

WHITE KNIGHT

FENG SHUI

BY

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*"Anyone who has never made a mistake
has never tried anything new."* Albert Einstein

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WHAT IS FENG SHUI?

Feng Shui is an 'experience', which gives us an awareness of how our homes can generate an incredible positive feeling within us, sometimes just by making a few small adjustments to our environment.

In this book, I will show you how to generate that positive feeling in a way that is easy to read, and understand, including the science behind it. I will also explain what else is achievable.

The art and science of Feng Shui is about creating a supportive and relaxing environment, to reduce stress, increase energy, enjoy more restful sleep, improve your relationships, have better health, increase your finances and so much more besides.

The key is that it is all under your control, and you can create and design your own life.

In the West, particularly since Newton, we are taught that the universe is separate and self contained, and that everything, including oneself, is separate and isolated.

However, modern science is now telling us that everything, including ourselves, our home and everything in it, is a pulsating energy, exchanging information as part of a universal energy field which is affecting everything all at the same time. In other words, everything is connected and interrelated, which is what Eastern philosophies have been teaching for thousands of years.

For at least five thousand years, Feng Shui has followed this principle. Your home is not just a place where you arrange your life around material objects. It is, in fact, comprised of constantly changing energy.

And, so are you ...

Your body is at least seventy per cent water. Although it is possible to survive a few weeks without food, your body can't survive more than a few days without water and we need oxygen (air, wind) on a moment

by moment basis. Therefore, two main ingredients for our survival are oxygen (wind) and water. When translated, Feng Shui means 'Wind and Water'.

In 1905, Einstein produced his theory of relativity:

$$E = mc^2$$

(Energy = mass x light ²)

This means that energy and mass are the same and mass is nothing more than a form of energy.

Thousands of years ago, the Chinese knew that all matter had a vibration.

They both mean the same thing:

EVERYTHING IS ENERGY

Including our bodies.

The Chinese call this energy 'chi'.

The Chinese philosophy teaches that our outer world reflects our inner world. Our environment, and what we put in it, mirrors our life. These days, there is a scientific explanation for this.

Have you ever walked into a house, perhaps when house hunting, and felt uncomfortable? You didn't really know why, you couldn't necessarily put your finger on it, but you knew this house didn't feel right. Why do some homes feel better than others, and why do some rooms feel comfortable and others don't?

A few years ago, I was teaching Feng Shui and instructed my students to walk around the building, going into other rooms which were empty at the time, and 'feeling' the chi. Although I said nothing, I already knew one room was particularly bad, and that the chi was stagnant. Only one student went three steps inside and came out again. None of the others would even enter the room.

These days, how and why this happens is explained with a new biology, called Epigenetics, and Quantum Physics. I will explain more about this a bit further on.

Your home, your environment, needs to produce harmony, comfort and balance. A good balanced flow of chi in your environment is every bit as important for nourishing your life as is fresh air, clean water and good nutritious food. When a pond is full of algae and the water looks dark and murky, it looks as though there is no life, no energy. When the chi in your environment is sluggish or blocked, it is like a pond full of algae. Your relationships, career, cash flow, etc, may suffer. You may feel lethargic and depressed, have problems with focus, and difficulty moving forwards in your life. Also, if the chi flows too fast, you may feel your life is unstable, out of control; you could feel anxious and that you are struggling to keep your head above water.

When you view your life with Feng Shui eyes, you think of balance in all things, and creating a supportive environment becomes integral. You can reduce stress, aid better sleep, improve self awareness and confidence, thereby increasing energy, have better social and professional relationships, enjoy better health and wealth, and generally improve every area of your life.



THE HISTORY OF FENG SHUI

The exact origins of Feng Shui are thought to have originated in China, over four thousand years ago, with the first basic principles being written down during the Han Dynasty (25 AD). It was originally used to determine the best burial sites for ancestors because it was believed that being buried in harmony with nature would have a beneficial impact on the descendants.

Historically, Feng Shui has been practiced in all Eastern cultures and, over time, it has evolved to include observation of the way nature (energy or 'chi') affects our daily lives in our living environments, our homes and other buildings. The chi of a site is good or bad depending on how it is situated in relation to the surrounding natural and man made features. A site with bad chi is damaging to those who live on it, and good chi is healthy.

Feng Shui then became incorporated into traditional Chinese architecture to ensure that both the natural and the built environment enhanced positive chi and buildings were constructed to enhance harmonious relationships between members of the family.

Feng Shui looks at every area of your life, including health, wealth, family, children, relationships, career, business, fame, knowledge, and so on, and if there are any problem areas, remedies are provided. I have devoted a large section of this book to provide you with a good number of tried and tested remedies, so that you to get started straight away.

Having said that, bearing in mind we are referring to Feng Shui as working with the 'energy' or the 'chi', exactly what is that?