



THE
ENERGY WHISPERER

Introduction to FENG SHUI

“ The winds are mild
The sun is bright
The water is clear
The trees are lush ”

- Ancient Chinese poem defining
the meaning of Feng Shui

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Origins

Feng Shui (pronounced Fung Shway) is first noted in written history over 3000 years ago, but believed to have been practiced as far back as 5000 years. “Feng” means the wind, an invisible force and “Shui” means water, a visible force - like the wind before the rain in a storm.

The Tao (pronounced Dow) believed that there is a vital balance between Mind, Body, Soul, and our surroundings. They believe that we are ALL ONE.

Chi, is considered life’s breath, the life force that connects our Spirit, Mind, Body and Soul to that of Heaven and Earth. All is energy and must be in balance to exist at a harmonious state.

The 5 Elements



Fire



Earth



Metal



Wood



Water

Basic Principles

Clutter Get rid of clutter and remove all things that no longer serve you! Ask yourself: Why do I have this? Why do I need it? On a scale of 1-10, how important is it?

Clean All areas need to be clean. Dirty spaces can block energy flow and undo all your hard work.

Manifest Start with your highest intention. Ask yourself: What do I want to accomplish? My intention is

Remove

- Dried plants (flowers, leaves, potpourri)
- Items that don't work (fake clocks, non-running fountains, etc.)
- Empty pots
- Family photos on refrigerator & in bathrooms

The Bagua Map

The blueprint of powerful energy



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Origins

2953-2838 BCE - Fu Hsi, as all the 5 great emperors, searched for great power and adopted the symbol of the Earth to represent his reign. As he watched a turtle emerge from the water, he noticed it had 8 markings on its back. He matched each area to each of the energies of life.

1231-1135 BCE - Emperor King Wen was imprisoned by the Shang, and after 7 years of studying, he added the "self" to the center making the 9th trigram which we use today.

The 9th trigram is our "self" and in the center. All other energy flows toward us from the other 8 areas. These 9 trigrams make up the Bagua (pronounced bag-wah) map.

Wealth
&
Prosperity

Purple

Reputation
&
Fame

Red

Relationship
&
Love

Pink

Family

Green

Well-Being
&
Self

Yellow

Children
&
Creativity

White

Knowledge
&
Spirituality

Blue

Career
&
Work

Black

Travel
&
Helpful People

Gray/Metal

