

Feng Shui

CONSTRUCTION

NEWSLETTER ONE



(Above) A Chinese compass (luopan), is used to measure energy (chi) in Classical Feng Shui.

Yin & Yang Concepts

by Denise Liotta-Dennis

The concept of the yin/yang is one of the most essential principles of feng shui. The yin/yang symbol or also known as the tai chi symbol is a representation of constant change. All things and events are in continual state of change, including us. The yin/yang is a pictorial expressing the constant interaction of this energy exchange. Even though the tai chi symbol is thousands of years old, it is no less important and extraordinary. The symbol, as well as feng shui itself, has its roots in Taoism (pronounced Dow-ism). The ancient Chinese believed that the Tao is the source of all things and that eventually all things return to the Tao. A good foundation for truly understanding feng shui is in the basic concept of yin/yang. In understanding the concept it is important to know that nothing is either completely yin or completely yang. This is appropriately represented in the symbol itself with the white half holding a black dot and the black half holding the white dot. That's why there is wisdom in the saying, "it's not all black or all white". This would be limited understanding and we have all experienced the many of shades of gray.

In general terms, the symbol is represented by its polar opposite—black/white, positive/negative, male/female and so on. And, as with polar opposites there is an exquisite pull and attraction. Yin and yang compliment each other and bring a state of balance. Let us imagine a room that is totally white—white walls, white furnishings, white carpet. No drapes or blinds with very large windows. This would not be a comfortable room to be in for very long. It is so yang with no "tension" of its opposite.

Introduce just one element, a black table, and the pull or attraction is there. All elements in the room now have a point of reference and are conversely more outstanding and visible. Add some window blinds and a few other elements to the room, and the space suddenly becomes quite balanced and pleasing.

How can we use the yin/yang principle in achieving the appropriate balance of energy or good feng shui? Generally, bedrooms need a more yin atmosphere. It is a time of rest and a time for our bodies to regenerate. These spaces can be a little darker or the ability to make dark with drapes or blinds. The family gathering spaces and kitchens work best if the energy and décor is more yang. The same holds true for office spaces. These rooms should be geared for activity and human interaction.

Retail stores need very yang environments (open space, plenty of lighting, music or videos etc.) to stimulate prospective buyers.

The energy of our spaces can be significantly altered by just employing this one tool. If you find your self unmotivated in work or life, the spaces you occupy or frequent may be too yin. If you're suffering from nervousness, insomnia, or headaches your space may be too yang. Both of the energies of yin and yang are essential to achieve balance in any given room. Look around your rooms and see if you could adjust the energy to meet your needs better. Have a room that feels dead? Remove the drapes and paint the walls & ceiling a pale yellow or soft cream and watch the room come alive with energy and vibrancy! ■

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Corrective Construction

Authentic Feng Shui focuses on three key functions: it is Constructive (wealth and health enhancing); Predictive (divulges the past and confirms the present, indicating probable future events); and Corrective (remedial or curative to existing problems).



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specific Feng Shui formulas are activated. Again, these recommendations are designed specifically for the client(s) and their special needs and considerations. A very popular door-tilt for businesses is to set the front door to open on a "Precious Jewel Line" or wealth-inducing energy. Interestingly, according to Classical Feng Shui techniques, one degree of difference can bring "ruin or riches," depending on the precision, and expertise of the craftsmanship.

Another popular Feng Shui cure is moving the main entrance to suit the occupants. Again, this recommendation considers the needs and goals of the occupants, and sometimes requires movement of interior walls. According to Classical Feng Shui practices, the front door is analogous to "the mouth" of the body, where the house takes in nourishing energy (chi). Our Master Practitioner, designers and construction crew are trained for many types of creative, yet elegant Corrective Construction measures. Remember, "Good Feng Shui is rarely noticed." ■

First, Get the Feng Shui right!

Since the recent introduction of Feng Shui into our culture, many contractors and architects are baffled, and often find the science of "wind and water" to be nothing but a nuisance. This is easily understood when a client readily destroys the painstaking artistic expression of expensive blueprints, and presents complicated changes because some unseen force "...is blocking their career success!" Often these types of change requests are met with exasperation, and worse--resistance. If you have made the commitment to use the life enhancing systems of Feng Shui to place and build your home it is always important to, "First, get the Feng Shui right!" This includes a pre-construction audit by a professional Feng Shui practitioner to find the appropriate acreage or lot; orienting the home to effectively match the occupant's life-group; proper engineering of your home to nearby landforms; entry and exit of driveways; and, the ever-important placement of the front door and stove. This also includes working with a helpful and experienced designer and builder who understands and appreciates the details and special nuances in applying the science of Feng Shui. Of course, you can always remodel an existing home to benefit from the natural, auspicious energies of the Earth. But, it is always better to start fresh, and utilize this ancient Chinese science to promote and gain optimum health, harmony, and happiness. ■

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