



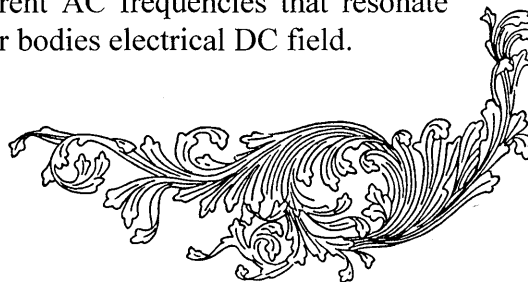
## **Energy fields, Feng Shui, and fragrances**

**Elaine Paris**

In the ancient Chinese art of Feng Shui, the life energy force is called Chi. Chi gives life to the mountains and movement to the streams. It is the force that links all life together. Each person has individual Chi, which intermingles with the Chi of all the rest of creation. Feng Shui is about finding and nurturing balance and harmony between our personal Chi and the Chi that flows through our living and work environment.

Life force energy is constantly vibrating, pulsating, and evolving. In nature, your personal Chi moves in harmony with the Chi of the earth and universe. The electrical field of living things is a direct current (DC) of electrical pulsations. Electrical current flows in one direction, and its frequency is harmonious and coherent.

In the modern world, man-made energy patterns, such as electricity, electromagnetic fields, toxic air, and synthetic building environments, all create disharmony in the natural flow of Chi. In particular, objects connected to the electrical power system operate on an alternating current (AC), which changes its direction of flow.<sup>1</sup> Its pattern is disharmonious and incoherent to our own. Thus, in the electrical world of our cities, our personal Chi is affected by incoherent AC frequencies that resonate differently and discordantly from our bodies electrical DC field.



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<sup>1</sup> In the United States, the electrical power is a 60 hertz system, which means that the flow of the current changes its direction 60 times per second. Europe is on a 50 Hz system.

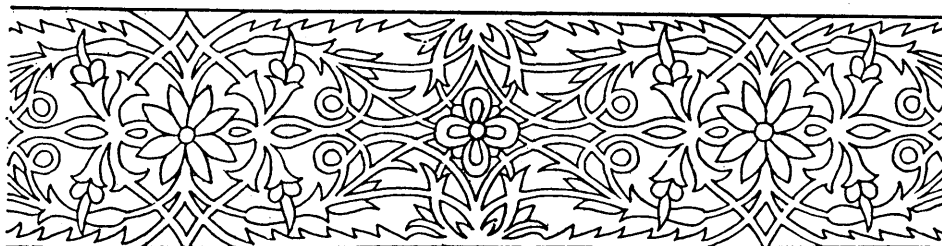
### **Our Electrical Body**

The human body has both an electric and a magnetic field. The electric field is 62-68 hertz of direct current. Each cell in your body generates a charge of approximately 1.17 volts at a specific frequency unique to the organ or system where it is found. This special frequency is called a *signature* frequency.<sup>2</sup> A magnetic field also surrounds each cell. It is generated by the movement of the cell's electricity and its response to the natural magnetic field of the earth. The electric and the magnetic fields of the body work together to adjust and maintain a state of homeostasis or equilibrium.

The hypothalamus is the most important part of the human brain for assisting the body in maintaining its equilibrium. This part of the brain mysteriously responds to the natural electric and magnetic fields of the earth as well as to the electric and magnetic fields within the body.

### **Electromagnetic fields**

Electromagnetic field is a global term for two different fields: electric and magnetic. Electric fields are the charges surrounding electric appliances like TV's, computers, or coffee makers. They are ever present, whether the appliance is turned on or off. Magnetic fields are created when the electrical charge is moving. They are present only when the object is turned on.



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<sup>2</sup> Gregg Branden, Awakening to Zero Point: The Collective Initiation, 1994, p.57.

Electromagnetic fields are broken down into a spectrum arranged according to frequency and wavelength.<sup>3</sup> High frequency radiation includes gamma rays, x-rays, and ultraviolet rays. These rays give off *ionizing* radiation, which means they have enough energy to permeate cells and break down chemical bonds.

Middle and low frequencies of radiation do not emit enough energy to enter the cells of the body and are therefore *non-ionizing*.



Middle frequencies are visible light, infrared radiation, radio frequency, radar waves, television, and microwaves.

Microwave radiation is emitted by: video display terminals, electric security systems, telephone relays, citizen band radios, satellites, and broadcast transmissions, to name a few.

Microwaves are dangerous because of their thermal effect, their ability to heat and cook tissue, and their non-thermal effect, their ability to cause biological changes without the body heating up.

Extremely low frequency or ELF radiation is emitted from 60 Hz power lines and appliances. Until recently, ELF radiation was believed to be safe; however, recent research indicates that this may not be the case. For example, I can easily demonstrate how the individual frequency/energy field of eight of my clients was significantly altered by the presence of

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<sup>3</sup> Frequency is the number of waves emitted per second, and wavelength is the distance between two successive peaks of the wave. The higher the frequency, the shorter the wavelength and the greater the number of waves.

## **342 Contemporary Earth Design: A Feng Shui Anthology**

electromagnetic fields within their own home environments and the negative effects that resulted.<sup>4</sup>

**The body's energy field pulsates at a different frequency  
than that of the synthetic world.**

### **Synthetic Environments**

Most spaces in which we live and work are synthetic. Many present-day buildings have metal/iron support structures with metal frame walls and sides. The walls, both exterior and interior, are covered with synthetic materials and filled with synthetic insulation. Often, the air is recycled because the windows cannot be opened to bring in a fresh supply.

**We have created toxic and stagnant energy fields  
where we live and work.**

Modern heating and ventilation systems create electro-static charges in synthetic paints, carpets, and furniture in spaces with high electromagnetic fields, such as in an office filled with computers and electrical appliances. As non-polarized charges seek polarized particles, these synthetic materials are always searching for the home of the opposite electrical charge. Mucous membranes in the eyes, nose, and mouth are excellent magnets; this leads to eye irritation and allergies.

If you work at a computer all day, particularly if the room is lit by fluorescent lights, how do you feel at the end of the day?



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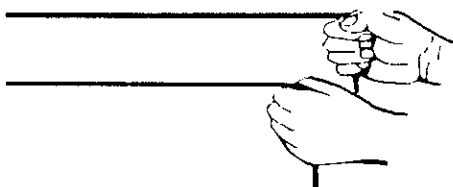
<sup>4</sup> References: "The Effects of Electromagnetic Fields on Signature Sound Frequencies," *Sound Advice*, Athens, Ohio, October, 1994, by Sue Ruzicka, and Two excellent references by Robert Becker, *The Body Electric - Electromagnetism and the Foundation of Life*, William Morrow Publishing, 1985; and *Cross Currents*, G. Putman's Sons, 1990.

Are you tired? Do your eyes burn? Is it difficult to concentrate? How many colds do you get a year? Do you have allergies? All of these conditions are things for you to recognize about your own personal energy status.

These synthetic environments create stress on the body at the cellular level. High levels of stress, high blood pressure, chronic illness, chronic fatigue syndrome, and allergies may all be related to the disharmony between personal energy fields and artificial living and working environments.

### Detecting Electromagnetic Fields

Negative electromagnetic fields affect personal Chi as well as Chi in the home. There are several devices for identifying these energy fields: A gauss meter identifies and measures the intensity of electromagnetic fields. The Tri-field meter measures electromagnetic fields, electrical fields, and microwaves. The EMF Natural Tri-field meter identifies more subtle energies: noxious energy zones of the earth, energy patterns in the atmosphere, and subtle spirit energies. For the logical mind, these last two meters provide quantifiable readings of what you cannot see, but is felt by your body.



The ancient art of dowsing is another method to identify subtle energies of all types.

It provides a means by which the person serves as an energy probe to tap into the energy in the surrounding environment. It is an intuitive method of using inner knowing. The key is to quiet your conscious mind and allow the energy to flow through your dowsing device. Dowsers use different devices: L rods and pendulums are the most popular.

### **344 Contemporary Earth Design: A Feng Shui Anthology**

Your body can also serve as a dowsing tool. Anyone can dowse; however, the more experience you have, the greater the validity of the results.<sup>5</sup>

#### **Balancing Electromagnetic Fields**

The electromagnetic fields and electrostatic charges from electronic appliances can be redirected by using a dielectric device<sup>6</sup> which collects harmful radiation and rebroadcasts it as a life energy field. The main component of a dielectric device is a special quartz material that is a nonconductor of electricity.

For homes and offices that have a high electromagnetic field (2+ millegauss), use a Tri-Pak Resonator on the electrical fuse box. You can dowse to check for correct placement and use the EMF Natural Tri-Field meter to measure its effects.

Dielectrics such as the Smog Buster are used for computers, televisions, video players, and cellular phones. The Crystal Catalyst Bead is designed to protect the body from harmful radiation. Pendants containing various gemstones that work with specific frequencies of the body are also good choices.

#### **Frequency, Fragrances, and Energy**

Essential oil is the resin extract from a plant that contains its aroma. It has bio-electric properties that make it a powerful tool for working with the energy fields of both your body and your environment.<sup>7</sup> The air you breathe indoors is often out of balance. It is over loaded with positive ions, partly from the electronic devices you have. When sprayed or diffused into the air, essential oils add negative ions and shift the frequency of the atmosphere.

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<sup>5</sup> The American Society of Dowsers, St. Johnsonbury, Vermont, can provide information on classes and the nearest local chapter in your area.

<sup>6</sup> *Please refer to order pages for more information.*

<sup>7</sup> *Please refer to "A Scentual Reminder of Feng Shui Remedies," p. 329, and "Feng Shui and Children," p. 349 and to order pages for fragrance products.*

**Each aroma adds a different frequency to the air  
and a new energy to a room.**

Using essential oils is not a modern remedy; it dates back to ancient times. Translations of Egyptian hieroglyphics and Chinese manuscripts indicate their use before the time of Christ. Ancient civilizations used aromas and resins from plants in religious ceremonies, purification rituals, and for healing. Fragrance had spiritual meaning, linking humanity to the gods.

To this day, Native Americans use sage and cedar to purify the air and cleanse the energy field. In India, incense has been used for thousands of years to purify energy fields. Today in Europe, particularly France, aromatherapy is a major modality in medicine. Many of the oils are antifungal, antibacterial, and antiviral. Modern research continues to measure and document the positive effects of essential oils.

Quality is a very important factor when you are choosing essential oils. There is a difference in the frequency of an essential oil, depending on how and where the plant is grown, when and how it is harvested, how it is distilled, and how it is packaged. Essential oils made from organically grown plants with a slow steam distilling process are best. Plants, like all living things, have Chi, and organically grown plants have more vibrant Chi than those that are grown with the use of chemicals and fertilizers.

Research has shown the frequency of the organically grown plants to be superior.<sup>8</sup> Each essential oil has a unique frequency measured in hertz. Essential oils have frequencies between 52 and 320 hertz, versus that of processed/canned food at 0 hertz, fresh produce at 15 hertz, dry herbs from 12-22 hertz, and fresh herbs from 20-27 hertz. Oils that have a frequency of over 100 hertz are spiritual oils (rose is 320) and are good oils to use in Feng Shui. Oils under 100 hertz work better on the physical body.

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<sup>8</sup> Research done by Tainio Technology.

## 346 Contemporary Earth Design: A Feng Shui Anthology

In Feng Shui, essential oil can be used for working to change the overall frequency of the environment, and in rituals<sup>9</sup> as well. Mix nine drops of essential oil with four ounces of distilled water in a spray bottle. The oil can be chosen intuitively or by dowsing. Below are blends that can be used in Feng Shui cures.

### **Healing Fragrances<sup>10</sup>**

If there are children around and there is a sense of chaos, use a blend called *peace and calming* comprised of the following oils: citrus, ylang ylang, tanacetum, and patchouli. After spraying it, the energy settles, the children calm down, and there is a sense of tranquility.

Use *purification*: a blend of citronella, lemon grass, lavender, and melaleuca when there is a sense of a negative or heavy frequency in the work place, heavy frequencies may even be caused by the staff holding negative thoughts toward each other.

At home, if an argument has transpired, use the single oil pepper to clear the negative energy from the atmosphere; then, follow that with *purification* or *peace and calming*. Here again, you can either dowse or use your intuition to determine which oils to use.

You can use a variety of essential oils in a ritual to elevate the energetic vibration of your home or office. This can be done when moving into a new home or office; for releasing spirits or entities that are present; or for a general cleansing of the space's energy. *Release*, a blend of ylang ylang, lavender, geranium, and sandalwood, works well for any negative or dense energies that might be present. If there is negative spirit energy present, first use essential oil of pepper, then follow with *purification* to cleanse and create new life energy.

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<sup>9</sup> Please refer to "The Magic of Ritual and Feng Shui," p. 369.

<sup>10</sup> Please refer to order pages for more fragrance information.



Elaine Paris 347  
Energy Fields, Feng Shui, and Fragrances

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The following is a general guideline for performing your own ritual.

Use a prayer or chant to call *the forces* (angels, guardians, spirit helpers, whatever your belief system may be) to assist you.

Clearly state the intention for doing the ritual utilizing your senses (visual, auditory, and kinesthetic predominantly), take several minutes to set this intention.



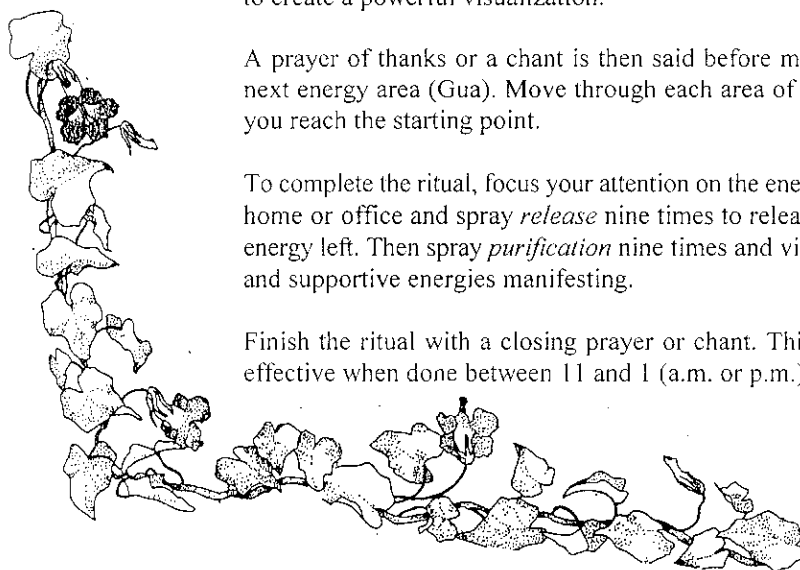
Move through each of the areas of the Bagua, begin at the front door and continue in a clockwise manner.<sup>11</sup>

At each area (Gua) of the Bagua, spray release nine times and focus your intention on releasing any energies that are stagnant or holding back your progress in the specific area of life represented by the Bagua. Then spray *purification* nine times. Focus your intention during this phase on new energies that you want to manifest in this life area. Here again, use the senses (visual, auditory, and kinesthetic) to create a powerful visualization.

A prayer of thanks or a chant is then said before moving on to the next energy area (Gua). Move through each area of the Bagua until you reach the starting point.

To complete the ritual, focus your attention on the energy of the entire home or office and spray *release* nine times to release any negative energy left. Then spray *purification* nine times and visualize positive and supportive energies manifesting.

Finish the ritual with a closing prayer or chant. This ritual is most effective when done between 11 and 1 (a.m. or p.m.)



If you want to sell your home and release any energy you have attached to it, use the following blends of essential oils: *forgiveness*: rose, melissa, helichrysum, and angelica, as well as *release*, and *purification*.

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<sup>11</sup> You may want to follow the traditional order of Tracing the Nine Stars, please refer to "Spirituality and Feng Shui," p. 357

## 348 Contemporary Earth Design: A Feng Shui Anthology

Before beginning the ritual, remove any pictures or other items that personalize your home. By packing these items you set the intention to sell your home and move.

Begin the ritual by saying a prayer or chant asking for assistance.

Start at the front door, and proceed as in the above ritual, moving in a clockwise direction through each area of the Bagua.

Focus on the energy of that Gua and the experiences related to that particular area. Spray *forgiveness* nine times and focus your intention on forgiving yourself and others. Then spray *release* nine times and see those experiences being healed and released. Spray purification nine times to shift the energy of the space and prepare it to be received by a new owner. Say a short prayer in this area of the home and proceed to the next energy area of the Bagua.

When you have completed all areas of the Bagua, focus your attention on the energy of the entire house. Spray *forgiveness* nine times, *release* nine times, and purification nine times. Visualize the entire home as one energy field. See your energy as the owner being totally released from the house, and a new energy coming in.

Say a closing prayer thanking yourself and all others (persons in physical form as well as those in spirit form) for assisting you.



Essential oils provide a tool for you to balance the frequency of your home or office on a daily basis. Their use brings a smile to your face and balance to the space.<sup>12</sup>

Understanding how EMF's are generated and what their effects are is the first step toward solving the problem. If the problems of EMF's and electrostatic fields are left unaddressed, there will always be disharmonious energy in the space. There are many different tools available to use for electromagnetic fields in homes or offices. One of the most pleasant is using essential oils. They are not only an excellent cure for Feng Shui, but they also keep you feeling vibrant and alive.

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<sup>12</sup> True! The use of fragrance is a wonderful "scentual" Feng Shui cure for many different energy problems.

Excerpted from  
*The Feng Shui Anthology*

Jami Lin's  
Feng-Shui-Interior Design

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