

## Glossary

**Acupressure** - the application of pressure to acupuncture points to stimulate/regulate Chi flow through the body's energy *meridians*.

**Bagua** - an octagonal symbol composed of the eight *trigrams*, which represent the eight primal energies of the universe. A note: the spelling of the names of the trigrams differ depending on the system of transliteration used. Please refer to the chart courtesy of Ho Lynn.

<u>Chinese Character</u>	<u>Trigram</u>	<u>Yale System</u>	<u>Wade-Gile System</u>	<u>Pinyin System</u>	<u>English</u>
乾		Chyan	Ch'ien	Qian	Heaven
坎		Kan	K'an	Kan	Water
艮		Gen	Ken	Gen	Mountain
震		Jen	Chen	Zhen	Thunder
巽		Syun	Hsun	Xun	Wind
離		Li	Li	Li	Fire
坤		Kwun	K'un	Kun	Earth
兌		Dwei	Tui	Dui	Lake

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**Buddhism** - an religion of Indian/Asiatic origin based on the personal experience of Gautama Buddha; one of the great religions of the world.

**Chakra** - energy centers or vortexes that are located in the etheric body. They transfer energy between the subtle bodies and the physical body.

**Chi (Qi)** - the primal life-force energy that flows in all things.

**Chi Gong (Qi Gong, Chi Kung)** - an internal martial arts practice that integrates and transforms life force energy from the universe

**Command Position** - the most favorable position in a room for bed or desk placement; it should face and be across from, but not in direct line with, the room's entrance.

**Dharma** - the sacred law, the Buddhist cannon.

**Five Elements** -the five basic divisions of Chi or five forces of the universe; they are given archetypal names from nature: Wood, Water, Metal, Earth, Fire.

**Gua** - one of the eight *trigrams* or areas of the Bagua.

**Heart Calming Mantra** - "gatay gatay para gatay, para sum gatay, bodhi swaha" is used at the beginning of a meditation or Feng Shui cure to bring peace of heart and mind.

**Hexagram** - a symbol composed of two *trigrams* that represents a specific pattern of energy or human condition. It is the basis of the *I Ching* oracle.

**I Ching - The Book of Changes**; an ancient Chinese oracle and book of philosophy; it is based on 64 *hexagrams*, which represent all human and cosmic situations.

**Loupan** - a specialized compass used in Feng Shui that incorporates astrological, geomantic, and directional markings, among others. It is used by Compass School Feng Shui.

**Kabbalah** - an umbrella term for the Jewish mystical tradition; a symbolic system of spiritual and philosophical wisdom.

**Mandala** - a circular, symbolic representation of the universe using geometric shapes and deities; it is used as a meditation tool.

**Mantra** - a sacred sound that is chanted or repeated during meditation or a Feng Shui cure.

**Meridian** - channels through which Chi flows.

**Mudra** - a sacred hand gesture used for energy transformation.

**Red Envelope** - a traditional symbol of exchange used when a transcendental Feng Shui cure is shared; the person who receives such a cure places a monetary token of acknowledgement inside and gives it to the Feng Shui practitioner. The purpose is to set the intent of the work and to protect the exchange from negative karma.

*Jami Lin honored the tradition for every transcendental cure or blessing in this book. She asks that if they are used or shared, that you respect the tradition and send a red envelope to The Yun Lin Temple, the original source of the cures, or to your favorite charity.*

**Sefiroth** (sephirot) - the tree of life, a Kabbalistic symbol which illustrates the interrelated stages of the manifestation of God and/or creation.

**Sha** - negative or harmful Chi.

**Six True Words** - "Oh Man Ni Pad Me Hum" - literally translated: "Hail to the Jewel in the Lotus," used as a seal for Feng Shui cures and as a meditative *mantra*.

**Stupa** - a sacred structure built with the five elemental shapes which contain the five basic energies.

**Tai Chi** - the integration of *yin* and *yang* from which life emerges.