

By Cheryl Chanault, RID ASID



IN THE FLOW

Feng Shui essentials



CHERYL CHENAULT

WITH CHINESE NEW YEAR AROUND THE CORNER, there's no better time to take a step in a new direction. Before you cross the 2011 threshold, however, take a moment to review the practices of Feng Shui to enhance the natural energy forms surrounding you in your home.

Traditional Feng Shui dates to the 6th century Tang Dynasty in China, and is a form of energetic planning and design that prescribes specific practices for the creation of a beneficial environment to support the people who live or work in it. Not all spaces are created equal since some offer more and better potential to some and less to others, but Feng Shui methods and formulas provide ways to create an interior conducive to everyone's health and well-being.



THE MASTER

Top, Nina Wilson's extensive experience as a Feng Shui consultant brings her into homes, businesses, and corporations. As a member of an elite team of international consultants, she brings her insights to community and city planning projects, business centers, shopping complexes, and resorts. Below, Fung Shui compass.

FENG SHUI AND QI

(PRONOUNCED "CHI")

"A house or building is like our body and the door is the mouth. The quality of energy coming to the door and how it moves through the interior spaces — whether it's junk food or nutritious food — influences our ability to be healthy and productive," says Nina Wilson of Feng Shui Interiors. "And Qi is like that, it moves as the vibrant life force animating all things, what we would call energy."

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A classically trained Feng Shui consultant, Wilson assesses the course and direction of energy flow, of Qi in and around her clients' homes and businesses. Through Feng Shui, she observes what Qi meets when it comes through the door, how its nature and qualities are affected, and how it ultimately reaches in to influence the lives of those living or working where they do.

A TRADITIONAL FENG SHUI READING

Traditional Feng Shui readings consider the influences and energies of the exterior environment, the sitting and facing directions of the property, and the birth dates and times of the occupants. Birth information reveals the nature of personal energy and how that interacts with space.

"Feng Shui is not static," Wilson remarks, "but rather is a practice considerate of both space and the changing cycles of time."

Different homes and different locations require different protocols specific to that particular house and location, and it's important to do the right things at the right time.

THE LUO PAN

Feng Shui practitioners use the luo pan, a Chinese compass to measure the directional energies influencing a site. Like a conventional compass, it is a direction finder, but it contains markings for 24 directions. The most

striking difference are the Feng Shui formulas embedded in concentric rings on the surface. Once the specific orientation and the surrounding forms are noted, the practitioner applies prescriptive techniques in the formulas to the best advantage and benefit of the occupants.

ENERGIES PRESENT IN 2011

"One influence we'll see in 2011 is a feeling of rebellion, of instability or of a desire for change, a breaking apart of the old to make room for the new," predicts Wilson. "This can be used in a beneficial way to forge creative solutions to new challenges."

With energy cycles changing annually, Feng Shui offers remedies and solutions unique and adaptable for each location to ensure auspicious energy potentials are supported.

Nina Wilson is a contributing writer of course material on various aspects of Chinese metaphysics. She performs private Feng Shui consultations with the goal of supporting the health, productivity, prosperity, and well-being of her clients. She can be reached at 775 851-8169.

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