

Feng Shui: A Life Healing Tool

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People often feel the need for change but are unsure of what it is that needs changing. They turn to Feng Shui to begin making adjustments on the physical level because they want a nicer looking environment. What they do not realize is that Feng Shui takes them toward a much deeper energetic change by exploring and enhancing the many facets of their lives.

Feng Shui is a healing tool that works on both the physical and energetic levels. Physically, you bring more balance and beauty to your home. Thomas Moore, in his book Care of the Soul, states that beauty is the only thing the soul recognizes and grows by. Energetically, Feng Shui adjustments bring about a deep sense of comfort and a high level of inspiration.



Life is a wondrous mystery that is constantly unfolding through personal vision and goals. Feng Shui helps remove any blockages, allowing more movement in your life. As energy begins to move and shift, you can direct that additional energy toward the areas of your life you wish to enhance.

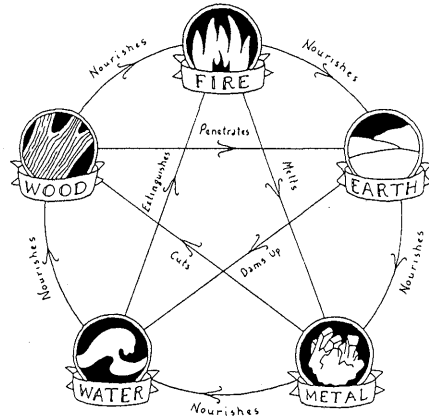
The highest aim in Feng Shui is to apply increased personal Chi and insight to a place where you feel a heart-centered attraction.

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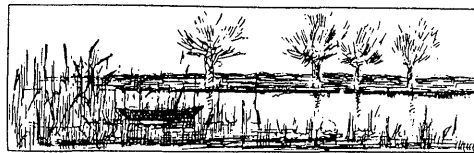
Feng Shui can help your life grow in unexpected and welcomed ways. After you make adjustments and see their results, you can re-evaluate and look toward new goals that have grown out of these personal changes.¹

An interesting way of viewing Feng Shui is through its description as acupuncture for the home.²

The five element theory,³ which underlies both acupuncture and Feng Shui, provides a new perspective as you look at the various colors, shapes, and the movement of energy in your home.



Combining the symbolism of an object with a ritual⁴ as it is placed in your home speaks to your soul on a deep level.



An environment with a balance of the five elements and symbolic belongings that act as reminders of important goals invites the focus of your life to move toward a deeply spiritual, and mindful place.

Often you have no idea what form the changes will take once they manifest. The following story shows how the addition of the nourishing element of fire initially manifested as increased joy, then later as love.

¹ Please refer to "Utilize All Your Resources," p. 189.

² Please refer to "Energy Systems and Feng Shui," p. 275.

³ Please refer to "The Five Phases of Energy," p. 81.

⁴ Please refer to "The Magic of Ritual and Feng Shui," p. 369.

Jeannie's Story

I had not spoken to my longtime friend Jeannie in a number of years. Our lives had taken us in different directions. One day, she called to tell me her Mom had passed away after a four-year battle with breast cancer. Within that past four-month span, she had also lost her grandmother and a close aunt. Each loss further deepened her grieving process. She had been working to heal herself with acupuncture and grief therapy but felt that she still needed more balance and stability in her life.

Jeannie decided to turn some of her attention toward her surroundings, and she invited me to give her some Feng Shui recommendations. First, I assessed Jeannie's core energy: her Feng Shui natal element was *earth*, which is nourished by the *fire* element.⁵ Jeannie confirmed that her acupuncturist was currently using a treatment that focused on supporting her fire and earth element energetics.⁶ I found it interesting that two ancient Chinese artful sciences, acupuncture and Feng Shui, had reached the very same conclusion. Nothing is coincidental; the physical body is directly related to its surroundings.

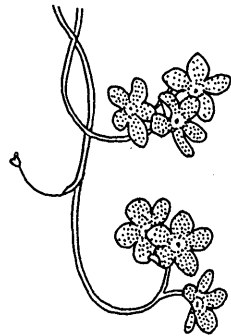
While performing an assessment of Jeannie's home, I found that it had virtually no fire represented: no red, nothing angular or triangular, no candles, not even much sunlight. The predominant elements in her home were water and metal, both of which dampen and reduce the fire and earth elements.⁷

⁵ In my Feng Shui practice, I incorporate the teachings of four prominent schools. This system is taught by Derek Walters, author of [The Feng Shui Handbook](#). Please refer to Derek's article, "The Seven Portents," p. 93, and The Feng Shui Horoscope section of [Earth Design: The Added Dimension](#).

⁶ Please refer to "The Energetic Basis of Good Health," p. 293, "Using Feng Shui to Create Health," p. 285, and "Five Elements for Better Health," p. 303.

⁷ Please refer to the destructive and creative cycles of the elements in "The Five Phases of Energy," p. 81.

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Jeannie lived on the top floor of a one hundred year old home that had a back circular staircase. Its corkscrew effect and the open risers on the staircase made it difficult for Chi to rise and enter Jeannie's second floor living space. We added a plant under the staircase, and greenery spiraled around the handrails to invite Chi up to her home. For extra measure, we entwined a bit of shiny gold accent into the upward growing trail of greenery.

Jeannie entered her home through the back door, which lead directly into her kitchen. I wanted to shift the focal point away from the stove and refrigerator, neither of which presented great first impressions.⁸ A circular, stained glass art piece and two large hanging plants created a new focus to greet Jeannie as she entered. A mirror placed behind her stove doubled two fire elements: her burners⁹ and the sunlight from an adjacent window. A three-paneled mirror with a broken pane was hanging in the family-health area¹⁰ of the kitchen. I shared with Jeannie the importance of not having anything broken in her home because broken things lower the Chi of everything around them.

In the center of Jeannie's home was a very small yet busy hallway with six doors leading off it. We hung a beautiful, glass prism wind chime in the center to encourage the smooth movement of Chi at this very busy intersection.

Jeannie's living room required a number of changes. It offered a great opportunity for incorporating the fire element, one of our main concerns because of her elemental energetics. We replaced black upholstery and draperies with a dynamic geometric print that included fire and earth tones. To ground some earth energy for this earth lady, we laid a multi-hued striped rug in subtle tones of cinnamon, gold, brown, and cream. She loved it!

⁸ Please refer to "The Room of First Impression," p. 207.

⁹ Traditionally, burners are a symbol for wealth, so doubling them with mirrors also invited increased wealth.

¹⁰ Please refer to "The Bagua," p. 35.

We hung a mobile with a sun in red and gold between the entrance to the living room and a window in a direct line with the door. The mobile encouraged Chi to slow down and circulate throughout the room instead of making a rapid exit out the window because of the front/back door alignment problem. We also angled the furniture to invite the eye and Chi to move around the room.

Her helpful people area had a television/stereo cabinet with a pile of twisted wires which did not allow the cabinet doors to close. I recommended that she drill a hole in the back of the cabinet so the wiring could be concealed and the cabinet doors could close. It is important that utilitarian items such as electronics or wiring are concealed in cabinets, placed behind folding screens, or draped with fabric, so the eye sees only beauty.

We moved tall bookcases so they no longer towered over the seating area. We moved one of them to her office to open up the living room and to allow for more graceful movement in this small room. Above the bookcases, we hung artwork to pleasantly lead a visitor's attention around the room.

In Jeannie's bedroom, there was a large door in the ceiling leading to the attic. Regardless of where Jeannie placed her bed, the attic door was above it, and it made her uneasy.

The feeling of the room was instantly lightened when we hung a beautiful red and white floral, oriental paper fan over the opening.



I made sure that the bottom angle of the fan did not point toward Jeannie's bed and create a secret arrow.¹¹ We then arranged Jeannie's bed in a command position¹² with a full view of the door, and we moved a heavy dresser away from the foot of her bed. She was now able to get deeper, more revitalizing rest in her balanced bedroom.

¹¹ Please refer to *"The Power of Chi,"* p. 49.

¹² Please refer to *"Feng Shui and Children,"* p. 349.

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I asked Jeannie if she knew anything about her apartment's previous tenant. This was an important concern since energy tends to repeat patterns. The previous occupant had done well in her work but had not had a relationship during the four years she lived there. Jeannie and I did some clearing and blessings rituals¹³ to change the energy of the space. I also shared Master Lin Yun's transcendental cures with Jeannie:



For the Mind

Creative visualizations for that which Jeannie wished to have enter her life.

For the Body

A hand mudra, or a position symbolizing the brushing away and clearing of old patterns.

For Speech

Prayers to focus the mind on the highest awareness.

All three activities worked to support the spiritual essence of her home.

Two months after our changes, Jeannie called me and said, "I don't understand why Feng Shui works; I only know that I am happier now than ever before. I feel more stability and have more balance in my life."

Jeanne knows Feng Shui helped her complete her grieving process. She was able to take the vacation of her dreams to Australia, New Zealand, and Fuji. She also began a long-term relationship and was thoroughly enjoying her work. Feng Shui had helped her discover the magical unfolding of the subtle and profound beauty, benefits, and blessings of her life.



¹³ Please refer to "The Magic of Ritual and Feng Shui," p. 369, and "The Bones of Your Home," p. 399.

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.**

Your [Personal Success Bagua-Map](#)
will optimize Feng Shui & Design Success

If you are a Feng Shui beginner or an expert...

Your Personalized Success Map
contains ALL essential, at-a-glance solutions
that Jami Lin provides during a private consultation.

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**
and Your Home: and it is called YOUR [Personal Success Map!](#)

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**Because YOU are now on your Feng Shui journey,
I made it really easy for you to personally benefit with my experience.**

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