



A Feng Shui Consultation

Feng Shui focuses on the art and science of creating harmony, peace, flow and abundance for people and their physical environment. The external and internal of a building is placed under the microscope which is comparable to a CAT scan or MRI to capture the visible and hidden influences affecting the living environment. This is similar to finding the “meridians” that are indicative of health in acupuncture as part of Chinese medicine. There are nine steps taken: - 1. Completing the floor plan. 2. Balancing extremes. 3. Achieving a healthy circulation of the life force. 4. Honoring time and timing. 5. Harmonizing the five elements (colours, shapes and materials). 6. Using the right symbols. 7. Fixing and healing. 8. Assigning the Life Areas with the eight trigrams of the I Ching. 9. Power positions and furniture arrangement. The consultation provides a comprehensive, detailed written report which includes a series of detailed sketches, showing layouts of the floor and all fixed elements, right down to the furniture’s colours and position. This “energy map” is used to determine the correct orientation of physical elements in a given space and time. Since the positions of these energy points change, minor space adjustments need to be carried out yearly to ensure a harmonious balance. Information concerning these changes is forwarded to clients. In conclusion, if one lives, breathes, sleeps, sits, eats and works surrounded by healthy, vibrant energy, then one will be enveloped by an aura of positive vibrations that attract excellent good fortune.

Nicky Fraser

Nicky Fraser is English and has been a Feng Shui consultant for ten years. She trained at the London School of Feng Shui and has undertaken many consultations for businesses in Monaco and Europe. Nicky is also a qualified Nutrition lecturer and a teacher of Aromatherapy, she works for “Fragonard” a French perfume company in Grasse, France, teaching people from all over the world. Nicky has written three books on natural cosmetics and is currently writing a book on the Feng Shui of Monaco.

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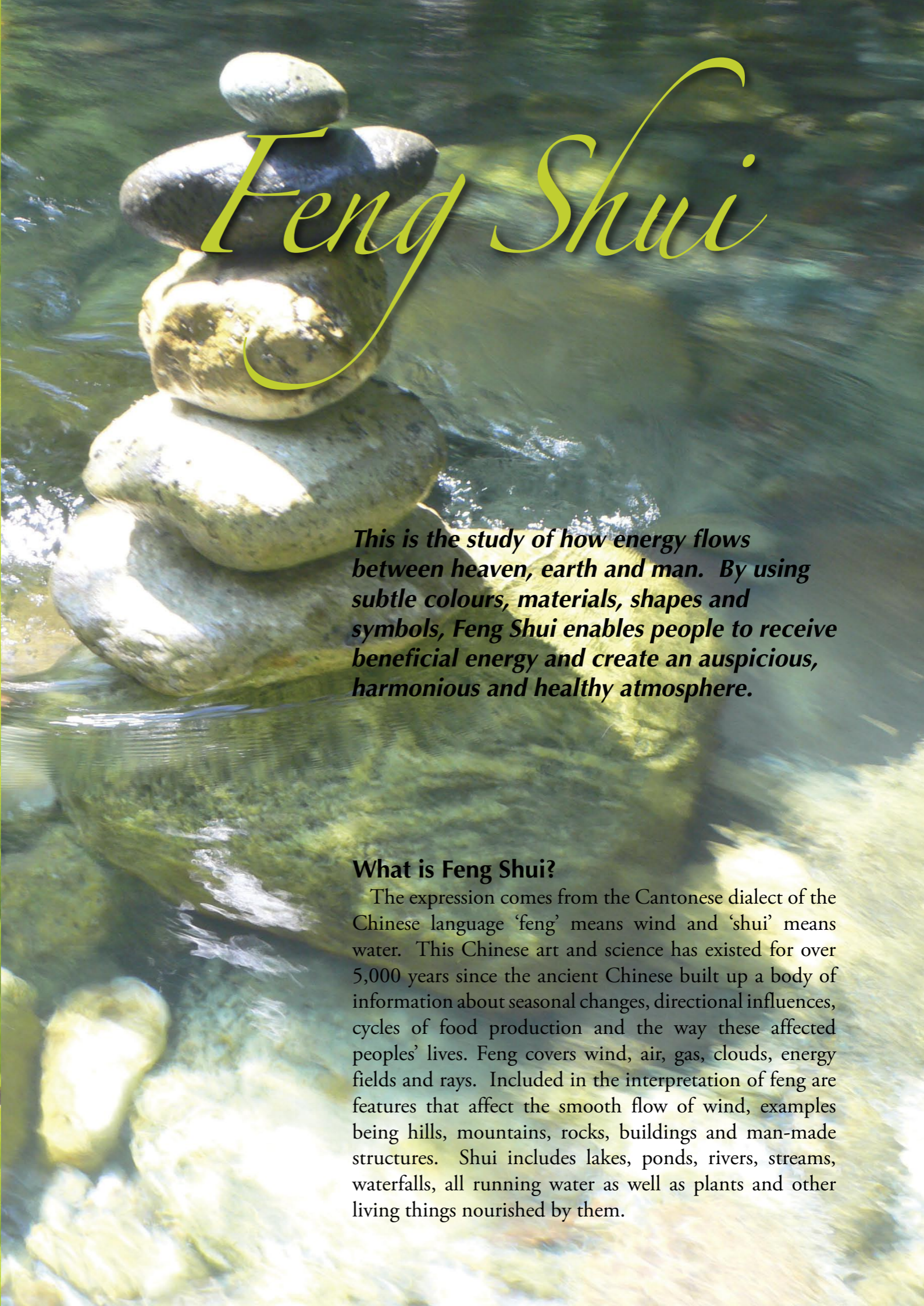
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Feng Shui

This is the study of how energy flows between heaven, earth and man. By using subtle colours, materials, shapes and symbols, Feng Shui enables people to receive beneficial energy and create an auspicious, harmonious and healthy atmosphere.

What is Feng Shui?

The expression comes from the Cantonese dialect of the Chinese language ‘feng’ means wind and ‘shui’ means water. This Chinese art and science has existed for over 5,000 years since the ancient Chinese built up a body of information about seasonal changes, directional influences, cycles of food production and the way these affected peoples’ lives. Feng covers wind, air, gas, clouds, energy fields and rays. Included in the interpretation of feng are features that affect the smooth flow of wind, examples being hills, mountains, rocks, buildings and man-made structures. Shui includes lakes, ponds, rivers, streams, waterfalls, all running water as well as plants and other living things nourished by them.

The Energy Principle

There is a connection between people and their environment formed by a life force that flows through us and through all the objects that surround us.

The Chinese called this elemental force chi. To live your life at its optimum level, you need to be surrounded by healthy, free-flowing chi. Feng Shui explains how chi moves, not only through people, but through buildings, open spaces and nature.

Traditionally, eight remedies are used to facilitate the creation of balance, beauty, cleanliness and harmony; they are light, life, mechanical devices, colour, movement, stillness, sound and shapes.



Yin and Yang

According to traditional Feng Shui, chi is divided into yin and yang, two opposing forces that are integral to each other, live two halves of a whole.

If you look at the yin-yang symbol, you will see that each half contains a circle of its opposite, indicating that they are in a state of natural balance and harmony.

The Five Elements

The ancient Chinese also broke chi down into the five elements. These are earth, fire, water, wood and metal and each has different, distinguishing characteristics that relate to their shape, colour and material.

Energy cannot be created only changed from one form to another. Life flourishes when this happens naturally, when it happens unnaturally through the use of incorrect structures, colours or placement, pressure builds and stress is created.

A balanced environment is a stress free environment.



Feng Shui Schools

Various schools of Feng Shui coexist wherever it is practiced. This is a healthy situation as it keeps the practitioner constantly thinking about and reevaluating the contribution that any one school makes to the overall body of theory.

Form School

This is the oldest, original school of Feng Shui and its concepts rely heavily on looking at landscape, shape, texture and structure. The principles are based upon the act of long, slow, observation and it has given us the concept of placement within a supportive environment.

Compass School

This school uses the Lo Pan compass which works with the age and the exact facing and sitting direction of a building. A calculation is then made using the water and mountain energies of each direction.

The Chinese discovered the magnetic compass long before the rest of the world, but it was not until about 700 AD that it began to be used for Feng Shui readings. Where the Form School reads the visible chi of earth, the Lo Pan is used to read the invisible chi of heaven and therefore incorporates the principle that heaven and earth should be in harmony. From the Lo Pan compass it is possible to identify the unseen yin and yang, the arrangement of the Eight Ba Gua Portents, the directions of abundant and malicious energies, the position of Mountain and Water Stars for Flying Star calculations, the I Ching portents, the best positioning for the Ming Tang, or the bright court, the placement of the 24 Star Portents, the influence of watercourses and the Nine Stars of 9 Star Ki.

The Lo Pan compass is a tool that links heaven earth and man in perfect harmony.

