

Your Home

Feng Shui assists in finding balance in you environment

Feng Shui (pronounced fung schway) is an ancient Chinese term dating back over 3,000 years. It translates to mean wind (feng - pronounced fung) and water (shui - pronounced schway). The wind characterizes invisible energy while the water represents visible energy.

As a philosophy, Feng Shui concerns itself with a balance of energy, Ch'i (pronounced chee). Ch'i is found in all living and inanimate objects. Ch'i is comprised of opposing forces known as Yin and Yang. Yin represents night, dark, hidden, soft, cool and feminine characteristics. Yang represents day, light, evident, hard, hot and masculine characteristics. In Feng Shui, the Yin and

the Yang are in constant interplay. You do not have one without the other. Each balances the characteristics of the other. Representing the Yin and the Yang are the five elements that are the basic building blocks of everything on Earth: fire, earth, metal, water and wood. These elements when present and balanced establish an inviting, comfortable and supportive environment.

Underpinning the philosophy of Feng Shui are three basic tenets: (1) energy is embodied in everything, living and non-living; (2) all living matter and inanimate objects are connected and (3) change is constant.

The ideal environment is one that



YOUR SPACE WITH MICHAEL BITTNER

balances the tension between Yin and Yang through the complementary use of the five elements. The result is a harmonious space that encompasses the movement of energy nurturing and supporting the soul.

As a philosophy and practice, Feng Shui offers a means with which to find balance in one's environment that in turn cultivates one's

inner self. Feng Shui is not static, but evolves as you do.

Why Feng Shui?

Often times an individual or couple find there are aspects in their lives that they want to maintain or that could be improved. You may like the excitement and anticipation of living together, be frustrated in your career, have challenges in a relationship, desire children, be con-

cerned about finances or uncomfortable in your home, a particular room or office. Feng Shui relies upon centuries old practices to assess potential obstacles and to recommend changes or cures that maximize a positive flow of energy. Recognizing that all environments consist of objects, animate and inanimate, and each and all of these objects emit energy, it is the nature of the flow of energy that impacts the individual.

For instance, as you enter into your new relationship, want to rekindle an existing relationship or feel your finances are not what they could be, it is time to examine your surroundings to ensure the flow of

energy is balanced to support the excitement, passion and outlook you desire. Feng Shui offers an opportunity to examine how your external environment may contribute to this desire or how you may modify the external environment in order to influence change for the better.

So take a moment, identify what it is in your life that you find most important to focus on right now. Write that down. Then examine your home, office or a particular room, by closing your eyes or just breathing calmly and take a reading of how you feel in that space. Make some notes on paper about what you like or dislike or the general feeling that is evoked in that space. Keep this for later.