



Self, Society, and Good Feng Shui **An Experience of Guided Self Awareness**

Melanie J. Lewandowski

Think of a healthy and well-balanced society, one with abundance and satisfaction for each individual. This society would be safe and secure, with a strong sense of wholeness of self and of family, and with the world at peace. Know that this society begins with each one of us. We have the power within us to create the life we desire while contributing to the greater purpose of mankind. The method is simple, and the result is of great magnitude.

In looking at the self as the source for a healthy society, we begin with Chi, the vital life force. We are all born with a basic quality of Chi, and depending on life factors, the state of our Chi changes. Education, a healthy living environment, purposeful work, and empowering relationships strengthen our Chi. Involvements with negative-thinking people and living in spaces cluttered with the energy of poor self regard and past disappointments are ways our Chi is weakened. Strong Chi creates good fortune; weak Chi magnetizes misfortune.

Chi can be thought of as a vibrational frequency. Like high frequency bands that move information around the world through radio, telephone, and television, we too share subtle energies with those with whom we come in contact. We communicate with words formed of vibrations, through body language, and with the energy of our thought forms. Think of the times we are *on the same wavelength* with a friend, or when we meet someone for the first time and feel a sense of familiarity. These occurrences happen when our Chi is in harmony with another's energy.

Chi also relates to the energy of land and space. When the earth's Chi is clear and strong, good fortune manifests for those who live there. People report that after they consciously design their homes according to Feng Shui principles and raise their home's Chi level, good fortune spreads to neighboring areas.

380 Contemporary Earth Design: A Feng Shui Anthology

One woman reported that while achieving her dream of marriage in a short time through Feng Shui adjustments, she observed several single neighbors in the company of compatible partners soon afterward.

A person living in a row house spoke of the new sense of peace and harmony in her neighborhood after her Feng Shui changes. The corner drug trafficking virtually disappeared, and family arguments heard through neighboring walls were no longer evident.

Chi of the self expands to the home, influencing and mixing with the Chi of the family members. The Chi in the home spreads to the neighborhood, which expands to the Chi of the town, the state, and outward. A change in the self ripples gently outward to influence all of society.



Achieving a State of Self Awareness - a Meditation

As you delve into the area of self-cultivation and Feng Shui, take a moment to bring yourself into a state of awareness of your daily life. You may choose to tape this brief meditation and conduct this exercise while listening to your tape. When making the tape, be sure to leave a long enough pause between each visualization. You may want to have a pen and paper available to jot down your impressions when you have completed the meditation. Your impressions will provide a wealth of information about yourself.

Melanie J. Lewandowski 381
Self, Society, and Good Feng Shui

Sit in a comfortable position with your hands to your side, feet resting on the ground. Visualize a small red ball pulsating in the area 1 ½ inches below your belly button in the point called the dantien. Feel the heat of this ball filling your body, clearing your Chi as if your mind and body are a clean slate. Now visualize yourself in your day-to-day life. *(pause)*

Notice the way you move through your day-to-day activities. Where are you and who are you with? Do you have a weighty feeling about the actions you take and the experiences you encounter, or do you have a sense of ease and grace? *(pause)*

Notice how you interact with others. Are you experiencing fear and anxiety, unable to be fully present with the situation or people at hand, or are you strong and compassionate in your approach? *(pause)*

Think of your family relations. How do you and your family members relate to each other? Is there conflict and lack of harmony, or is there a sense of mutual satisfaction? *(pause)*

Do you have a nagging sense about a change that needs to be made, or do you feel a sense of satisfaction, encouragement, and growth in your life? *(pause)*

Now move on to experience your personal space. Bring the presence of the red ball back to your dantien and feel the heat radiating in your body, clearing your Chi as if your mind and body are again a clean slate. *(pause)*

Stand at the front door of your home; open the door and walk inside. Notice the feeling as you move into your home. What visually catches your eye? Now close the door behind you.

Move slowly through your home, bringing your visual and energetic awareness to each of the following areas: the entrance *(pause)*, living room *(pause)*, den *(pause)*, dining room *(pause)*, master bedroom *(pause)*, and children's rooms *(pause)*.

Return to the front of the house, taking one last moment to embrace the essence of your home. *(pause)*

382 Contemporary Earth Design: A Feng Shui Anthology

Exit, closing the door behind you. Feel yourself centered and complete. Feel the red ball pulsating in the dantien. Feel the red ball dissolving, your feet firmly rooted into the ground. Feel yourself stronger from this awareness and open for your inner self to guide you to the steps that are next for you in your Feng Shui experience. Stay with this awareness for three to five minutes.

Notes from Meditation



Recreating the Self

When your Chi is strong, you are clear, bright, and self assured. You know who you are and are able to be in the essence of your wholeness with yourself and others. You become a mirror for others to positively enhance their experience of themselves as well as a positive example for social change. While there are many ways to guide you on this path, a Feng Shui perspective follows:

You display your internal identity through the clothing you choose, the cars you drive, and the way you design your home. The home is a visual, physical, and energetic manifestation. You are connected with the energies in your home while you are in it as well as when you are out in the world. In the way a mother and child always have a connection and a knowing of each other regardless of physical distance, a similar energetic connection exists between self and space.

While you update your image according to changing fashion, lifestyle, and body shape, you can also benefit from updating your environment to support your evolving inner self. A periodic look through personal belongings and asking if the items represent your current or emerging self is a valuable exercise. Personal growth is most successful when there is room for new experiences and their supporting energies to enter. Memorabilia from former partners, or *heirlooms* kept for obligatory reasons rather than personal desire, may be keeping you anchored in the past with no room for the new.

Feeling supported and centered empowers you in the ever-changing situations of life. A well-positioned bed with a wide-angle view of the door¹ and a solid headboard or wall behind allows you to sleep calmly and in an energy of openness and trust. This state will facilitate the clearing of Chi to be ready for the next day's experiences.

Bedroom colors also powerfully influence your Chi. A rose-colored bedroom brings the essence of romance and matters of the heart while light green or blue provide vibrations of hope and cultivation. Most auspicious for seniors is yellow, as it provides gentle earth energies of nourishment.

As you position objects around you to support and nurture your Chi, you can also align yourself through the direction of the breath.



¹ The bed should not be in direct line of the door, however. *Please refer to "Feng Shui and Children" for information on the command position, p. 349.*

386 Contemporary Earth Design: A Feng Shui Anthology

Take a moment and see if your inner self guides you to any important changes you need to make at this time: rearranging your furniture, opening up your entrance way, choosing a color that would be useful to wear often.

Take that awareness with you as you feel yourself centered and whole, a bright shining essence, radiating warmth and filling your space with your Chi, and feeling the Chi of the earth and your space radiating back to you.

Notes from Meditation



With this shared information and a sincere desire, you can alter the course of your life and contribute to those around you. Lin Yun once shared, “Please take time before time takes you,” words that are of great importance in this ever-changing world you live in. The cultivation of the self is the single most precious gift you give to yourself. A few minutes of reflection invested in daily conscious activity, adjusting the Feng Shui and Chi of your environment and the Chi of the self, can create a society of new, powerful consciousness.

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