

The Energetic Basis of Good Health

Jeanne D'Brant

Feng Shui can have profound effects upon your health and well-being. Blocked Chi in your environment can create blocked Chi in your emotional well-being and your physical body. In traditional Chinese Medicine, the proper movement of Chi or vital energy through the body's meridians or channels is considered critical to good health. If the energy is obstructed or imbalanced, ill health will result. In Feng Shui, the harmonious flow of Chi in the home or work space is also vital to a healthy and supportive environment. Blocked or excessive Chi movement within a space can also have adverse consequences on your health.

How can you tell if your Chi is flowing properly? Examine how you feel. Vibrant health shows in a firm step, a clear eye, a positive outlook, and an abundance of energy. Symptoms such as pain, muscle spasm, fatigue, headaches, indigestion, depression, and worry can all indicate that Chi is not balanced or flowing harmoniously.

Traditional Chinese Medicine, with 4,000 years of history, is one of the oldest systematized healing traditions on earth. One of its primary goals is prevention of disease; it treats the whole person, not just the symptoms. Acupuncture, Chinese herbs, Qi Gong (Chi Kung),¹ and Tuina² all have the common the goal of balancing Chi in the meridians and body regions.

¹ One fundamental way of moving Chi is to practice Qi Gong (see Glossary p. 427.) Daily practice ensures the harmonious flow of Chi by freeing blockages of stagnant or unbalanced Chi. Excesses are balanced as the channels open and harmonious flow is established.

² Tuina is a Chinese healing therapy incorporating massage and acupoints.

Understanding Chi Flow

The Chi of the human body should flow harmoniously in a connected circuit. The pathways or electrical lines it flows through are called the meridians. Along these lines are the many vortex points which function like resistors in an electrical circuit; they modify the rate and intensity of Chi flow.³ It is at these points that the acupuncturist makes her intervention.

In recent years, Germans and other Europeans have moved to the forefront of Chi technology. They have developed specialized machines that can quantitatively measure Chi flow.⁴ The VegaTest Method, for example, is an advanced technology for monitoring a person's bioenergetic state⁵ using electronic instrumentation. It measures Chi flow in the body's organs, meridians, and subtle energy fields.

The VegaTest measures electrical conductivity of the acupuncture points along the meridians. There is normally a very large drop in electrical resistance at the site of an acupuncture point versus the skin surrounding it. The electrical state of the points varies according to the physiological state of the person. Shifts in resistance along the acupuncture points fall into demonstrable patterns, which can indicate disease and dysfunction. Electronically monitoring the conductivity of the points along the acupuncture meridians can give you a wealth of diagnostic information.

The VegaTest also shows if these Chi imbalances are related to Feng Shui in several ways: It differentiates between geopathic stress from the earth and electromagnetic disturbance generated by appliances, power lines, and transformers. These external influences can be mitigated through Feng Shui.

³ Please refer to "Energy Systems and Feng Shui," p. 275.

⁴ Mora work and Bio-Electronic Vincent are bioenergetic therapies that are widely available in Europe and on a limited basis in the United States. Please contact the author for more information.

⁵ Bioenergetic state is derived from Einstein's equation of energy and matter. We know that there is an interface between energy and molecular vibration with physical structures and organ functions.

Electromagnetic Fields

While the debate continues about the safety of exposure to electromagnetic fields, particularly related to children, minimizing your exposure to these fields in your home and office is considered prudent.⁶ Understanding what these fields are and how they affect you will help you identify them in your surroundings so you can protect yourself.

Everything electrical has a charge; that matter exists in two polarities, *positive* and *negative*, is a fundamental construct. Charges move in currents; a direct current (DC) flows evenly; an alternating current (AC) flows unevenly, changing direction between 60 and 120 times *per second*. Every electrical charge has an electrical field around it. When another object enters that field and has a like charge (both objects positively charged) it will be repelled; if it has an opposite charge, it will be attracted.

When electrons flow in currents, a magnetic field is created around the current (as well as an electrical one). If the current is direct (DC), such as the one in the human body, the field is relatively stable. If the current is alternating (AC), such as the one in electrical appliances, it is not. The magnetic fields that whirl around appliances induce currents in anything nearby that conducts electricity, especially the human body. Fragile DNA may be adversely impacted by these fields. Children are especially vulnerable because they are growing rapidly and have many cells in the fragile state of cell division and DNA replication.

Fields not generated by electrical equipment can often be attributed to geopathic stress of such natural land formations as underground streams, mineral deposits, and geographic faults. These natural phenomena pose a greater challenge; you can move a computer or TV but cannot lift your house off a fault quite so easily!

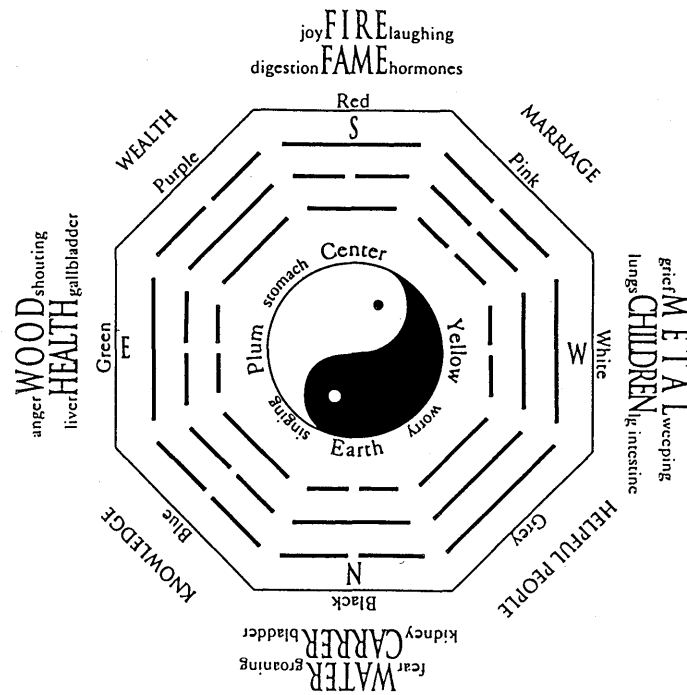
⁶ Please refer to "Energy Fields, Feng Shui, and Fragrance," p. 339, and "Feng Shui and Children," p. 349.

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A person showing electromagnetic stress will have imbalances in his/her flow of Chi through the meridians and the acupuncture points, which will manifest as a wide range of disease and sickness. Imbalances in Chi flow, whether caused by EMF's or a myriad of other factors, can be identified and treated according to the five element theory of Feng Shui.

The five Elements

According to the Chinese five element theory, Chi manifests in five properties of matter: earth, wood, fire, metal, and water (in addition to yin and yang.) Each element is associated with two of the twelve major body meridians. Fire is the exception; it is associated with four. The following table shows each of the five elements and its corresponding meridians, organs, and qualities. It demonstrates how a deficiency or excess of a particular element can cause dysfunction of organs and negative emotional states.⁷



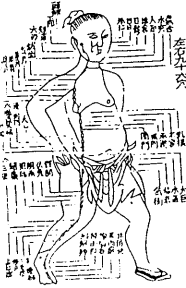
⁷ This is not by any means complete enough to make a thorough diagnosis; other factors such as the creative and the destructive cycles of the five elements must be factored in. Please refer to "The Five Phases of Energy," p. 81.

Feng Shui Cures to Regain Balance and Health

The inherent nature of Chi is to flow in a smooth and unobstructed manner. When it does not flow harmoniously in the body, there is also a corresponding imbalance in the outer environment.

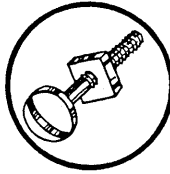
Renewed balance is achieved by treating the outer environment to stimulate change in the inner environment.

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A doctor of Chinese medicine will treat the acupuncture points, suggest dietary change, herbal supplements, and/or Chi-moving exercises.

Feng Shui offers cures to balance the energy in your personal living space, thus balancing the outer environment to create harmony and health inside.



Metal Imbalance

If your entrance door⁸ opens onto a wall, your Chi will be blocked and you may feel easily defeated in life. According to the five element theory, defeat is associated with an imbalance of metal. This disequilibrium could lead to lung and large intestine disorders, organs that are related to the metal element. As a cure, try placing a picture of a nature scene or a mirror on this *brick wall* to give the entryway a feeling of depth.

⁸ For additional cures, please see "The Room of First Impression," p. 207, and "The Entry: New Beginnings," p. 201.

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Asthma (lungs) is a metal imbalance and is often related to grief, the emotion of the lungs. Those individuals with breathing difficulties should avoid living in dark or stark spaces that give the feeling of loneliness and coldness. Painting your bedroom a soft color may be an appropriate solution.



Earth Imbalance

Joint pain and arthritis are related to an imbalance of the spleen, the organ related to the earth element. This condition can be improved by employing Feng Shui cures to conditions in your life that create worry (the related emotion). If you live next door to a taller building, you may feel *oppressed* by your *greater* neighbor. Using a Feng Shui cure of mirrors to reflect back the energy of the taller building should ease the worry of having your Chi suppressed.

Singing is also associated with earth. Those with an earth imbalance should be encouraged to break forth into song as often as possible! Other uplifting cures for worry are playing music - particularly vocals, or opening the windows to enjoy hearing the birds sing. Arthritics must guard against Sha⁹ (negative Chi) emanating from damp basements and moldy corners in their homes.



Wood Imbalance

Liver imbalances, the organ related to wood, are common in the United States. This is due in large part to the fast-paced, aggressive lifestyle and to over-consumption of fats, dairy products, drugs, and alcohol. To offset this condition, balance the wood element by using indoor plants or the color green.

⁹ Please refer to "The Power of Chi," p. 49.

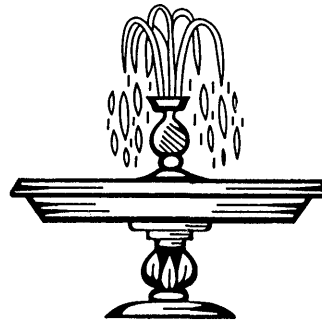
Secret arrows¹⁰ and other forms of Sha can arouse defensiveness and anger, emotions related to wood and the liver. It is unfortunate that Western architecture relies so heavily on right angles and linear structures. This society is defining itself as angry and competitive with unbalanced Chi by the structures it lives in! Mirrors, crystals, and vines can be used to obscure corners that are projecting secret arrows. Creating harmony in the home with curves and flowing lines is an essential antidote to living in modern Western civilization.



Water Imbalance

Adrenal exhaustion due to stress and burn out is another consequence of fast-paced modern life. This water element imbalance is very prevalent. Allergies, insomnia, fatigue, and poor concentration are symptomatic of overstimulated adrenal glands.

It is easy to remedy this problem by representing the water element in the home or work space; a fountain or a bowl of fish will do quite well.



In one of my treatment rooms, patients can lie down and listen to the soothing sounds of a bubbling fish tank. It is the room most often requested!

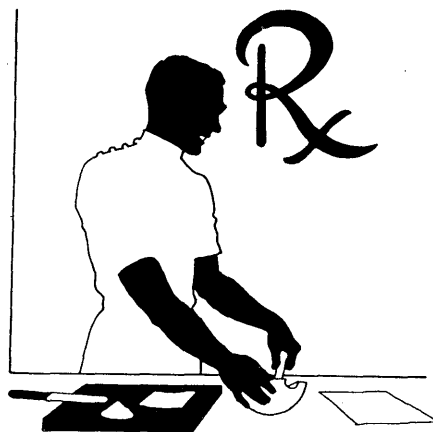
¹⁰ *A secret arrow is a line of unseen, negative energy that appears to be pointed into a space or at its occupants. It might be a sharp, angular corner jutting into a room or a long shadow from another structure that crosses into your space. Please refer to "Contemporary Architectural Design," p. 143, and "The Power of Chi," p. 49.*



Fire Imbalance

Fire element imbalance can manifest as problems of absorption and assimilation in the digestive system. There may also be vitamin and mineral deficiencies. The heart is also a fire element organ. Heart disease is rampant in industrialized societies, which is due directly to the cultural need to push to succeed. In addition, the fire element is associated with metabolism and the circulation/sex (hormones) meridians.

An imbalance of fire can be countered by use of the color red, a very auspicious color to the Chinese, in appropriate areas. Other Feng Shui cures include wood stoves and heaters as well as decorative objects with points.¹¹



¹¹ Those individuals with heart disease, life threatening illnesses, or any health difficulty are advised to seek the advice of a holistic and/or traditional health practitioner.

The Bagua and Health

**Chi of the five elements fills the universe
which in turn spreads to all things.¹²**

As everything is inter-related, the Bagua¹³ is an important tool for balancing health as well as a space. If an area of the Bagua is missing in your home due to the structure's shape,¹⁴ its corresponding element will also be deficient. If the home is missing an element, it will affect the health and well-being of person living there.

Activating the health area of the Bagua is another important step. Below are some examples of adjusting your space to heal your body.

For liver troubles and gallstones, place cures in the east or family/health area of the Bagua; this will strengthen the wood element.

For hormone problems/digestive difficulties, place cures in the fame or south area.

For skin and hair conditions/weak lung function, adjust the metal area in the children or west region.

For fearful persons who suffer in cold weather, activate the north or career area for the water element.

For diabetes and immune disorders, activate the central or Tai Chi area and the earth element of the home.

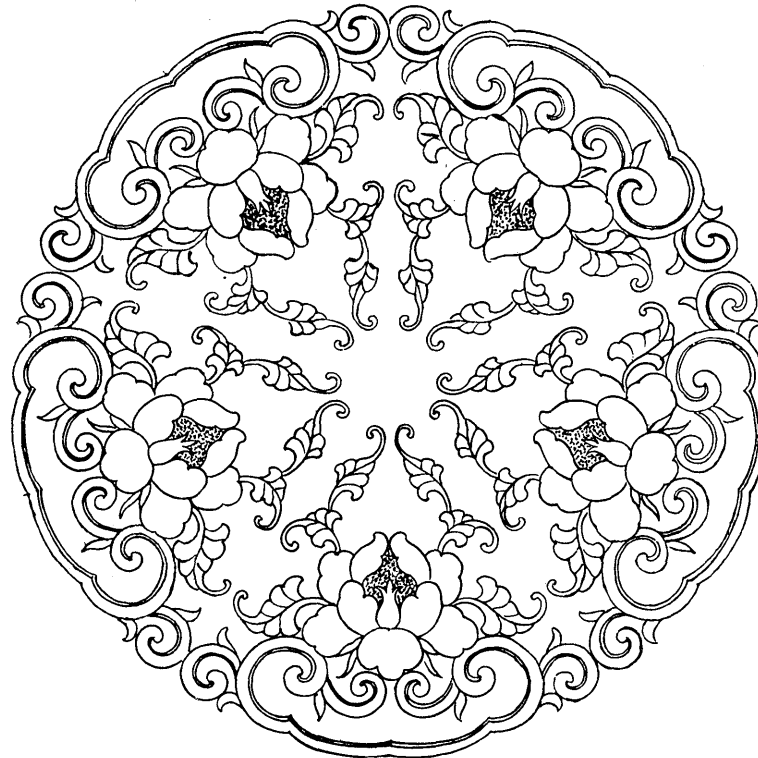
¹² From the ancient Chinese classic Tiau Yuan Ji Da Lun or Great Treatise on the Universe.

¹³ Please refer to "The Bagua," p. 35.

¹⁴ Please see "Outdoor Feng Shui," p. 155, for additional cures to remedy missing areas of the Bagua.

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A qualified practitioner of Chinese Medicine would also suggest other areas for adjustment according to the Shen (creative) and Ko (control) cycles of the five elements.¹⁵ A Feng Shui practitioner might use color cycles corresponding to the five elements to produce the same effects.



You are a complex being living in complex times. Yet maintaining your health can be greatly simplified if you keep a balanced flow of Chi in your life - both internally and externally. There are endless ways of accomplishing this goal, from acupuncture to implementing Feng Shui cures in your home. Many people seek relief for their physical complaints by going to a doctor for a pill or a cure-all treatment, yet emotional change is imperative for the healing process. Affecting your psyche with Feng Shui techniques is an important adjunct to creating good health.

¹⁵ Please refer to "The Five Phases of Energy," p.81.

**Excerpted from
*The Feng Shui Anthology***

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