

Living A Healthy Life: The Feng Shui Way

These days a lot is written and read about Feng Shui in India. You will find Feng Shui enhancers in almost every home and office. Laughing Buddha is the best example of it. Having originated nearly 4000 years ago in China, it is now practised and appreciated across the world. Feng Shui means WIND and WATER. In layman's language it is the art of using a place. We know that there are eight directions— 4 cardinal and 4 non-cardinal directions. All the directions are good when we are standing in an open field but when we create a structure, draw walls, roof, etc., the use and knowledge of Feng Shui is required. Every structure has its destiny. Feng Shui helps us in selecting and making best use of any space.

This is just one aspect of Feng Shui, which we all understand. Otherwise, it is such a vast subject that one cannot study Feng Shui in one's lifetime. There is not a single part or aspect of life which is not touched or influenced by it. The study of Feng Shui is based on the following basic principles:

1. 'Chi', the vital force or energy connects and activates everything and brings forth everything, and everything returns to it. It is the vital force of the Universe. Poor flow and bad quality of Chi brings misfortunes and critical imbalances in our homes as well as in our body. The purpose of Feng Shui is to create environments in which Chi flows smoothly to achieve physical and mental health.
2. The Universe comprises five basic elements namely wood, water, fire, earth and metal. These five elements have three cyclical relationships:
 - A productive cycle



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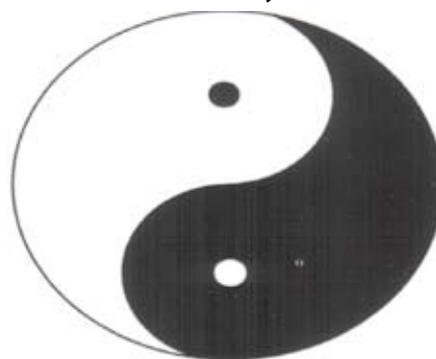
- A destructive cycle
- An exhaustive cycle

The productive cycle says that water helps wood to grow, wood helps fire, fire generates earth, beneath earth metal is found and metal in liquid form is water. Whenever this productive cycle is broken imbalance is created not only in homes but also in our body and also in our thinking process.

3. Everything surrounding us and influencing our lives is made up of opposites.

These opposites are called Yin (the feminine) and Yang (the masculine). The famous ancient Tai Chi symbol of Feng Shui depicts these oppositions and symbolises complete harmony.

Like night is Yin when day is Yang. Moon is Yin while sun is Yang. Whenever either Yin or Yang increases disproportionately, the imbalance is created not only in space but also in our body. Our body too is all about balances. Just as acids are present in our intestines, which help in the process of digestion, however, when the formation of acid exceeds we suffer from acidity.



(Yin and Yang symbol)

4. All the eight directions represent some element. The build-up and use of every space should match the corresponding element. Like south represents fire, use of water here destroys the basic element and thus creates

imbalance. Similarly southeast represents wood and use of red here destroys it.



(Eight directions with respective elements and colours)

For a healthy living we have to consider all the aspects mentioned above. Living is all about balancing. Everything has its relevance when used properly. Excess of everything is bad. The basic principles are very simple and easily understandable. As such, we will now focus only on one part of Feng Shui that is HEALTH.

Golden Feng Shui Health Principles

1. No Water Leakages

Check all the water pipes and fittings for leakages. Leakages of water create all sort of health problems. Our body is mainly made up of water. Leakage of water is similar to the process of sweating. If we take a brisk walk, sweating decreases the level of crucial body fluids. If the level of water/fluid is not replenished in the body, our level of energy decreases, chances of catching diseases such as diarrhoea and urinary tract infections increase. The unattended leakages denote the same. Water leakages cause depression and stress related illness. More so in Feng Shui water represents wealth. Such leakages can cause financial instability which all of us hate.

2. Doors Need Fixing

Doors are known as “mouth of the Chi”. The quality of Chi in a place either creates the health of its occupant or depletes it. Each door brings in life in the form of Chi. The problematic doors that are broken, jammed, create sound, close improperly, do not open fully or open outside, have loose handles

and door knobs, create health hazards. These can cause joint problems related to wrist, elbow, neck, hips, knee and ankles. Arthritis and rheumatism, neck and shoulder pain are the fallout of problematic doors. That is to say, inflexibility creeps in. A special problem comes with loose doorknob i.e. of loose control over things. So a better advice is to get all the doors, drawers, cabinets fixed and get them oiled for smooth working.

3. Clear The Clutter

We certainly live in past. We are so emotionally attached with our things that we can never think of parting with them even though they may not be in use for years now, thinking that these may be used one day but that day never comes. Our houses, offices etc. are full of clutter. Our wardrobes are overfilled and not have any space for new things. Even these are so cluttered that we can never trace anything in time and the articles stored in it depletes with time or loses its significance like expiry date of usage etc. Our offices are filled with unusable records, files, documents but we hesitate to part with them. Clutter blocks the growth avenues of life, it kills creativity, and it slows down our progress, and sabotages our dreams. Clutter clogs life force, the arteries of our house. It results in illness such as high blood pressure, heart diseases, strokes, tumours, and asthma. So make clutter clearing a normal routine and do not wait Deepawali for the same. Get started with a small cupboard. You should have at least one third spare space in every cabinet or almirah to welcome new happenings. The same is true with emotional clutter. Do not live in past memories.

4. Be Natural In Selection Of Material

Our choice of materials for construction, furniture, interior decoration, cleaning and washing etc. plays a big part in our health and well-being. Many harmful chemicals are used in producing the substances we use. These cause life-threatening illnesses over a period of time. Recent scientific studies support this viewpoint. A famous example is the study on soft drinks. So be natural in usage. Say goodbye to artificial stuff. Select organic food, in fabric turn to natural fibre, wooden floors are better than plastic floor tiles.

Jute is better than plastic. Use of natural items must be encouraged to say goodbye to allergies and skin disorders.

5. Reduce Electro Stress

We are becoming increasingly aware of the negative effects of all types of electro- stress whether from radioactive rays, radio and microwave rays, or electromagnetic rays from high tension power lines or electrical systems. All the electricity that runs through our houses denotes our body's electrical system i.e. our nervous system. Any blockages in electricity system, fuses, short circuits have negative effect on our nervous system. Similarly electromagnetic fields created by various appliances like mobile phones, computers, TV, microwave ovens etc. has lasting effect on our immune systems. The problems exaggerate when we live near high-tension power lines. Illnesses of nervous system like depression, emotional breakdowns, hormonal imbalances are very often due to this drawback. Make sure to properly check electrical wiring, broken plugs, switches to be replaced, keep an eye on those bulbs, which blow out very early since this is an early warning. Use mobile phones to the minimum possible extent. Sit far away from computers when not working. Thus reduce the level of EMF in our homes and offices. A wise selection and use of appliances is the key. Such efforts can reduce the risk of dreaded diseases such as cancer.

6. House Maintenance

Homes are regarded as sacred places in Feng Shui. Just as we maintain our body, it is very important to maintain them. Maintenance, repairing, refurbishing and redecorating should be a regular process. It is not that we have to hire expensive craftsmen or do heavy expenditure on it. This can be done with minimum expenditure and with self-help. Every place of the house represents parts of our body. Any neglect of any part of the house causes negative effect on our body. Peeling paint from wall indicates skin diseases.

7. Proper Use Of Colours

Colours are closely connected with the five elements and affect us in our daily lives.

RED (fire element) stands for joy and happiness

GREEN (wood element) is for growth and expansion

BLUE (water element) is for healing, calming and improving vitality

YELLOW (earth element) uplifts mental capabilities and creativity

WHITE (metal element) gives purity and clear vision

Judicious use of colors in tandem with the supportive circle of the five elements as discussed above is the key to a balanced life. The quality of Chi improves with this, thereby improving general health of the occupants of such a house.

We have seen that all the eight principles are directed towards improving the quality of Chi, the Pran Vayu of any home thereby improving our health. Feng Shui treats body and house as temples. As we worship God and have faith in him, we should also have the same feeling for our body and houses.

Important Feng Shui tips

1. For Accounting Firms the favourable direction is NORTH WEST.
2. For Law Firms the favourable direction is NORTH or EAST
3. Computers and electrical appliances should be placed in WEST or NORTHWEST.
4. Solid back support is desired while sitting.
5. Place a metal ROOSTER in the west to save yourself from office politics.
6. Combination of red and golden colour brings fame, wealth and luck.
7. Combination of green and red in the room of sons above the age of 12 years spells success.
8. Cover all bookshelves. Open bookshelves are not recommended.