man, in addition to a physical form or *body*, has an energy body. This energetic body is a complex network of lines and nodes that acts as a transducer of energy entering from other systems; it is the connection between the physical and the cosmic. It allows life energy to flow into the system which vitalizes the physical form.



The Earth's energy body is composed of a web or energy matrix that surrounds the earth; it can be seen as a kind of energetic grid.

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The lines that make up the grid are polarized channels. Chinese geomancers called the lines *lung mei* or *dragon paths*,<sup>4</sup> which flowed as either white tiger/yin lines or green dragon/yang lines. (In English these are called ley lines)



Where two paths met, a power point was formed. These Chi rich nodes were the auspicious sites chosen for temples or burial sites for emperors. The geomancers placed their buildings and monuments as terrestrial acupuncture needles to tap into the natural abundance of Chi, and to harmonize and distribute that Chi along the earth grid.<sup>5</sup>

These concepts of energy were known by ancient cultures across the globe. They understood it and used it to build their ancient sacred structures.<sup>6</sup> Stonehenge, the Pyramids of Giza, the Gate of the Sun in Tihuanaco among other megalithic monuments give us a clear picture of the three systems working in tandem. A site was chosen on a powerful, energetic spot that was connected to lines of earth energy. A monument was erected using sacred geometry and a highly resonate material, stone, to tap into the power of the earth. It was carefully aligned to act as a precise astronomical tool to utilize the energy of the cosmos, especially at auspicious times like solstices. Man was there to witness, experience, and merge with these energies emanating from above and below.

**These sacred structures united the energy of the Earth with the energy of Heaven in the presence of Man.**

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<sup>4</sup> Please refer to "Feng Shui and Healing Architecture," p. 133.

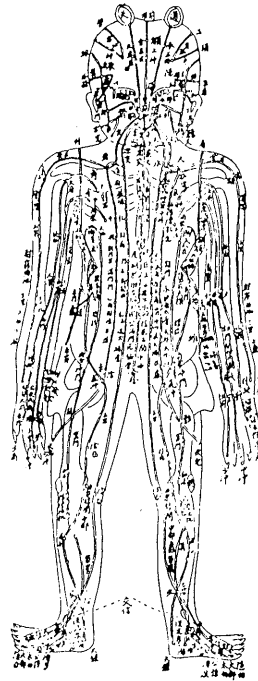
<sup>5</sup> It is important to remember that these nodes are power points, and those who *control* these points, control the energy inherent there and the energy distribution to the rest of the grid (as well as the people who rely on it.) Through war, economic colonization, and alliances, the United States currently has access to or outright control over 80% of the Earth's major nodes.

<sup>6</sup> Please refer to "Earth Design: The Roots of Our Nature," p. 25.

## Man

Feng Shui is sometimes seen as the right positioning of a building and its contents to insure proper Chi flow. The true essence of this art, however, is to harmonize the three systems of the universe: Heaven, Earth, and Man. Within this matrix, Man is a conduit drawing light, yang energy from Heaven and dark, yin energy from Earth in his vehicle of experience, his body.

Man, like a true microcosm of the Earth, has an energy body to process this incoming energy. It is an intricate system, a web of energy lines, or meridians. There are 12 major meridians ten that regulate the major organs and two affiliate channels.



A peak of energy cycles through the meridians in two hour intervals, making a full cycle within a day, in keeping with the vibratory modulation of Heaven. A balanced flow of Chi along the meridians brings energy to the organs, *feeding* and harmonizing them. When the flow is cut off, or is somehow altered, the organs and body do not receive the energy they need and disease is the result.

**The most basic prescription for maintaining health is to keep a balance of energy flowing to all organs.**

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Along these meridians or body *ley lines* are points of concentration that regulate the flow of Chi. These points or nodes can be manipulated to insure the proper flow of Chi through the body. As the geomancer manipulates Chi at the power points and ley lines in the Earth, the acupuncturist works with the body's meridians and points to bring balance and health to the patient. Acupuncture is a highly developed system of maintaining health through manipulation of the energy body.<sup>7</sup> It is based on true Feng Shui principles: achieving balance in Man's ultimate home, his body, brings balance to the surrounding resonant systems, Heaven and Earth.

### **Acupressure to Access Your Energy Body**

Everyone has the capacity to understand and use these power points. By learning to manipulate this energy, you can bring a balanced flow of energy to the body and the organs. Acupressure is based on the same system as acupuncture, but uses hand and finger pressure instead of needles. In using these points, intuition is the key. Though they can be found through mechanical means of measurements and diagrams, only by *feeling* the point can you know its exact position. You must also use your intuition to insure that it is appropriate to work with a particular point at that time.

**Remember, your body is the best teacher.  
If it does not feel right, do not do it.**

Most points that need attention will feel sensitive and *different* than the surrounding skin: hotter, colder, more indented, and so on. The pressure used to stimulate these points varies; it should not be painful, though there may be slight discomfort or sensitivity. The length of time you should put pressure on a point also varies; apply pressure *only until the*

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<sup>7</sup> In a study done by Dr. Pierre de Vernejoul, Director of Nuclear Medicine at Necker Hospital in Paris, France, doctors injected a harmless radioactive substance called technetium into acupuncture points on patients' arms and legs. They used a special camera to trace its flow along the meridians. They saw the technetium move along the lines corresponding to the traditional acupuncture meridians. They also found that stimulating acupuncture points sped up the flow. And incredibly, when doctors stimulated a point on one side of the body, they got a similar result on the other side as well. (reference: Dr. Jongwan Kim)

*sensitivity decreases*, otherwise you will exhaust the point. You can *fish* for Chi by applying pressure to a point then pulling the finger away a number of times. This allows you to access Chi from the depths and then disperse it when you release your finger. If you want to tone and strengthen a point, you can give it a massage in a clockwise direction.

Much disease, especially in modern cities, begins with stress and tension that is held in the body. By releasing tension or blocks from the body, Chi flows more freely. It is important to remember that when you bring increased Chi flow to the physical system, you are also bringing it into the emotional and spiritual systems. A release of tension or an energy block on the physical level may also bring a release on an emotional or spiritual level.

The following is a series of acupressure points that can be used in a meditation series or independently to remedy a specific imbalance. This information has been compiled with the help of two acupuncture physicians, Jongwan Kim, L.Ac., O.M.D., Ph.D., and Sachi, L.Ac., O.M.D.

Begin by sitting in a comfortable position. Keep your spine straight but relaxed and shoulders at ease. Breathe slowly and rhythmically through your nose. Let your belly be soft, it should expand outward (like a baby's does) with each breath. Your tongue should rest gently on the roof of your mouth with the tip touching the hard palette (major yang and yin energies meet here.) Let the outside world and your thoughts melt away.

### **Sea of Tranquility**

Bring your hands into the classic prayer position with palms together and place them at chest level, the thumb joints should be gently pressing into the protrusion of the sternum. This is the *sea of tranquility* point (conception vessel 17), and is a central meeting point of all the yin meridians. As it also corresponds to a chakra,<sup>8</sup> it will bring a feeling of centeredness, release anxiety,

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<sup>8</sup> There are 7 main chakras or energy vortices that are lined up the center of the body. This point corresponds to the heart chakra and can assist in opening it up. Please refer to "Color and the Chakra System," p. 311.

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and help bring emotions into balance. Remain in this position during a cycle of twelve breaths, or as long as feels appropriate.

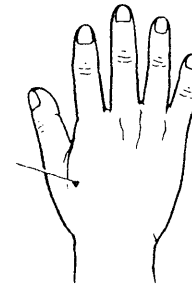
With this and each successive point, concentrate on rhythmic breathing, focus your breath and attention on the point while applying pressure, visualize any blockage or tension being released

### **Meeting Valley Point**

Bring your hands in front of you. With the thumb of one hand, press into the center of the mound in the space between the thumb and index finger on the top of the other hand. This point, the upper gate of Chi (large intestine 4), relieves headaches,<sup>9</sup> neck and eye pain, toothaches, and sore throats. It opens pores to help disperse toxins, and stimulates the intestines thus relieving constipation. This point tones *wei* energy, which is the first line of defense against colds.

This point mirrors the auspicious Feng Shui site configuration of the white tiger (thumb) and the green dragon (index finger.)

**Meeting Valley Point (Li 4)**



### **The Third Eye and Sun Points**

The third eye point, the yin tang, is located between the eyebrows. Apply pressure with the tip of your finger. This point will help release pressure in the eyes, relieve frontal headaches, runny noses, anxiety, and insomnia. This is also the site of a chakra and can clear your focus and perception, as well as stimulate intellectual and psychic abilities. The sun point, the tai yang, is located at the temples. Massage this point lightly on either side; do not use pressure. This point also works on frontal headaches and insomnia.

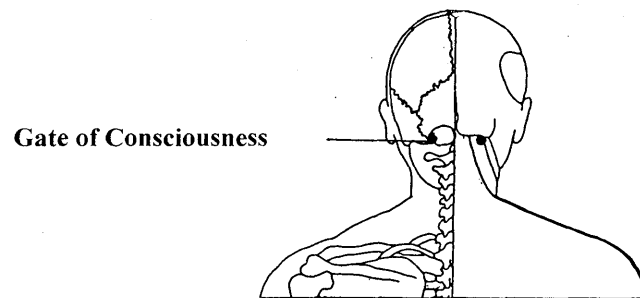
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<sup>9</sup> Different points relieve different types of headaches.



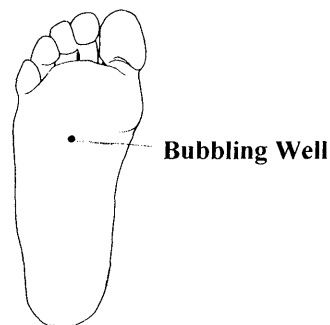
### Gate of Consciousness

Use your thumb tips to massage the Feng Chi or wind point in the depressions below the occipital bone on either side of the back of the head. This point, sometimes called the gate of consciousness (gall bladder 20), helps regulate nerve and sense functions in the brain. It is good for releasing neck pain and stiffness, a chronic problem for office/computer workers. It also works on colds, nasal obstructions, blurred vision, vertigo, and headaches.



### The Bubbling Well

This point (kidney 1) is located on the sole, just below the ball of the foot. Grasp your foot in your hands and use your thumb pad to apply pressure. According to the Chinese, the kidney is the foundation of the body; it houses *jing*, or the material essence of life. This point is the base of meridian and when stimulated, energy *bubbles* forth. It brings calmness of spirit.<sup>10</sup> It also improves poor vision, and dizziness.



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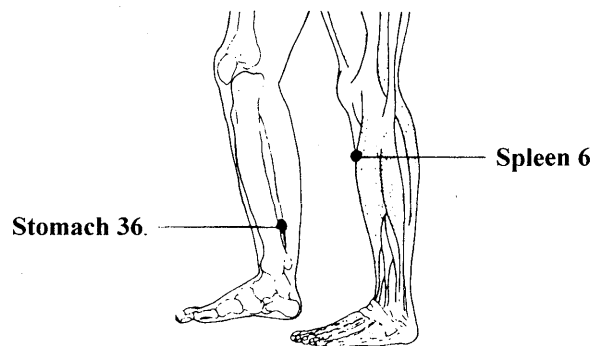
<sup>10</sup> Using lavender oil on this point has a doubly calming effect.

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### Building Energy

Two points, when used in tandem, help build energy: stomach 36 point, approximately three inches below the eye of the knee between the tibia and fibula, and spleen 6 point, four inches up, inside the medial ankle bone. Press them at the same time with either the thumb or finger pad. They can be used for general fatigue or even to combat jet lag.



### Deep Relaxation

If you have been doing these points in a meditative state, you can now gently lie on your back in the traditional yogic *corpse pose*. For the next five minutes, continue your deep rhythmic breathing and visualize your entire body relaxed, free of tension, with energy moving freely to all your organs. This is the most important step, as it gives your body the chance to rid itself of any negative energy or blocks that you have released with acupressure.

Using acupressure points will bring you into contact with how your energy body functions. You can begin to exercise your intuition, to *know* which points need attention, and you can investigate other points that may be *calling* for acupressure. As you learn to trust your body, your ultimate home, you will begin to harmonize with the energy of Heaven and Earth. When Man is balanced and vibrant with abundant energy, so too are Heaven and Earth, which is the ultimate goal of Feng Shui.

Excerpted from  
*The Feng Shui Anthology*

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In *The Feng Shui Anthology*, when the **Bagua** is discussed, **only the Life-Aspiration Energies are mentioned** (except in Derek Walter's article.). **To work with the Bagua and to maximize your Feng Shui with the information of all the masters, you must include your 8) Best Directions and 9) Flying Star Energies.**

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**IMPORTANT: Popular Feng Shui misconceptions!**

- REAL Feng Shui is not a "one size fits all"
- There is not one Feng Shui map generic to everyone's home.
- If you moved in your home between 1984 and 2048, there are 2048 Bagua maps.
- **ONLY ONE BAGUA-MAP is correct for YOU**  
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