



THE  
ART OF  
FENG  
SHUI

Feng shui, or Chinese geomancy as it is sometimes known, is essentially the Chinese art of interior design. But where an interior designer would be more focused about how ergonomic your chairs and tables are or how much space you can save by using the space under your stairs as a storeroom, feng shui masters are more concerned about how well the qi – the ephemeral life force that flows through all things – flows through your house or office.

The art of feng shui has a very impressive pedigree, with roots stretching back into China for nearly 6000 years. Traditionally used to orient significant buildings such as ancestral tombs, Imperial palaces and other such places, today it is used by people from all over the world; most notably Donald Trump, who hired a feng shui master to redesign Trump Towers after losing a host of Asian clients due to the bad feng shui of the properties he was selling.

The name, "feng shui", literally translates to "wind-water". Schools of feng shui both modern and ancient are all based on one main principle: that qi rides the wind but is retained when it encounters water. Good qi must be carried into the house by means of the wind

and retained by means of water, while bad qi must be carried out of the house by means of the wind.

Adhering to this main principle makes good practical sense anyway. A well-ventilated room or building, one that is regularly exposed to sunlight and a gentle breeze, would make for a much more pleasant place to live or work in, and having a ready source of running water near your house will ensure that you will never want for clean water.

Of course, feng shui goes beyond the study of mere wind and water. According to feng shui master Adelina Pang, good feng shui is affected not just by location, but also by the Pillars of Destiny (Ba Zi) - a set of eight characters determined by the person's birth year, month, day and hour - of each person living or working in said location. Both the literal pillars of the building and the occupants' Pillars of Destiny must be properly aligned in order to maximise the benefits of good qi flow.

So what are some of the things that determines the feng shui of your office? Adelina tells us that the location of main entrance of the office is extremely important as it is from there that all qi enters. Depending on which direction the main entrance is facing - be it north, south, east or west - the energy pattern of your office would be significantly altered.

If you are sitting with your back against a window, try to make sure that there are no sharp angles from buildings or T-junctions pointed directly at your back: they can negatively alter the qi entering your office, affecting your luck and concentration. Also try to avoid sitting directly under a beam as it exerts additional pressure on you, making you more prone to headaches, shoulder aches, fatigue and so on. ■

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– ADELINA PANG

