

The Art of Living



Feng Shui is a Chinese system of philosophy, science and art that has been used for thousands of years. Fundamentally, the interaction between the movement of the orbiting planets of the solar system (heaven), living environment (earth), and the one's characteristics (individual), determine each individual's art of living. Literally, Feng Shui means wind and water. Meanwhile, in the western world it is referred to as the Chinese Geomancy.

It is needless to say that the way we feel and the way we act is affected in a great amount by the environment which surrounds us. Therefore, by learning how to organize what surrounds us in order to create the right balance and harmony with respect to our needs and individuality, we can

improve our lives. This is the main concern of Feng Shui wisdom.

This might seem somehow vague, so to truly understand Feng Shui essence we need to present some facts.

The Feng Shui Bagua Map

The feng shui bagua map is an octagonal shaped which allows you to evaluate any living or working space. According to this map, each part of your house corresponds to a different life aspect.

The aspects of life are nine and each one of them has its own characteristics and elements. By harmonizing each of the bagua areas within your home or working place, you will be harmonizing each area of your life.

The nine life areas are: prosperity, fame and reputation, relationships and love, family, health, creativity and children, skills and knowledge, helpful people and travel, and career.

Feng Shui Five Elements

Feng shui handles five main elements in order to achieve harmony and balance in any space. These five elements are: wood, fire, earth, metal and water. Each one of them has its own characteristics and properties.

According to Chinese traditions, everything is constantly changing and interacting. This occurs through these five main elements. Feng shui traditional knowledge and all its guidelines are based on these five feng shui elements.

Wood, which has the Chinese name of Mu represents innovation, creativity and birth, and it is a sociable element. Wood as an element corresponds the green color and the east direction. By placing this element at a strategic spot in any space, you would be adding all of which it represents.

Another feng shui element is **fire**, called Huo in China. Fire symbolizes activity, enthusiasm and energy to the places where it can be found. It is a warm element that must be treated with measure since too much of it can cause negative effect. Fire is represented by the red color and the south direction.

Earth or Tu in Chinese, is the third element. It symbolizes stability, patience and honesty. It is ideal for everything that is related with real estate and inheritances. Earth is symbolized by color yellow.

Metal or Jin in Chinese is another main feng shui element. It represents success in businesses and harvesting. It can also represent a knife or cutting metal and be destructive through it. White and gold are the colors that symbolize it, and its direction is west.

One last element is **water**, called Shui in Chinese. It has a very important role among feng shui elements. Water mainly represents communications and traveling. But it also represents learning, arts and media. Water is elemental for living, not only for humans but also animals and plants. It can be quiet or violent. This element is represented by the color black and direction north.

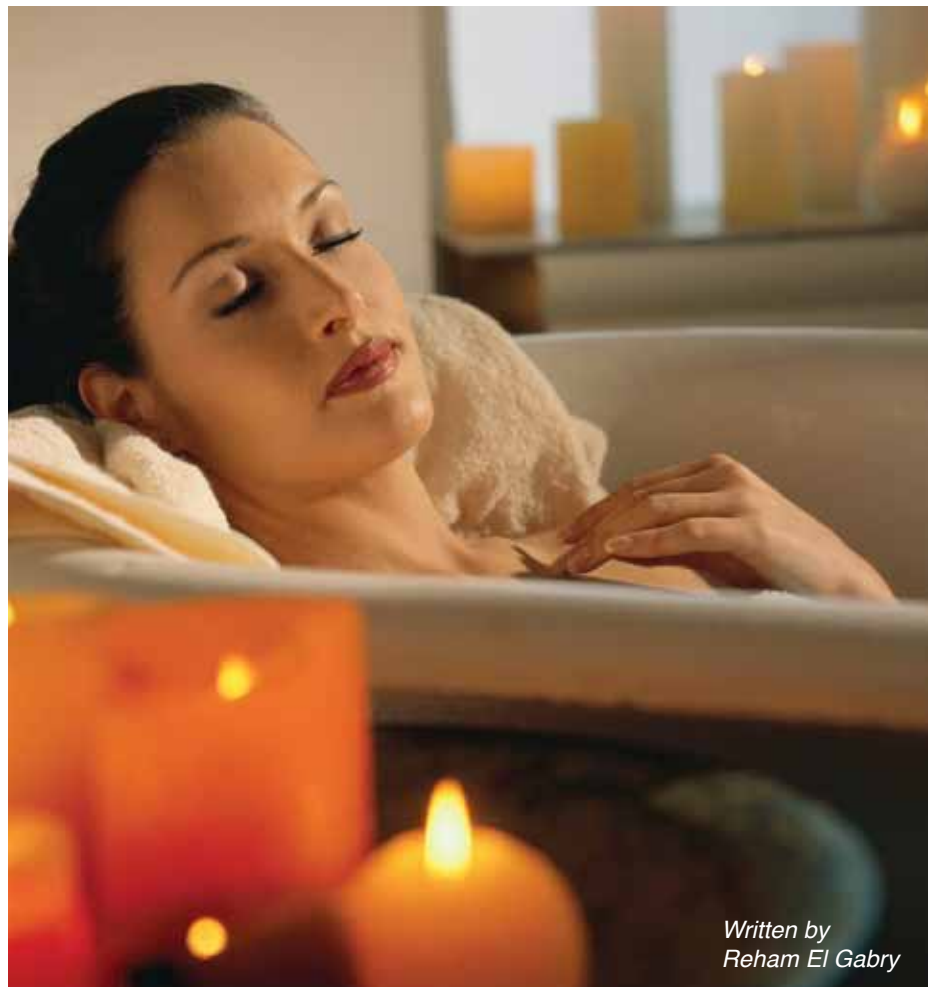
Feng Shui Colors

The last aspect of feng shui is colors. As each one of the nine bagua map

life areas has different elements, and each element is represented with a different set of colors. It is also important that you know how to choose colors according to the area and what is lacking to establish the harmony.

Water is represented by the different shades of blue and black while wood is represented by color green. Colors red, maroon, and pink represent fire, while colors yellow, orange and brown represent earth, and metal is represented by white, gray, gold and silver.

Now, with the basic feng shui knowledge, designing any space is doable. In the up coming issues, we will enrich your knowledge with how to deal with each and every space according to feng shui.



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