



Feng Shui and Touch for Health —A Very Usable Presentation

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Abstract:

This talk includes two energy systems based on the principles of balancing Qi to release blocked energy and re-establish well-being and the possibility of progress. Both systems use the Chinese theory of 5 Elements to stimulate or sedate certain types of energy by enhancing or challenging the energies which feed, drain or control. The aim is balance and harmony for the individual in their body and in their life.

In the Touch for Health model of energy balancing, we aim to restore harmony and increase well-being and personal potential by working on energy flows within the person. The protocols are applied using the Chinese law of 5 Elements and our knowledge of the meridian system. Blocks, restrictions and holding patterns can all undergo positive change, using our hands to balance Qi.

Just as with Touch for Health, Feng Shui relies on the Chinese law of 5 elements to understand the relationships between energies in different physical areas and how to calm or excite these energies in relationship to one another in order to bring about harmony

Feng Shui focuses on energy flows around the person, from the pathways and nature of energy flows between Heaven and Earth, over the face of the planet, within a dwelling or other building to the way energy flows around a room. Energies are harmonised and restored using the Chinese

Law of 5 Elements and our knowledge of the Ba-Gua (Pa Kua). Feng Shui uses simple “cures” to balance Qi.

By blending these two systems, both with their roots firmly in the Great Traditions of Eastern philosophy, we can detect and correct imbalances causing or resulting in the internal and external habitual environmental stress of the individual. These models support and reinforce one another.

The whole is greater than the sum of the parts!

The Ba-Gua /Pa- Kua

<p>4</p> <p>Wood/wealth, abundance Green/Purple South East April/May</p>	<p>9</p> <p>Fire/Fame, success Red South June</p>	<p>2</p> <p>Earth/relationships Pink South West July/August</p>
<p>3</p> <p>Wood/family, ancestors Green East March</p>	<p>5</p> <p>Primal Power</p>	<p>7</p> <p>Metal/children White West September</p>
<p>8</p> <p>Earth/knowledge Yellow North East January/February</p>	<p>1</p> <p>Water/career Black North December</p>	<p>6</p> <p>Metal/helpful people White/Grey North West October/November</p>

The magic square relates directly to the 5 element diagram used in our Touch for Health model of energy balancing. Using the same principles, Feng Shui seeks to balance a space (office, home, and classroom) to accord with the energetic and other needs of the occupants. The energies can be balanced towards certain goals, just as with touch for Health.

Using the 3 secrets (mudra, mantra, visualization) total energy can be augmented or specific areas enhanced. Areas of the space can be harmonized using colour, image and ritual.

Feng Shui also addresses physical features of a building which create disharmony:

- Knocking doors can cause turbulence and lead to verbal conflict;
- Corridors of energy (e.g. narrow hallways, doors and windows directly opposite one another) can cause Qi to flow too quickly, flushing out rather than nourishing the energy of the space, allowing

nurturing circumstances to leave the lives of the occupants;

- Negative space in any part of the Pa –Kua creates a deficit in the corresponding area of a persons life;
- Any internal angle of 90 degrees or more acute (beams, pillars, partial walls) creates cutting Qi (poison arrows) which can directly affect the physical well-being of the occupants, in extreme cases, causing death
- Open tread stairways allow Qi to “leak” downwards
- ~~Clutter will impede flow of Qi~~
- Dirty windows will can diminish Qi entering the space

The negative effects of the above problems can be diffused by employing simple “cures” to encourage more appropriate Qi flows within the building:

- Up lighting will lift energy
- Round-leaved plants soften and encourage upward movement
- Wind-chimes soften, lift and encourage good circulation
- Auspicious symbols increase energy and aid intention
- Lead crystals diffuse, circulate and create brightness
- Red ribbons augment yang
- Mirrors magnify, reflect, double. Placed opposite to one another, they create an infinity trap.

Combining the simple tools of the Ba-Gua and some common cures, with the powerful indication of muscle monitoring, we can quickly establish the effect of problems and possible solutions on many aspects of the individual.

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