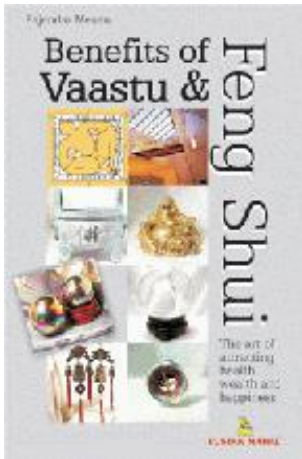




Benefits Of Vaastu & Feng Shui



Author: Rajendar Menen
Format: Paperback
ISBN: 812230835X
Code: 3112A
Pages: 142
Price: Rs. 96.00 US\$ 4.00

Publisher: Pustak Mahal
Usually ships within 15 days

Vaastu (an ancient Indian science) and Feng Shui (an ancient Chinese science) are both concerned with aspects of harmonious living in the home.

This book helps you understand Vaastu and Feng Shui better, as it delves into the origins of each science.

Proper knowledge about these subjects will enable you to make effective changes in your daily life and help you fulfil your potential in every way and ensure health, wealth, peace and prosperity.

Through proper designing of homes and offices, Vaastu and Feng Shui, you would-

- *Attract good fortune.
- *Enhance positive energy.
- *Promote careers and business.
- *Increase employee productivity.
- *Ensure physical, mental and emotional well-being.
- *Harness the power of prana or chi (cosmic energy).
- *Utilise natural elements to promote peace, prosperity and harmony.

By restoring the energy balance between the home and the cosmos, Vaastu and Feng Shui will ensure a healthier, happier and more prosperous life for readers who follow these simple principles.

About the author:

Rajendar Menen is an award-winning journalist who has written over 2,000 articles in more than 30 journals in five countries.

He has launched and edited magazines, co-authored three books on AIDS and prostitution in South Asia and freelanced for the BBC, UNFPA, Irish Education Society, France 2 and a number of other international media organisations.



The author has also written books on Magneto-Therapy and Music Therapy, published by Pustak Mahal.

Contents:

Section I : Vaastu Shastra

Vaastu and the Home
Guidelines for City Living
Workplace Rules
The Vaastu of Cities

Section II : Feng Shui

Origins of Feng Shui
Understanding the Basics
Mystical Belief or Natural Science?
The Question of Consultation
Landscaping and the Elements
The Significance of Yin and Yang
Early History of Qimancy

Section III : The Various Elements in Feng Shui

More Hints for Protection
Feng Shui in the Workplace
Understanding the Trigrams
Activating the Energies in Your Home

Section IV : Energising the Home

Using Feng Shui in the Home
The Kua Number
Feng Shui in the Garden
Glossary

Preface:

Vaastu and Feng Shui are household names today.

Suddenly, almost out of nowhere, like an ancient prophecy come alive, they have emerged out of the closet and taken the world by storm. Both have ancient origins. Both have been conceived in the womb of two of the most ancient civilisations in the world; Vaastu is Indian and Feng Shui is Chinese in origin. And both have many similarities and one end: to make life happier, healthier and more prosperous for those who follow the principles.

There are hundreds of thousands of books, websites, shops and outlets all over the world selling Feng Shui and Vaastu information and merchandise. Practitioners have become well-known newspaper columnists and merchandise has travelled to homes across the globe.

The twenty-first century has seen many new developments. The world has now woken up to the immense possibilities of maximising the human potential. Man has realised that with the right diet, the right exercise, the right medication and the right environment, he can give his life a longer and more fruitful lease. Vaastu and Feng Shui fall squarely into this paradigm of evolution, growth and betterment.

Writing a book on Vaastu and Feng Shui is not easy. There are several complexities that need to be unravelled and a lot depends on the interpretation of the practitioner. However, a strong thread of common sense runs through both, and that helps. While there are millions of words on the subject, Wendy Hobson and Juliet Pegrum were illuminating in their interpretation of the subject.

We hope this book helps you understand the science better as we have dealt a lot on the origins. We also hope that it stirs your curiosity to know more about the subject and make effective changes in your everyday life. The idea simply is to help you fulfil your potential in every way and lead a happier, healthier and more prosperous life.

Excerpts:

Landscaping and the Elements

Feng Shui is the study of the 'built' environment. While it does look at the larger environment surrounding the structure, there are no hard and fast rules about the landscaping. Feng Shui is primarily focused on the chi within a structure, as that is what has the most direct effect on the people. When it comes to the outside environment, the main point of concern is that the



landscaping should be beautiful and in balance with the rest of the environment. Living in a beautiful environment is much more supportive than living in an environment that is an eyesore. You can tell the chi of a neighbourhood or area by how green and glossy the trees and plants are.

Some general rules: Pathways should flow like a meandering stream and not a straight road. Trees are most welcome but they should not be placed in a direct line with any entrances, especially the main entrance. Try to keep a balance of Yin and Yang (dark and light) when thinking of the trees. Avoid trees that will completely block the light. Too much of anything is not good. Again, balance is the key. Shrubbery is okay as long as it is kept neat and prevented from overgrowing.

Trees and shrubbery can be used to block harsh chi such as strong winds. Grass does not pose any problems. Strive for beauty. Flowers and other colourful plants can be used as long as they fit within the environment and follow the rules of the five elements. Wood produces fire, fire produces earth, earth produces metal, metal produces water, and water produces wood. Wood is green, fire is red, earth is tans or yellow, metal is white or gold, and water is blue or black. Avoid using them in a destructive combination such that "wood uproots earth, earth blocks water, water douses fire, fire melts metal, and metal chops wood".

Consider the direction the building 'sits'. For example, if the building faces the north and sits to the south, then this is a Li building (Li is the fire trigram). This house would be supported by a lot of red flowers, but would not benefit from blue or black colours. A house that sits to the west and faces east is a Tui structure (Tui is a soft metal trigram) and would benefit from white and gold flowers. Reds and purples should be avoided. This can also apply to the colour of the house trim as well. These are all general rules and while their effect can be minimal on the house itself, following the rules of balance can support the house and its occupants.

The two items that need to be looked at carefully are rocks and water. Since they are both part of the five elements and are used to remedy certain situations in the greater environment, they need to be placed very carefully. Water in the west is not good, while in the south-west and east it can assist prosperity. These directions should not be in front of or behind the house or building. If they are, it takes a qualified practitioner to determine if the water will have a positive or negative effect. If you are striving for the effect of the water element, then it is better not to use an earthen container such as a fountain made of rocks, since earth blocks water in the cycle of the elements. Metallic containers work well as metal strengthens water.

Often, metal troughs have effectively been used with beautiful plants and flowers planted around it to blend in with the environment. Ponds and pools can be used under the guidance of a trained Feng Shui practitioner. The same can be said of rocks, especially large decorative rocks. Because these are used in certain situations to correct specific problems, they need to be placed under the guidance of a Feng Shui practitioner. Placed haphazardly, they could have an adverse effect on the prosperity of the building.

A qualified Feng Shui practitioner can determine if the placement of these elements is needed or not. Feng Shui folklore states that a building should have a mountain behind it to support it. By using rocks and earth, you can create this mountain. While this sounds good, this is not true in every case. Each building is unique and needs to be looked at on a case-by-case basis.

To summarise, plants and other 'wood' elements are fine anywhere as long as they do not block the chi of the building and are used in balance. Colours can be used to assist the home as long as they fall within the rules of the five elements. Water and rocks need to be placed under the advice of a trained practitioner to avoid adversely affecting the occupants or their prosperity. When placed correctly, they can have a very supportive effect on the building or house. The goal of Feng Shui is to create a comfortable and beautiful environment. Strive for this when landscaping too. But again, ask a qualified practitioner to unravel the complexities and, of course, do what you also instinctively feel is right.

The Five Elements

The Five Elements are synonymous with Feng Shui and quite popular too. These elements: Wood, Fire, Earth, Metal, and Water are the foundation theory for Feng Shui balance. There also seems to be some confusion about just what these elements really are and how they work. Actually, it is easy to understand the elements and their significance. Using them properly and in the correct proportion is what separates a master from a student.

The following is a brief description of each of these elements and how they might be applied.

Wood

We start with the wood element since it is the beginning of new life. Just as spring brings new plants and new life, wood is the originator of the five elemental cycle. Many people mistakenly use wood furniture as a Feng Shui solution. The problem with wood furniture is that it is lifeless.

To harness the chi of wood, it is essential you use live wood! A shrub or bushy plant is ideal since it emits live chi and is also an excellent method of retaining chi. Plants recycle the air we breathe and can provide a natural filter for the air. A common Feng Shui problem is the staircase that empties into a doorway. A bushy plant can retain some of that chi, when it is placed either on the landing, or more ideally, at the bottom of the staircase.

Remember that you want a live plant, so maintain it. A dead plant holds no chi and is actually a sha (unightly or bad influence). Wood can be represented by the colour green. We find that the colours are not nearly as effective, though, as the actual element. When it comes to the wood element, there is rarely an occasion when you need to substitute the colour for a living plant. Wood represents the directions of east and the Chen Trigram. It also represents the south-east and the Sun Trigram.

Fire



The fire element is the most Yang of the elements. It is the hot summer or a blast of heat. If it is hot, it is even better. A red night light or a table lamp with a red shade makes excellent fire remedies. Fire represents the south and the Li Trigram.

Earth

Earth is an interesting element despite the rather commonplace conception of dirt. Many times earth is recommended for a larger environmental solution. In this case large granite boulders, or a beautiful clay statue can be used. Terracotta pots filled with potting soil make a great earth remedy. Earth also represents the mountain. Earth tone colours can be used, but they are not nearly as effective as the actual element. Earth represents the north-east or the Ken Trigram. It also represents the south-west or the Kun Trigram.

Additionally, it represents the 'centre' of the Master Trigram. Energetically speaking, Kun Earth and the centre representation (also called a star) of '5' can have negative influences, whereas the Ken Trigram (north-east, also referred to as the mountain) can have a very prosperous influence.

Metal

The most common solution, metal can be found in all forms. Copper, silver, gold, and bronze are a few variations of the metal element. Using the metal element can take on all sorts of creative ideas. A cast silver deer is one idea. A bronze plate hung on the wall is another one. Even iron weightlifter plates can be utilised as a metal solution. This can be done by stacking a few, then placing a brass pot upside down on top and creating a pedestal for a small plant or perhaps a metal statue. The quantity of the element is definitely there! The key thing to remember is that Feng Shui is about creating a beautiful environment. When utilising the metal element, ensure that it is well-rounded and pleasing, not sharp and pointed. Metal is the most commonly used remedy for the negative earth energies as mentioned above. Ideally, the goal is to introduce Feng Shui elemental solutions that are not identifiable as Feng Shui remedies. Feng Shui objects that are unsightly or easily identified as a 'Feng Shui cure' are not recommended. It should blend into the environment and be beautiful.

The colours of white, silver, or gold can be used. Metal represents the Tui Trigram in the west. Tui is a soft metal like gold. It is also the Chien Trigram in the north-west. Chien is a hard metal like steel.

Water

Water is what gives life. Without it, we would not exist. Our bodies are mostly water. In Feng Shui, water is a very useful element. Water, when needed, should be clear and flowing. Stagnant water can create more problems than it solves. A simple aquarium, or even a small 'metal' fountain can be used. Do not use ceramic or other earthen fountains. This is a common mistake.

The earth element blocks water and neutralises its positive effect. A metal trough, a fountain, or even a fishpond can act as an environmental solution. Water has always been synonymous with power. Water has been used as an elemental solution by the emperors in the form of moats and by placing their palaces near bodies of water. Most flourishing cities are either located near water or have large lakes or rivers nearby. Residences close to water bodies are always sold or bought at a premium.

Water can be represented by the colours blue or black. Water represents the Kan Trigram in the north.

While the elements and their uses have been detailed above, make sure that they are not used haphazardly. Ideally, a proper Feng Shui analysis should be performed by a qualified practitioner. Used incorrectly, the elements can cause harm to relationships, health, or prosperity.

[About Pustakmahal Publishers](#)

Pustak Mahal publishes an extensive range of books that are both affordable and high-quality.