



# Feng Shui & Well Being

The crux of Feng Shui is the balance of energies for better living.

Feng Shui - 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 and how to position ourselves to harness the positive qi. It is a form of metaphysical science -that is to say, it has neither religious nor superstitious inclinations.

The roots of Feng Shui can be traced to the classic I-Ching (the "Book of Changes"). Historically, Feng Shui was used to site buildings - often spiritually significant structures such as tombs, but also dwellings and other structures - in an auspicious manner. Depending on the particular style of feng shui being used, an auspicious site could be determined by reference to local features such as bodies of water, stars, or a compass.

As the subject is little known by the general public, some has claimed it to be a superstitious practice, while others equate the practice of Feng Shui with the use of good luck charms and objects to bring wealth.

It should be clarified that Feng Shui is not about buying good luck items. Feng Shui is not interior designing where special decorations are required to change one's luck or placement of charms to thwart one's ill fortunes.

Originated from Chinese astronomy, Feng Shui has a history of more than 3,500 years even before the invention of the magnetic compass. Its astronomical history of is evident in the development of instruments and techniques. Ancient Chinese used stars to determine the north-south axis of settlements.

The invention of the magnetic compass marked a significant step in the study of Feng Shui. Traditional Feng Shui instrumentation consists of the luopan or the earlier south-pointing spoon.

The goal of Feng Shui as practised today is to site human dwellings and

workplaces on spots with good qi, which is defined as a movable positive or negative "life force". In Chinese martial arts, it refers to the "energy" that flows through one's body and surroundings.

Based on the principles of balance between yin and yang, Feng Shui extols the understanding of nature and how it affects human habitation and well-being. Such understanding allows man to be better in tune with this environment and reap the benefits of such improvements.

## Systems of Feng Shui

Classical Feng Shui consists of two main systems:

- San He (Three Harmony). This involves observation of environmental forms, particularly mountains and bodies of water. Here, the "mountains" can refer to actual mountains or tall buildings, telecommunication towers and so on. "Water" can refer to the sea, lakes, rivers or roads, pathways and so on.
- San Yuan (Three Cycles), which is based on the observation of qi influence and timeliness of stars.

## San He System

The San He System is the first and oldest school of

Feng Shui. This system focuses on the surrounding physical environment to identify the convergence of qi on the land. This spot of convergence, also called the dragon's lair, is the point where positive qi pools and is an excellent spot to locate your home, workspace and even your place of burial.

Reputedly originating from the southern part of China, the School's philosophies came about when the ancient Chinese noticed that people who lived on the south side of a mountain often surrounded by rolling hills to break up the wind had good, prosperous lives. They also noticed that certain land formations looked like animals.

The perfect Feng Shui location, according to the San He System, is where Green Dragon hills are in the east and form a horse-shoe shape while the slightly lower White Tiger hills in the west. Black Tortoise hills are in the north and low Red Phoenix hills are in the south.

In modern day terms, buildings, trees and other terrestrial features constitute environmental forms. Hence, the Black Tortoise can be represented by a wall or fence at the back of a garden while the Tiger and the Dragon can be seen as houses and fences on each side of a house. The Phoenix can be represented as a small raised bed or a gentle downward slope on the front of the house, or a bush.

The San He System is therefore a study of the way the land is positioned around you and how to locate your most auspicious spot.

### San Yuan System

The San Yuan System is based on the observation of qi influence and the timeliness of the stars. The luopan is used together with sophisticated numerological theories to calculate the effects of time and space on an individual. The system relies on the exercise of intellect, observation and experimentation to help an individual tap into positive qi around him.

There are two popular practices within the San Yuan System:

**Eight Mansions** refers to the eight cardinal directions of a compass. Under this system, these directions are divided into two groups: the East group and the West group. By calculating an individual's personal life gua (determined by his birth year and gender), the Feng Shui master can determine to which group the individual belongs and how compatible he is with his surroundings. The Eight Mansions system also identifies your house gua, showing you the directions and locations within the premise which hold positive qi. This is important to help you plan out the location of key home features such as the main door, kitchen

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and bedroom(s). By combining your life gua and your house gua, you will be able to position yourself in your home with favourable results. The Eight Mansions system can also help you understand your compatibility with another person and how to locate the productive areas in your office.

**Flying Stars** is a sophisticated system that includes the analysis of time in the study of how qi affects a building, whether a home or an office. This system considers the magnetic or physical orientation of the building, together with the year it was built, and applies the figure to a series of complex mathematical diagrams to identify its qi structure. "Stars" refers to the nine numbers of the Lo Shu, the primary diagram used that denotes motion, transformation and the interaction of qi around an individual.

### Benefits of Feng Shui

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, effective Feng Shui must be personalised. A typical consultation involves on-site inspection of the landscape (environment), 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 angle 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 contributes to the inhabitants' health, prosperity and happiness.

Being wealthy isn't just about money. It's also about happiness, health and well-being. Good Feng Shui can enhance our family's health, peace and harmony.

At the work place, Feng Shui can create an environment that is conducive for better concentration and improved performance. Obvious benefits, which follow as a matter of consequence, are promotions and better income.

With good Feng Shui and having a positive attitude, your deeds and actions can help achieve your goals in life.



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