

# Feng Shui

As you must have noticed, up to now all my speeches were about widely useful topics in everyday life. They can all assure you success, if only you do what is said. My first speech was about astrology, my second neuro-linguistic programming, and my third speech is about Feng Shui.

## ***About Feng Shui***

Feng Shui is an ancient Chinese art, science and philosophy of arranging elements in your environment for the purpose of improving health, wealth, and happiness.

Feng Shui is often identified as a form of **geomancy**, divination by geographic features, but it is mainly concerned with understanding the relationships between nature and ourselves so that we might live in harmony within our environment. Chinese have long observed that some surroundings are better than others, and for centuries they have used geomancy to increase the quality of life. Today, Feng Shui has evolved into a refined art used to enhance luck and well-being through the modifications of layout and orientation of work-places and homes and it is now gaining popularity in the West. The aim of Feng Shui is a complete harmony and a deep sensitivity with the natural order.

Many aspects of Feng Shui are based on **intuition (sixth sense)** and **commonsense**. For example, as the probability of a fire starting in the kitchen is much higher than in other rooms; it was told that one should not sleep in a bedroom which is above the kitchen. Good Feng Shui concepts are designed to alter the environment to our advantage.

It is a four thousand year old system of analyzing and changing the flow of energy in any place to produce the desired effect. The premise behind Feng Shui is that every physical object in our surroundings has an influence on our lives. By altering how energy or "chi" flows around and through these surroundings, we can promote happiness, prosperity, and good health, and feel more energized, positive, and passionate about life.

## ***Yin and Yang***

The twin concepts of Yin and Yang are peculiar to ancient Chinese cosmology. Although they are the two opposing forces active in the universe, there is no Yin without Yang. Without night, there could be no day. Without light, there could be no dark. They are two sides of the same coin.

We should have equilibrium of both in our lives and the places we live in. Also in our bedroom, which is usually considered as the yin part of the house, yang should be present. Nevertheless, bedroom is not only a place for sleeping, but also for love and passion. The key is to find the balance between Yin and Yang. Too dark and it is depressing. Too light and it is disturbing and distracting.

### ***The beginning of Yin and Yang:***

*At first, there was Nothing, this was named the first energy or wu-chi. From the first energy grew a new, complementary force. Then Yin and Yang were born; the two life forces that always affect each other. At the end, each Yang also contains some Yin and vice versa.*

Yin is said to exist in Yang and Yang exists in Yin. This changing combination of negative and positive, dark and light, cold and hot which keeps the world spinning creates the life giving force of the universe.

## ***The dragon's breath / wind Feng Shui or commonly called Qi energy force***

The Chinese believe that there are energy forces that flow between Yang (positive) and Yin (negative) (like electricity). It is very important that Yin and Yang are balanced in order to achieve good cosmic breath, wind Feng Shui, dragon's breath or as it is commonly called – Qi energy force. Qi is simply "life energy."

The words Feng Shui in Chinese literally mean Wind and Water. Wind disperses Qi and water holds Qi. If you think about the Earth, it is covered by air or water. These are the mediums through which the energy travels.

In buildings or homes, there is Qi. This Qi can be supportive or inauspicious. By using Feng Shui, we can enhance the good and reduce the unfavourable.

Bad Qi flows in a straight line. If, for instance, there is a window opposite the door, the Qi is too fast and therefore negatively affects the occupants. The Qi has to circulate within the building to avoid "stale air", because also the stagnation of Qi, caused by muddle is dangerous for soul and body.

Now you understand, why it is so unpleasant to be at school – the Qi around here is absolutely terrible! It passes the class in a straight line and is much too fast between the door and that window, and it doesn't touch other parts of the class at all! We could only solve the problem by hanging something in the middle of the classroom or off course – stop coming here and save our souls!

Before I finish I would like to tell you ***why I have decided this to be the topic of my speech.***

It all started at about this time last year. My mother bought some books about Feng Shui, mostly because she had hoped that they would make me clean my room more regularly. How wrong she was!

However, during the holiday for the first of May, I eventually started reading one of them and it was actually quite interesting. I have decided to redecorate my room weeks before that, and when I finally started my cleaning, I had much fun when looking for best places for all my little souvenirs, plants and pictures so that the Qi would flow and circulate better. In Feng Shui, there is a square called bagua, which divides your room into nine fields – friends, children, partnership, glory, money, family, knowledge, career and the centre. I have found the ultimate answer to the ultimate question – Why is everyone in love, but me?! No wonder; in my partnership corner stands a big messy wardrobe! It took me a few hours to clean it up from floor to top and then I even put a poster of two dolphins on the door (I didn't know where to put it anyway) – and it worked! In a few weeks time, I fell in love and then lived happily ever after!

So, my dear friends, if you are unhappy or disappointed, sad or poor, unsuccessful or looking for the love of your life – try cleaning your room!

### **The words**

**divination** - the act of finding out and saying what will happen in the future = foretelling

**enhance** - to increase or further improve the good quality, value or status of sb/sth

**equilibrium** - a state of balance, especially between opposing forces or influences

**disperse** - to spread or to make sth spread over a wide area