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風水

屋

Decorate  
The  
Feng Shui  
Way

by  
Nellie Madison

欢喜



# DECORATE THE FENG SHUI WAY

## 幸福屋

Happy Home

### Leader and Participant Packet Includes:

- ☯ What is Feng Shui?
- ☯ Wind and Water
- ☯ Practitioners, New and Old
- ☯ Basic Feng Shui Principles
- ☯ Good Feng Shui Living Rooms
- ☯ Good Feng Shui Dining Rooms
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# WHAT IS FENG SHUI?

Feng Shui is an ancient Chinese art of space arrangement that uses the laws of nature to determine “what to put where.” This science or art was developed over 3,000 years ago in China so you can feel more relaxed; be more productive; and, get along with others better.

How do you pronounce feng shui? There are as many ways of pronouncing it as there are Chinese dialects. For this lesson we will use the standard Mandarin pronunciation “foong shway,” The pronunciation “feng shoe-ee” gets instant recognition in the U.S. but it was never used in China.

Feng shui says that the opportunities come when the environment is right. Feng Shui is the art and science of making the energy environment so supportive that one’s attitude, opportunities, and luck change for the better.

Feng Shui is a science in the same way that medicine is a science. Every practitioner will not always get the diagnosis right, and even then may not prescribe the right cures. A feng shui Master will not get his diagnosis right every time and sometimes his “cures” will be misplaced, but this does not invalidate feng shui as a science.

The essence of feng shui is the containment of the right sort of life energy, called Ch’i (pronounced chee) within the home or office in order to improve the luck of the occupants. This can be done by the moving of external elements in the landscape, or the manipulation of alignments, elements, and décor within the building.

A large, bold Chinese character, '氣' (Ch'i), is centered on the page. It is written in a traditional, slightly calligraphic style with thick black strokes.

Ch’i

# WIND AND WATER

Part of the theory behind feng shui says that water carries Ch'i energy with it, and if that energy can be carried by streams or rivers into the home and accumulated there then all is well and good and the prosperity of the occupants of that building will be benefited.

Wind is another fluid part of our environment. It, too, can carry energy. As you know living among gentle summer breezes is more enjoyable than being in an area of constant wind.

We are all made of "feng" and "shui". Wind and water are very important to human health. Our bodies are 60 percent "shui" (water) by weight, and we inhale and exhale many times our own volume of "feng" (wind or air) during the course of a day. If we are deprived of "feng," we die in minutes: if deprived of "shui," we die within days. No other substances, not even food, are so essential.

So, the ancient Chinese were on to something when they deduced that both these substances together carry the life energy, or Ch'i. Not only do these two fluids carry Ch'i, but they also make up the bulk of the ecosystem on the surface of the Earth.

Feng shui is concerned with the quality of the Ch'i energy that wind and water carry and how it can be modified to our advantage. Feng shui enables you to "go with the flow." The Taoist view of the world is that needless upstream struggling is pointless when you can swim down stream with the whole river flow, the flow of the universe, behind you, working for you.



Wind



Water

# PRACTITIONERS - NEW AND OLD

Twenty years ago there were few feng shui practitioners in the West and almost all were Chinese. Now, in Europe, especially in the UK and in Austria, (which has more practitioners per head than any other country in the Western world), Australia, South Africa and the US, there are any number of practitioners.

## 名师

Master

A good Feng Shui Master is a worthwhile investment. After all, what price can you put on your luck, your health, your wealth, and your happiness. Typical celebrities includes Madonna, Donald Trump, Steven Spielberg and many others including the pop star Boy George of the UK. Some of the buildings and corporations that have had feng shui applied to them include Trump Tower, New York City; MGM Grand Hotel, Las Vegas; White Sox Stadium, Chicago; Bank of America and many other buildings here and around the world.

For the ancient Chinese, the purpose of feng shui was to secure prosperity, many children, respect, and longevity for the client. It was never a spiritual practice. It has only been since feng shui's adoption by Western writers that spiritual interpretations have arisen.

As to the price to hire a Master, in Singapore it is \$800 for a three-room apartment and on up to \$900 for five-rooms. If you were to hire a Master you would choose them by their reputation, lineage, client references and their answers to a few simple questions. If you feel knowledgeable enough after this lesson to try decorating your home the feng shui way yourself because there are things that definitely need changing or improving in your life.

If you are new to feng shui it is best that you only make one major change at a time and let a week pass in which to determine the outcome. On the other hand, if everything is going perfectly in your life don't change a thing and count your blessings.

# BASIC FENG SHUI PRINCIPLES

Because feng shui has such deep roots in Chinese culture, a lot of myth and folklore is incorporated into feng shui. Along with these do's and don'ts comes a range of symbols and remedies.

Yin and yang are at the basis of the double structure of feng shui. The yin is the dark, soft, feminine yielding half of the pair. The yang is the bright, hard, firm masculine opposite half. Good feng shui decorating should be three-fifths yang to two-fifths yin.

There are eight different types of homes, and each of these types has different preferred locations for their good and bad rooms. A compass using the four cardinal points (N, S, E, and W) plus the four intercardinal points (NE, SE, NW, and SW) determine this. If using a map remember the Chinese have S at the top of their maps.

It is important that no obvious alignments (such as the corner of the neighbor's house) are aimed at your front door forming poison arrows. If this exists, then deflect it with something to block it off such as a tree, hedge or low wall.

Open central courtyards allow for the main entry of heaven Ch'i by way of the front door or mouth of the home. The path to the door should be curved to slow down the Ch'i.

A front door should not open onto a bathroom, clutter, cramped space, or a mirror, which will deflect good Ch'i, or an obstruction, which keeps the door from entirely opening.

Rooms like the living, dining, study, and bedrooms need to be located in the positive locations. The wet rooms, guest bedrooms and utility rooms should be located in the negative locations.

Doors and windows can cause Ch'i drafts; make sure your bed or chair is not located in one. Try to never sit with your back towards the door or window because of the upsetting of the Ch'i movement.

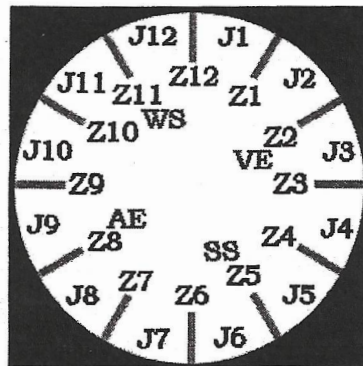


## Basic Feng Shui Principles - Continued

The Chinese use both a solar and a lunar calendar. The start of the Chinese solar or farmer's calendar is the beginning of spring on February 4<sup>th</sup> or 5<sup>th</sup> every year. This is the calendar that is relevant for feng shui. This is the lunar year of the rat and I was born under the sign of the rooster, you can find your Chinese sign under the year of your birth in the lunar calendar.

The Chinese manipulate and stimulate the five Elements in order to bring about balance and energy or to cure a bad feng shui situation. These traditional elements are wood, fire, earth, metal, and water.

The Chinese Almanac or *Tung Shu*, has calendar details, plus calculations of good and bad days for particular animal signs and particular activities, such as signing marriage or business contracts, digging the garden pond or even washing your hair. It is referred to daily by millions of Chinese and is one of the best selling books in the world outselling the Bible in the East.



Solar Calendar

木

Wood

火

Fire

土

Earth

金

Metal

水

Water

# GOOD FENG SHUI LIVING ROOMS

## 客廳

### Living Room

The living room is the focus of family activities, and one of the most used rooms, after the bedrooms, in any house. Often the living room can become the main room for the installation of feng shui related improvements thus becoming a miniature example for the entire house.

- If there are multiple entrances, thought should be given to the flow of Ch'i through the room so that one entrance alone becomes the main one.
- Make sure that the general furniture layout is such that there is no cut off corners where Ch'i can stagnate.
- In traditional Chinese thought, evil influences tended to travel in straight lines and therefore could not manage the maneuver of rounding a screen.
- Look to see if you, and indeed Ch'i, can walk easily through the room without bumping into furniture or catching on sharp edges. If not, then streamline the furniture placement.
- Remember Ch'i should circulate slowly in lazy curves, not move along rapidly in a straight line. It is possible to slow down Ch'i by hanging a wind chime in its path, such as in a long hall.
- Try to arrange the chairs so that no chair has its back to any doorway.
- Chairs should not be placed in any confrontational positions, such as directly facing each other (except around the dining table).
- Friendly groupings are better than a rigid L-shaped configuration of furniture, or a line of chairs backed against the wall.
- Try to avoid placing chairs under any overhead beams. If you can't avoid beams, attach Ch'i conductors like flutes to the beams to allow disturbed Ch'i concentrations to drain harmlessly away.
- Try to orientate any chair that is regularly used by specific members of the family to face in one of their four personal best directions. This is determined by the year you were born and the Chinese magic number for you decides ideal individual directions.
- Minimize any convex sharp edges that might create secret arrows by draping them or allowing indoor plants to cover them.



## Good Feng Shui Living Rooms - Continued

- Windows facing south or southeast should be larger than those facing north.
- A variety of lighting is necessary, as this room will be used for various activities. There should be softer lights, up lighters in the corner, or wall lights. A desk will need task lighting. A centrally positioned chandelier is very good feng shui, because it introduces much yang light, also it is symbolic of Fire.
- Always arrange the seating so that it does not allow the television to be the main focal point of the room (west or north-west area is best as metal) or communication will be negligible. If each child has a TV. in their bedroom, the result is a total breakdown of the social family life.
- Mirrors, representing wood, or windows reflecting the garden draw the outside into the room and support the viewer's love of the countryside.
- Portraits and artwork displayed in family spaces should be cheerful and reflect pleasant and harmonious themes. This is also the best room for family photographs.

## GOOD FENG SHUI DINING ROOMS

In the Chinese world, eating well and prosperity are closely linked in a way that does not occur in the West. The multi-course meals of the Chinese banquet are examples of this belief. The larger the number of courses, the greater the apparent prosperity of the family giving the banquet. So the setting for the dining room is an important feng shui consideration as it is the nourishment for the family.

- This concept is reflected in feng shui practice by symbolically doubling the quantity of food by placing a mirror opposite the dining room table.
- The mirror must not reflect another mirror on the opposite wall as this will confuse reflection and in turn confuse the Ch'i.
- The dining room should be a room close to the center of the home and should not open directly onto the street or onto public areas.
- If a multi-story house, try to not have the dining room table located directly under a bathroom on the floor above. It is not good to have the source of the family's nourishment pressed down upon by foul water.
- A dining room should not be beneath a kitchen for the same reason.

餐廳

Dining Room

## Good Feng Shui Dining Rooms - continued

- Any paintings in the room should be of food or other good fortune subjects. Paintings of peaches or oranges are considered in Chinese culture to be particularly fortunate. The orange, with its golden color, symbolizes wealth, and the peach has an overtone of longevity and family fertility.
- Try to arrange the furnishings on the table so that all members of the family have a clear view of each other. Heavy flower centerpieces need to be avoided.
- Try to minimize the potential sources of yin energy in this room; for example avoid heavy antiques or other darkly colored decorations.
- The energy in this room should be mainly yang (opposite to the bedroom which should be mainly yin.) decorations should be positive yang colors, such as red, pink, yellow, orange, or bright green.
- If possible, no chairs should point their seatbacks in the direction of the doorway, as this would leave the occupant vulnerable and unsupported.
- The seat of the main breadwinner, in particular, should have its back firmly against a supporting wall.
- Do not allow the dining table to be oppressed by an overhead beam or large and heavy chandelier. The light also applies to over your bed as it cuts through your personal field even when not in use.
- The dining room should not open directly onto any one of the wet rooms of the house, for example the toilet, bathroom, or even the kitchen itself. This is because these areas of water drainage can deplete the otherwise beneficial Ch'i of the dining room.

The seating arrangement is very important for Chinese families, with senior members given first choice at the table's "best seat." Seats are often arranged according to the occupants' best directions, as determined by their birthdays.

家庭

Family

# GOOD FENG SHUI KITCHENS

The kitchen is the feng shui part of the home that nourishes and sustains life. Feng shui-wise, it is the most important part of your home. It has been considered the heart of the home for thousands of years.

- For good feng shui do not have your kitchen close to the main door or the back door, where energy can easily escape.
- Keep your kitchen clean and clutter free. This applies both to areas that you can see right away, such as your countertops, as well as areas that are out of sight.
- Place a bowl of fruit or a vase of flowers on your kitchen table or a living plant on your kitchen table or windowsill.
- Feng shui agrees with the proper interior design placement of the kitchen triangle: the oven, sink and refrigerator. This provides for the best balance between two conflicting elements—fire and water, so it is best that the sink and stove aren't opposite or beside each other.
- Any shade of yellow is excellent for the kitchen because it is a good color for digestion. Red, brown, green, and white are also good choices for the kitchen. Avoid water colors such as blue or black as they put down the fire feng shui element.
- For good feng shui keep the kitchen simple and do not overload it with gadgets.
- Use plants to hide a jutting corner or to put more energy in a recessed area, or to slow down Ch'i in a corridor.
- Sound enhancers such as wind chimes, clocks, running water or music is good Ch'i in the kitchen.
- Preparation surfaces should be located so that the chef will not have his or her back to the kitchen door while working.
- The kitchen itself should be in a protected part of the house and not be immediately visible from the front door.
- Don't put up mirrors facing the stove, as the doubling Fire effect may pose a real threat of fire to the household.
- A preparation island in the middle of the kitchen is not good feng shui, as the central Tai Ch'i should remain open and empty.
- The kitchen should not be beneath a bathroom on the floor above, and preferably not under any wet room (bathroom or washroom) of any sort.

廚房

Kitchen

# GOOD FENG SHUI BEDROOMS

Our bedroom is one of the key rooms in our home because we spend about a third of our lives there. It promotes a harmonious flow of good energy.

- The headboard should be positioned up against a wall to provide maximum support. However, it is not beneficial to have it under a sloping ceiling. You should not have an empty space or a window behind the bed, as this removes its support.
- Do not sleep directly under a beam, as it will interrupt your sleep with disturbed descending Ch'i. It will subconsciously pose a threat hanging above your sleeping bed.
- A bedroom should be a place of rest and predominantly yin. Specifically do not have water features as they will tend to disturb sleep and can also provoke bad luck.
- Be sure that you can see the door from the bed so it is not possible for anybody to creep up on you unawares. Such a situation is unconsciously disturbing.
- Do not position the bed with your feet pointing directly at the door, a position commonly referred to as the coffin position.
- Do not position the bed so that it is directly between the door and window, in a straight line, the rush of a Ch'i draft will not be conducive to a good night's rest.
- The door to the bedroom should not line up directly with a staircase as that will mean a strong Ch'i flows into or out of the bedroom. If it is unavoidable, close your bedroom door.
- Likewise, a bedroom door should preferably not directly face another door across a corridor.
- Make sure that you cannot see your reflection in any mirror from the bed, and especially don't have ceiling mirrors above the bed. This can have serious ill effects on your relationship.
- Make sure that no sharp wall or major furniture corners point directly towards the bed. Avoid any open shelves as they act like cutting knives aimed at the sleeper. They should be covered or enclosed with doors.
- Be sure not to sleep with a bathroom door opening directly onto your bed, as the water will drain the beneficial bedroom Ch'i. Keep closed if necessary.
- Try not to have too many yang electrical devices in the bedroom, such as computers and TVs as they destroy good energy, as does exercise equipment.
- In a south-facing house the ideal location of a bedroom is in the southeast portion of the home.
- Plants have a strong and vibrant energy of growth and movement, and have yang energy, which is not good feng shui for the bedroom unless it is large room and plants are placed far from the bed. (The yang energy is the carbon dioxide put out by the plant).

臥室

Bedroom

# GOOD FENG SHUI BATHROOMS

Bathrooms tend to leak energy as well as easily accumulate lower vibrations so the feng shui effort you put into re-creating a beautiful bathroom will send healing, calming feng shui energy throughout your home. Water is a perfect natural relaxer and feng shui purifier, so combining it with the right feng shui elements and materials will create a soothing space for you. Just a little feng shui effort and you have created your own private sanctuary to clear your mind, release stress and get the right perspective on life.

- Keep the space warm.
- Have mirrors that will give you the pleasure of looking at yourself.
- Have several sources of lighting, including candles.
- The right scents are an important choice and you can choose from calming or invigorating.
- Keep the toilet lid down to minimize the common feng shui concern with bathrooms being the space with the biggest leakage of energy.
- Keep the bathroom space clean and clutter free.
- Use romantic or cleansing scents or oils.
- Proper ventilation is a must for a healthy bathroom.
- Make it possible to listen to music while in the bath.
- Use plants and colored towels to balance the water element.
- A bathroom should be well away from the main entry and not near the kitchen for healthy reason. It should be far enough from the living room that guests are not embarrassed to use it.
- The toilet should be situated where it is not seen when entering the bathroom. It can be screened or placed behind the door.
- Blue and green colors relax and calm nerves so are good bathroom colors.
- Concentrate on making the bathroom “disappear” by keeping the toilet lid down, keeping the door closed and generally de-emphasizing this room.

浴室

Bathroom

# FENG SHUI TIPS TO INCREASE FERTILITY OR DESCENDANTS LUCK

Place a pair of elephants with trunks down in the West sector and stroke the trunk 3 times each night.

Place a pomegranate in the West area of your bedroom to boost fertility luck.

Display a laughing Buddha with kids in the West area of your house. This will plump up your descendants luck.

Find a nice crystal lotus and place it in the West area of your living room. Turn on lights in the West sector of your house at least 3 hours daily.

佛

Buddha



Buddha

## MORE FENG SHUI TIPS

- Any sharp angles pointing at you should be corrected or they will affect you negatively. Soften the sharp corners with cloths etc.
- Avoid storage under beds as it prevents the free flow of Ch'i.
- Remove any objects that hold unpleasant memories. Positive inspirational objects of color and beauty will lift your energy and improve your overall well being.
- Clutter is THE major culprit keeping you from reaping the benefits of good feng shui. Attack that clutter today. It can be difficult but be ruthless. If you don't know where to begin, there are friends that can help you or you can hire a specialist.
- Get rid of everything you do not love! By removing the clutter you will feel the difference immediately. Your life will undergo a positive change as it has to because you will have allowed your rooms to breath differently and if your space changes, you will too.
- Bring fresh air, great music, and a sense of beauty and a higher energy and Chi into your spaces. It will help to diminish the low energy that clutter brings.
- You can also bring more flowing energy or chi into your home by placing a feng shui fountain, chimes or living things such as plants into these areas.
- If possible, open the windows for at least a short time everyday. If you can, sleep with the bedroom windows open at night for airflow. Sleep with your bedroom and bathroom doors fully closed to allow the chi energy to flow efficiently.

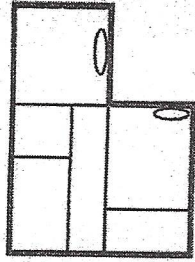
能

Energy

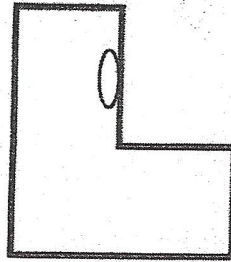
## More Feng Shui Tips - continued

- Never hang a mirror at the foot of your bed. The mirror will reflect back depression, loneliness or other issues in your life. They interfere with the curing power of feng shui. Instead hang it behind or beside the bed so you can use it to see the door for a sense of security.
- Your headboard should not be on the same wall as your main bedroom door. This can create health problems such as headaches, insomnia etc. That mirror on the opposite wall to reflect the door will solve your problem. Never hang a mirror that is visible to a child while in bed because of the disturbance it will cause them if they awake and see a moving reflection.
- A nightstand anchors and frames the bed and opens up the possibility for romance. A single person with two nightstands invites love into her life. A couple with two nightstands demonstrates equality and sharing in their relationship.
- Best bedroom colors are skin colors from very pale white to a rich chocolate brown. There are a variety of do's and don'ts pertaining to colors throughout the house as charts show different earth elements, position of the rooms in the house directionally, etc.

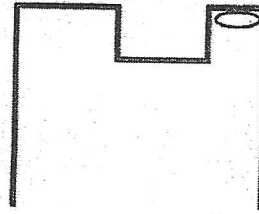




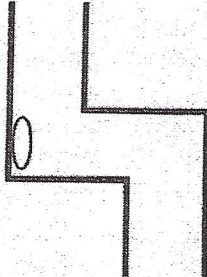
The Wealth area of this house is missing. Place mirrors to symbolically repair the shape and energize the missing space.



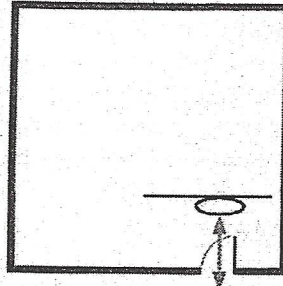
Use a mirror to repair the shape of an L-shaped room by symbolically drawing in the missing area.



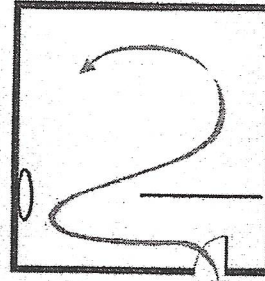
A mirror placed in this gloomy corner, reflecting a view or plant, will enliven a dark space and prevent energy stagnating.



Place a mirror to reflect a bright picture on the opposite wall and thus bring energy to this dark area.

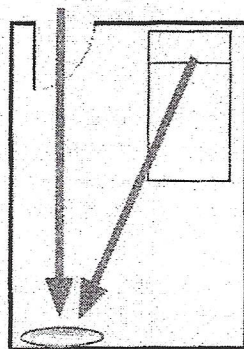


A mirror in this position will not allow the chi into the house or room and will reflect it back through the door.

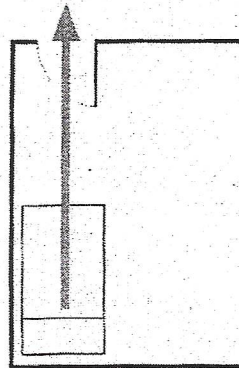


This is a better position as it draws the chi into and through the living area and does not act as a barrier.

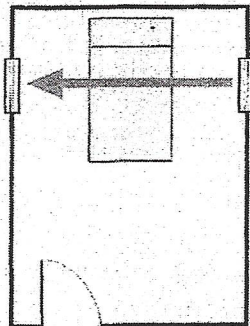
### BED POSITIONS



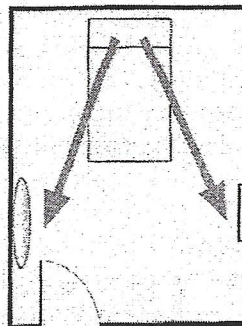
1. If the bed is positioned so that the occupant cannot see who is entering, place a mirror opposite the door.



2. When the foot of the bed is in direct line with the door, this is known in China as the "mortuary position".



3. A line of harmful chi crosses this bed from two facing windows.



4. A mirror opposite a window can draw in wonderful views.

# REFERENCES & TESTIMONIALS

*Guide to Feng Shui*, 2001, by Stephen Skinner  
*Keep It Simple Series*, a Dorling Kindersley Book  
*The Complete Guide To Feng Shui*, 1999, by Gill Hale, Lorenz Books

The Internet has many feng shui sites that have videos of various rooms in the house, question and answer sites, and on and on. It is enough to overwhelm a beginner. A sample selection would be children's room, guest rooms, workrooms, studio apartments, health, horoscopes, families, jealousy, astrology, gardens, and wealth.

Then there are the sites that want to sell you feng shui items to improve your life. There are good Chi pieces, crystals, aquariums, mystic knots, animal luck symbols, chimes, luck protectors, bonsai, mirrors, guardian lions, bamboo, attack symbols, three legged toads, and green dragons and many more. About.com is a very good internet site to visit. Once you are in the site enter Feng Shui in the search criteria box. Don't forget to take advantage of your local library and book stores for information.

## Testimonials from people who practice Feng Shui:

The following is a list of businesses and organizations that use and believe in Feng Shui for bringing in positive energy into their buildings and offices:

Marriott Hotels, Los Angeles	The United Nations, New York City
Health Habitat for Humanity	Coca Cola Bottling
Boys & Girls Club of America	Bank of America
The Chopra Center for Wellbeing, Carlsbad, CA	
The MGM Grand, Bellagio & Caesars Palace Hotels, Las Vegas, NV	

The Trump Towers, New York City: Donald Trump has been using Feng Shui since the 1970's. "You don't have to believe in Feng Shui for it to work. I know it brings me money". "It's just another element in which you can have the advantage over your competitors. Asians are becoming a big part of our market and this is something we cannot ignore." Donald Trump, *New York Times*, September 22, 1994

NBC Studios in Beijing, China: On 8/11/08 as I was writing this lesson, I heard from the other room the words Feng Shui and I went racing to the Television set. Matt Lauer and Meredith Vieira were interviewing Raymond Lo, who is one of China's foremost Feng Shui Masters. NBC had called him for his input concerning the studio's site at the Beijing Olympics. The clues that I heard and recorded were that the Bird's Nest and the Water Cube gave eternal stability. Because there is a mountain behind the set he left a green dragon. He also hung chimes because of the negative energy from the water cube because its corner was pointing at the set and was a sharp enough angle that it presented a poison arrow, so they also hung a bamboo curtain to deflect it. To prevent legal problems they had a goldfish bowl containing nine fish (two later died). All guests were to enter through an area that represented money. I assume this was determined by the direction on the compass. Mr. Lo also said since it was the year of the Rat China was having a lot of natural calamities but the Olympics would not be affected by the bad luck. *Nellie Madison*

"A basic Fung Shui practice tells us to rid our living spaces of clutter and have open spaces to allow the energy to flow. I know this to be true because I practice Feng Shui in my home and since I "de-cluttered" my space the energy is wonderful!" *Karen H., Pendleton, OR*

"As a consultant and practitioner of Feng Shui, I would say that Feng Shui opens your eyes to how your environment can affect your energy." *Dawn B. Pendleton, OR*