



Using Feng Shui To Energize Your Personal Living Space

By Louisa Ong-Lee

The practice of traditional and ancient Classical Chinese Feng Shui establishes a way of viewing the universe where all the elements of the earth are categorized into the five basic elements of fire, earth, metal, water and wood. Only when these are in balance and in perfect harmony can the auspicious dragon's cosmic breath—called Chi energy—be established in that environment. Chi energy brings good fortune and blessings to those who are surrounded by it. It protects, revitalizes, enriches, opens doors for new opportunities and propels the inhabitants to greatness in achieving their full potential. It attracts an abundance of happiness and prosperity wherever it circulates and settles. Naturally, we would all want to have this type of beneficial Chi energy in our homes and workplaces.

How does one capture this powerful and intrinsic energy? Chi energy is an invisible, quiet and delicate, yet potent, force that gently moves through the human body and environment. It is always present. The term "Feng Shui" is often described as the fine art of harnessing and controlling the "wind and water" in order to capture and create the essence of good and positive Chi energy. Good Chi energy is seen as a flowing, winding and meandering river. This energy will turn positive once the environment promotes a layout for it to flow; this will disperse good Chi energy as it glides about—and ultimately collects—in a specific locale in your home or work environment to produce good fortune and prosperity.

Chi energy detests long straight corridors or pathways with sharp turns. The way Chi energy flows inside the home and workplace determines whether it is good, positive Chi or killing Chi. The type of Chi energy determined by the arrangement and shapes of the rooms, the movement of human and pet traffic within, the placement of furniture in the rooms in relation to the doors, windows, staircases, walls and toilets, and the location of the doors in the environment. Therefore, interiors which are organized and arranged with care using Feng Shui principles will encourage and invite positive Chi energy to be present. Like any force, Chi energy can also be destroyed and transformed. It is destroyed when the flow of energy becomes too fast and too straight. This is then transformed into a sharp arrow moving with such force that it does not produce any of the good qualities that encourage the buildup of positive Chi energy. Instead, it turns malicious and causes quarrels, ill-health, losses and misfortunes. Sharp edges of columns and furniture that point towards the human inhabitants in the environment also produce bad Chi energy that can cause problems. This is also termed as killing Chi.

It is the Feng Shui master's goal to produce beneficial and positive Chi in that environment in order to nourish and protect all the inhabitants of that environment. The presence of a Feng Shui master moving in the environment can produce such a positive effect. If there are areas in the living environment where the Chi energy has stagnated or is flowing too fast, counter measures or cures can be put into place to transform it into positive Chi energy. You can do this in your home by becoming aware of the energies in your living space.

The first step is to develop an awareness and sensitivity to your life and the people who surround you. If you seem to be going through a stage where people and situations have been difficult, and there seems to be an established set pattern and frequent occurrence of bad luck in your life, then it is time to take a look at the Chi energy of your living space. The next step is to develop a keen awareness to the flow of energy and consciously monitor this flow as you walk through your space in your home and workplace. If your flow is meandering and leisurely, the energies will be more auspicious than if the flow is straight and fast. Too many nooks and corners will present themselves as obstacles to your flow and are seen as blockages to Chi energy. Blockages cause Chi energy to stagnate and turn into bad energy. What this implies is that your life will not be smooth like the gentle, flowing and meandering river. These obstacles and blockages frequently prevent you from attaining your goals and optimal potential.

How does one stop the movement of fast moving Chi energy? A very easy Feng Shui cure would be to place a wind chime of small metal tubes in the line of the fast moving Chi energy. The wind chime would slow down the rush of the Chi energy. Another way to do this is to place a beautiful painting on the wall in order to slow down the Chi energy.

If you find that your environment has many nooks and corners where the Chi energy stagnates, it is time to do some redecorating and change the placement of the furniture. Dark nooks and corners can be brightly lit and decorated. This will give it a breath of life and transform the stagnant and dead energy into positive and beneficial Chi. The frequent stopping of Chi energy is commonly caused by too many sharp turns in a home or workplace. When this occurs, the Feng Shui cure is to attract and persuasively draw the Chi energy to continue moving gently on to the next point. How does one do this? Placing a live, or even artificial, plant at sharp turns blunts the edges that cut the Chi energy to a dead stop. This helps the Chi energy to flow around the plant and onto the next sector of the house. Chi energy can also stop when furniture is placed in the way of the flow. One way to cure this problem is to look into the placement of furniture and redesign the flow in the room.

Chi energy is the key to good Feng Shui. It is central to the understanding, the study and practice of this ancient and potent art. One must have sensitive, strong and positive human Chi energy in order to have a deeper understanding and appreciation of the elements in the environment and the natural order, balance and harmony of these elements in the universe.



Louisa Lee originated from Singapore where she has lived most of her life. Lee is a disciple of Master Chong Swan Lek, a 4th generation Classical Feng Shui Master. Master Chong is well-known in Singapore and has appeared in many magazines like Newsweek, Singapore Airlines' In-flight magazine and the book, Singapore, State of the Art.

Lee has practiced this art for many years in Singapore and continues to return to Singapore annually to spend time with her master, constantly re-energizing and updating her Feng Shui skills.