

So What is Feng Shui?

Contributed by Joe Stiles
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by JoeStiles

The ancient Chinese art of energy balancing, feng shui, has amazed the modern Western mind by its plethora of applications for life improvement. Even if it could seem basic, feng shui is pretty difficult to define as it involves complex knowledge of the elements, the surroundings, the energetic structure of the body as well as of the principles governing the functions of the universe. "Feng" means "wind" and "shui" is "water" in Chinese; these two elements, gentle wind and clear water are symbols of completeness in terms of health, wealth and fortune. People speak of "good feng shui" and "bad feng shui" depending on the way the energies are respected and put to work for you. {mosgoogle right}

The cornerstone for feng shui is the formal understanding of nature and the taoist vision, both embracing the belief that everything is full of the life energy or light, called "chi" or "qi" (in Chinese) or "ki" (in Japanese). The basic concepts that could sway a feng shui analysis of a location, person or situation include the five elements and the yin and yang rule. Feng shui is created on the ancient symbols present in I Ching, the ancient Chinese oracle. These symbols are used in the octagonal grid, the Ba-Gua, that helps you comprehend or determine the various relations between the feng shui locations in the home or office and the various areas of your life.

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Feng shui is common to several different schools, and it involves several levels of learning and comprehension, depending on the complexity of the information you have access to and actually get to internalize. The cures recommended by feng shui for life improvement vary from the use of fountains, aquariums and crystals to the energy improvement by means of clocks, colors and mirrors. Light and colors make an important combination by the focus they can bring to a certain location. Most places characterized by "bad feng shui" suffer from lack of light and color.

The interaction of the universal elements is another foundational aspect of feng shui; wood, fire, water, earth and metal can stimulate productive or destructive circles depending on the preponderance they have in one's zone of affect.

Each of the elements has a corresponding color; it is basic feng shui knowledge to know how to complement colors and balance an environment. The arrangement of the elements in a space is not randomly done as it has to be determined by the octagonal grid, the Ba-Gua.

Authors Bio:

Joe Stiles has written numerous of disciplineicles on the discipline of feng shui. He hopes to assist others achieve their goals, joy and peace through the practice of feng shui.