

Sense of Flow

Want more wealth, health and happiness? *Feng shui*, the ancient Chinese philosophical system that works to harmonise people with their surroundings, may be just the thing you need.

By Adelina Pang

Feng shui is a Chinese term in which the character *feng* means 'wind', and *shui* means 'water'. *Feng shui* is about assessing the energy or *qi* pattern in the living environment to see how to best position ourselves to harness this positive *qi* energy. Benefits may include better health, increased prosperity and peace.

Based on the principles of balance between the opposing forces of *yin* and *yang* in Chinese philosophy, *feng shui* extols the understanding of nature and how it affects human habitation and well-being. Such an understanding allows us to be more in tune with our environment and reap the benefits of making improvements. The roots of *feng shui* are traceable to the classic *I-Ching* (the Book of Changes). It is a form of metaphysical science that has neither religious nor superstitious inclinations. First things first.

Feng shui is **NOT**:

- about buying, displaying or wearing 'good luck' items
- the same as interior designing
- related to religion, culture or superstition
- a quick-fix miracle cure

How does *feng shui* work?

Feng shui is a study in precision. The interaction between the environment and the individual is never the same for different places and different people. Therefore, professionals advise that effective *feng shui* must be personalized.

A typical consultation involves an on-site inspection of the landscape or environment, whether a home, an office or another space, an analysis of the occupants' birth data, and observation of the *qi* structure of the premise.

Feng shui begins with the placement and design of buildings and extends to even minute details within the physical setting. The position and angles of doors, the location of the stove, the direction of the beds — all of these

can be adjusted to enhance positive *qi*, which in turn contribute to health, prosperity and happiness.

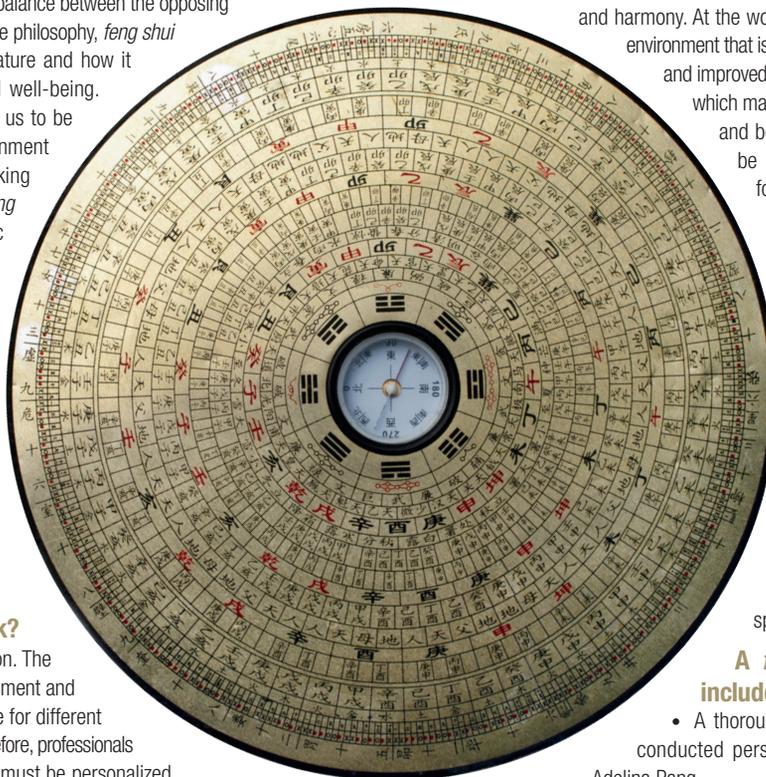
How can I benefit from *feng shui*?

Being wealthy isn't just about money. It's also about happiness, health and well-being. Good *feng shui* can enhance your family's health, peace and harmony. At the workplace, *feng shui* can create an environment that is conducive for better concentration and improved performance. The natural benefits which may follow as a result are promotions and better income. *Feng shui* can also be used as a tool to help us move forward in life, make decisions and take necessary actions so that ultimately, we enjoy a better quality of life.

Says Principal Consultant Adelina Pang, "*Feng shui* actually has a solid scientific base. It is founded on astrological formula and methodologies that search for the foundation of the inter-relationship between man and the universe. You don't have to believe in it for it to work because it is based on science and not on spiritual or mythical traditions."

A *feng shui* consultation includes the following services:

- A thorough, professional *feng shui* audit conducted personally by Principal Consultant, Adelina Pang
- Analysis of birth data (year, month, day and time) and preparation of a Natal Chart
- A recommendation of favourable directions and locations
- A detailed *feng shui* analysis of the premise design, such as allocation of rooms, measurement of major doors and furniture, and choosing of colors based on *feng shui* principles
- Selection of auspicious dates and time for construction and moving in



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