

American Feng Shui Institute

FS101 – Beginning Feng Shui



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How the online class works:

If you have taken prior online classes with the Institute, this online class works a little different. The class material is now in a PDF format. This means that you will download the class as part of the enrollment process and read the class material in your Adobe Acrobat Reader, available for free at <http://www.adobe.com/products/acrobat/readstep2.html> .

Please read the material in the PDF format. While you are doing so, if you have questions, you may ask them (for up to 60 days from the date of enrollment) at the class forum. The class forum is located at:

<http://www.amfengshui.com/bb/viewforum.php?f=10>

If you are having technical difficulties (such as lost passwords, being unable to view the PDF or you have problems with your computer and the forum), please use the following Help Desk forum:

<http://www.amfengshui.com/bb/viewforum.php?f=14>

If you need anything Administrative, please email fsinfo@amfengshui.com This can include time extensions, payment questions, Certificate questions, etc.

Thank you for enrolling and we hope you enjoy the class!

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Welcome to the Beginning Feng Shui Online Class!

We are happy to have you here. Be sure to go to the Class Forum at:

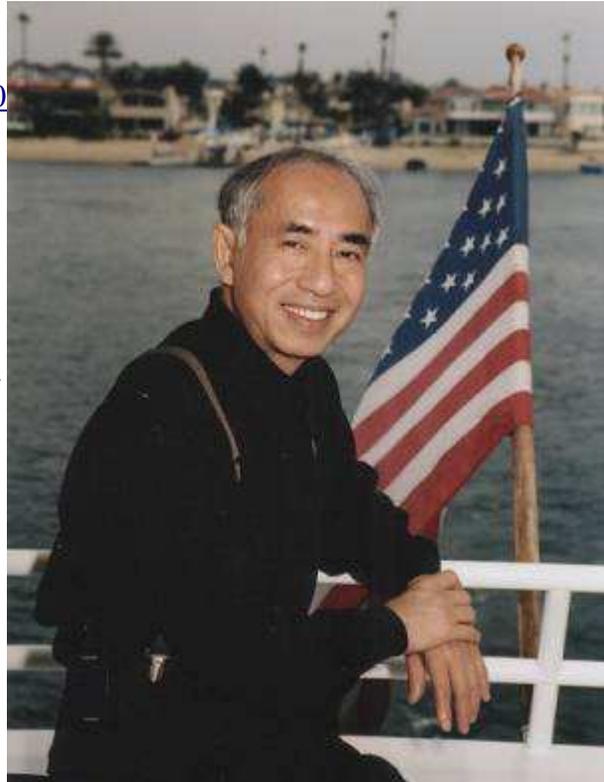
<http://www.amfengshui.com/bb/viewforum.php?f=10>

to post an introduction about yourself.

This class will work as follows. Each week, you should work on a new set of lessons here. You should read and absorb as much as possible and then post any questions to the bulletin board. The instructor will also post relevant comments there as well. Be sure to use the search function to locate any relevant questions and answers that might already have been asked.

This is a four week course that you can absorb at your own pace. You have 60 days to complete the coursework.

We hope you enjoy the course and should you need any assistance, please contact us at fsinfo@amfengshui.com



IMPORTANT: If you wish to have your **Certificate of Completion** issued in with a different last name or with a different spelling than that with which you enrolled, please contact us immediately at the address above.

Feng Shui Foundation

Thank you for enrolling and welcome to the American Feng Shui Institute!

Feng Shui has many opportunities to both improve the quality of your life, as well as to expand your circle of friends, and to live harmoniously with people and environments around you. Now you are taking the first step towards a more enjoyable life.

Please remember one thing before you delve into Feng Shui. Feng Shui will not make you from a beggar to a millionaire or from an average sized person to a Michael Jordan. Feng Shui will assist you in creating a supportive environment for you to enrich your life.

If you have never learned Feng Shui before, there will be a lot of exciting things for you to learn. If you are someone, similar to some of our existing students, who have previously touched Feng Shui by other means (books, seminars, or other classes), please be patient and read the material carefully. Our material from the beginning to the advanced levels follows a continuous system of growth. One level adds to the next.

It is possible that the material presented here could make someone who is already practicing feng shui professionally feel disappointed, if it conflicts with what they have already learned. If in your prior knowledge of feng shui, you learned other methods such as hanging a convex or concave mirror to change the luck, or using a three-legged frog, an elephant, or a flute, you will find that these methods are absent here. We do not say these methods do not work, but, this is not traditional Chinese Feng Shui as we teach here. Yet, we can ensure that the deeper you proceed here, you will understand why the above mentioned methods do not show up in a traditional feng shui class. If you go to a more profound level, then you will understand why people rely on these other methods.

Now, lets learn about the history of Feng Shui, as well as the foundation theory of Yin and Yang, the five elements, and their cycles.

Objectives

Upon completing this section, you should be able to:

1. Explain what Feng Shui is.
2. Understand how Feng Shui is an environmental study.
3. Understand the basic history of Feng Shui.
4. Understand Qi and what it is
5. Understand Yin and Yang and how to correctly show the Tai Ji symbol.
6. Know and understand the five elements and their three cycles.

General Introduction of Feng Shui

What exactly *is* Feng Shui? Feng Shui, which literary means wind and water, *is* an ancient Chinese study of the natural environment. For any individual, Feng Shui can determine your best or most favorable, and your worse and least desirable location in any environment. This environment can be your office, your living quarter or any place where you are at. Feng Shui can make the determination based on the year you were born, the internal and external environments and the movements of the solar system. Throughout the long history of Feng Shui, Feng Shui scholars and practitioners have

accumulated much knowledge and experience in this field. Today, Feng Shui has evolved into a study that is sound in theory and practice.

Looking at this ancient knowledge from our present scientific point of view

"All living things in the universe are subject to the control of the environment."

This is a scientific fact generally recognized by all. If one studies the ancient Chinese geomancy from our modern scientific standpoint, one would discover that the most important concept is "air". In fact, "air" means the "current" or "energy" or "qi." In martial arts, this kind of "qi" when directed in a knowledgeable way, can promote harmony, prosperity, good health and long life. Ancient Feng Shui practitioners have accumulated precious experience through hundred of years, and have developed formulas, calculation and observed natural laws of geomancy, regarding this movement of "air". "Air" disperses when it runs into wind and it ceases when it meets water's border. Through wisdom and observation, Chinese geomancy evolved.

At all time, a human being is subject to the influence of time, space and climate of the universe. If we stand at high altitude, the air or pressure is less. Conversely, there is more air and pressure at low altitude. Inside a building structure where one lives or works, the movement of the air is precisely the "air", "current" or "energy" that Chinese geomancy refers to.

If the mysterious shroud of Feng Shui is removed, an analysis from a modern scientific viewpoint can be formed. this hypothesis includes the theories of Yin and Yang, the balancing of the five primary elements, (wood, fire, earth, metal, and water) combined with the theories of "mutual creation," "mutual destruction" and "mutual reduction." Using these theories, we redefine geomancy as a scientific art. Chemical reactions among the natural environmental elements, interacting with "air", "current", "energy" and the magnetic fields form the scientific basis of Feng Shui.

What we are studying in these classes is called Yang House Feng Shui. It is about creating a balanced home for the living. Yin House Feng Shui is the study of the siting of graves. This is a whole different study of Feng Shui and is not covered in this coursework.

Why is Feng Shui considered a Science?

The science of Feng Shui remains squarely rooted in architecture, astronomy, physics, and design. The definition of science is as follows:

1. *a. The observation, identification, description, experimental investigation, and theoretical explanation of phenomena. b. Such activities restricted to a class of natural phenomena. c. Such activities applied to an object of inquiry or study.*
2. *Methodological activity, discipline, or study: "I've got packing a suitcase down to a science."*
3. *An activity that appears to require study and method: the science of purchasing.*
4. *Knowledge, especially that gained through experience.*

Feng Shui uses observation, repeatable calculations and methodologies, and is based on the study of the environment around, both inside and out. Kan Yu, the original name for Feng Shui, means "Raise the head and observe the sky above. Lower the head and observe the environment around us." More precisely, Feng Shui is the scientific study of the natural and built environment. All in all, it is the study of environmental effects on people.

Just as acupuncture was not accepted by western medicine until several years ago, the study of Feng Shui is just now becoming popular. While there are many variations of Feng Shui that would not withstand the scrutiny of common sense, traditional Feng Shui has logical explanations for all of its methodologies.

History

Feng Shui has a history of more than three thousand years. Manuals and literature have been found as early as 25 AD, during the East Han Dynasty, . During the Early Spring and Warring States period (770 AD to 475 AD), the Yin and Yang theory was at its peak of popularity. Feng Shui, primarily based on the Yin/Yang theory, is believed to have been developed during that same period.

Of the many respectable scholars and practitioners who have contributed to the establishment of Feng Shui, the four most prominent were from the Tang and Xung dynasties:

YANG Yun-Song	楊均松
ZENG Wen-Shan	曾文汕
LIAO Yu	廖 瑞
LAI Ren-Wen	賴俊文

During the Yellow Bandits rebellion (907 AD), Master Yang, an astronomer and the emperor's meteorologist fled the Imperial Palace with valuable and irreplaceable collections of Feng Shui. He hid in anonymity in the mountainous northwest region of Qiang Sze Province and helped many, especially the poor people. In doing so, he became named "Yang, save the poor" and is remembered not only for his accomplishments, but also for having made known the long-kept secret of Feng Shui to commoners.

Master Yang adopted and able apprentice Zeng Wen-Shan. Master Yang taught his apprentice the practice of Feng Shui as well as the other esoteric arts. He showed him that it was better to assist the people than to desire money. This is a key concept in Feng Shui. Help the people. If people are ill, they cannot make money. On the other hand, if they are well, they have the ability to make money.

Master Zeng (of this period) had a daughter who married into the Liao family. She possessed the knowledge that her father had passed on to her and then her husband. They had a daughter who later, also learned Feng Shui. Then she married into the Lai family. After that, the four families decided that only the worthy son would get the information to retain the knowledge just within the family.

From this closely held knowledge, much hearsay developed, but few truly knew the actual study. This knowledge was passed down poetically, and so people might know the poems but they lacked the key to understand them. That is why there is so much contradictory information today. Many people have tried to interpret the poetic documentation but without the deeper understanding that puts it all together.

Early Chinese philosophy developed based upon a collection of writings known as the Five Classics (Wu Jing). One of the best known is the Yi Jing or Book of Changes. This is the primary source of Feng Shui calculations. This book contains ancient cosmological beliefs that predate the various philosophical schools of China. The primary concept of the Yi Jing is that everything undergoes changes and cycles and nothing is fixed.

Feng Shui has developed for more than 3000 years through consistent practice and through perfecting the methods of the ancients. The original name for Feng Shui was Kan Yu, which roughly translates as "look up and observe the heavens, look around you and observe the earth." To truly know Feng Shui, you need to be an observer. Take in all that is around you. You too will soon become more aware of the mathematical beauty of the universe, the smells, colors, texture, and sounds of the environment.

The Concept of Qi

Qi can be considered "Life Energy." It is what makes life possible. Qi plays an important role in Feng Shui; it is the energy, current, or magnetic fields in nature. In our body, qi serves as the air we breathe. Qi, directed in an appropriate way in appropriate way in our living environment, can enhance, brings prosperity, and ensures good health. Therefore, how to make use of qi is an important Feng Shui concept.

Qi follows the flow of air., it flows like water. When looking at how the flow of qi in a house works, think of how water would run. Or perhaps think of a river to understand a road?effect on a house.

Think in terms of the martial arts. In martial arts, you need to control your breathing to be effective. You need to harness the qi within yourself. Master Sang always says, "When you walk into a room that feels too cold and you turn on the heater, you have just become a Feng Shui Master!" In Feng Shui, you are manipulating the qi within your environment, or at the very least trying to understand its effect on you.

A key concept in Feng Shui is that "Wind disperses qi and Water holds qi." Qi can be agitating. Just as when the wind blows strong, people feel uneasy. On the other hand, people prefer living near a body of water (and waterfront real estate usually fetches a higher price) feel calm. The water is retaining the good qi.

As with every concept in Feng Shui, qi needs to be in



collected and avoid being dispersed.

氣
乘風則散
界水則止

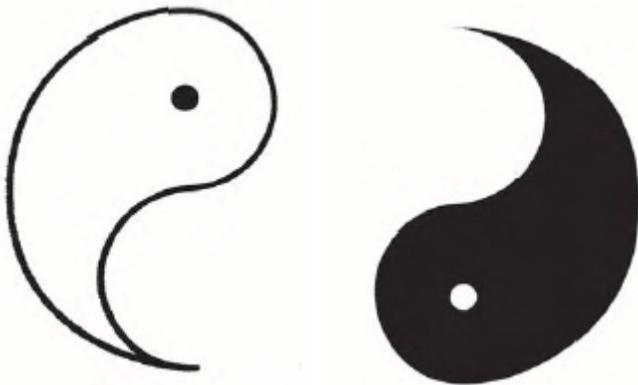
Qi:

*Disperse while riding with the Wind,
Stall when reaching the Water's edge.*

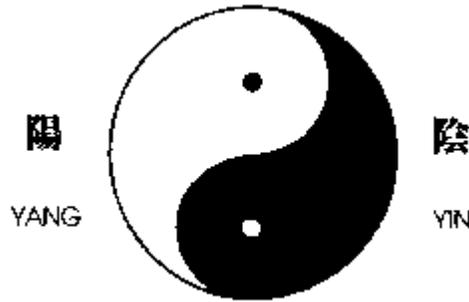
Yin and Yang - Two Primal Energies

In the Yi-Jing, the Book of Change, Yin and Yang are illustrated as two polar opposites that exist in the universe. We live in a world of constant change, and these changes are eternal and perpetual. Change is the essence of law. Seasons change from the heat of summer to the cold of winter. Daytime changes to nighttime. The activities of this endless to and fro movement of change are commonly referred to as the Yin and Yang principle: the two primal energies of the universe.

Yin/Yang Correspondences:

Yang		Yin
Active		Passive
Hot		Cold
Life		Death
Summer		Winter
Male		Female
Day		Night
Sun		Moon
Fire		Water

Within Yang, there is a small part of Yin. Within Yin, there is a small part of Yang. Just as in the heart of winter, a seed lays in wait to become life in Spring, so is Yang waited within Yin for its turn. In a hot summer, a sudden storm can bring coolness. This too is an example of how Yin is found in Yang and Yang is found in Yin.



The concept of Yin and Yang is one of the most fundamental and profound theories of Feng Shui. It is the Chinese perspective of balance and continual change. Many Feng Shui practitioners claim they have a deep understanding of this concept, yet they cannot even represent the image correctly. In fact, this is a good indicator of the depth of knowledge a "master" possesses. Many times these practitioners call themselves masters, yet their printed materials contain an incorrect Taiji (The name for the Yin and Yang circle) representation. How can one call themselves masters of Feng Shui and not even understand the basics of this deep and extremely significant diagram? Yin and Yang is a foundation theory for Feng Shui.

Tai Ji is the universal symbol for the Yin/Yang principle. A circle is used to display high activities and indefinite movements. There is neither a beginning nor an end. The Yin (black) is separated from the Yang (white) by an "S" curve; this further defines that nothing is absolute.

The "S" curve clearly illustrates:

Lengthy Activity (Yang) is followed by Stillness (Yin) **久動必靜**

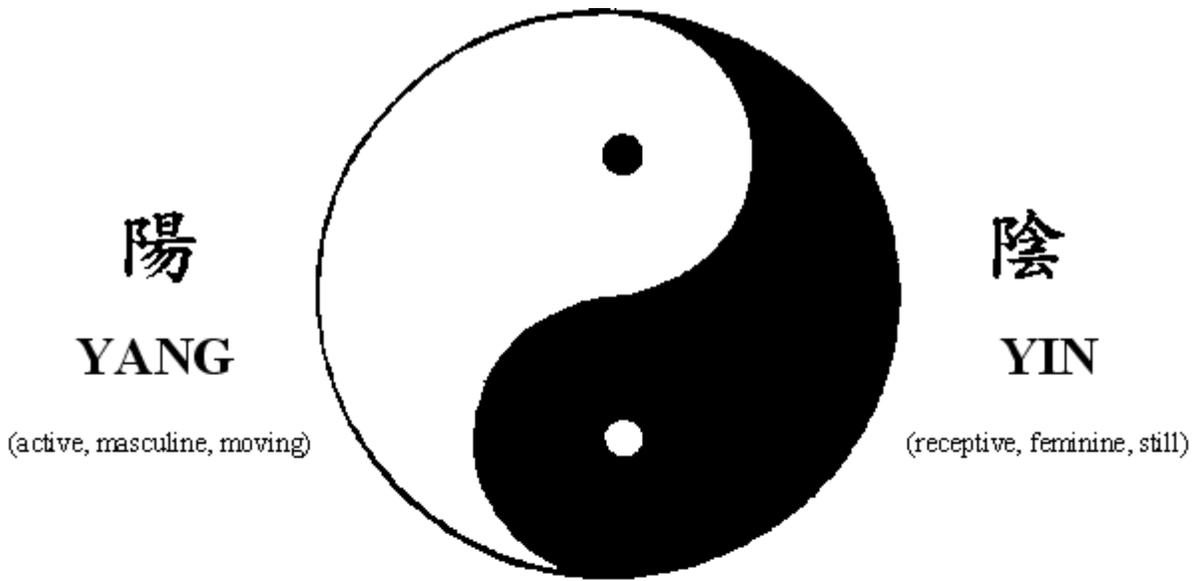
Prolonged Dormancy (Yin) always results in Mobility (Yang) **久靜必動**

The "S" curve reflects the activities and the perpetually changing law and order of the universe, as well as the harmonious interaction between Yin and Yang forces. The small dark circle on the Yang side and the small white circle on the Yin side, indicate the interaction between Yin and Yang, in Yang, there is always Yin, and in Yin, there is always Yang. Each force is distinct and individual, but they are inseparable. Yin and Yang are like two sides of the same coin - one cannot exist without the other, just as without female, there can be no male. We cannot know what cold is without heat. Opposites are constantly interacting with each other. Maintaining a balance between Yin and Yang in your living environment is the key to good Feng Shui.

The immutable laws of the universe - no matter how complicated they may seem - collectively speaking are the interaction and the relationship between the two polar energies, Yin and Yang. Westerners may find the concept of Yin/Yang theory vague and incomprehensible. In fact, it can be dissected and explained by applying a scientific point of view.

What is Yin? Nature of Yin is cold and passive. What is Yang? Nature of Yang is hot and active. In terms of physics, Yin is the internal pulling force while Yang is the external pushing force. Yin is cold, and cold objects often possess a contracting ability. Yang is hot, and hot objects generally maintain an expanding ability. From these points, we understand that the Yin/Yang principle and modern physics

share the same theory.



QIAN



KUN



ZHEN



XUN



KAN



LI



GEN

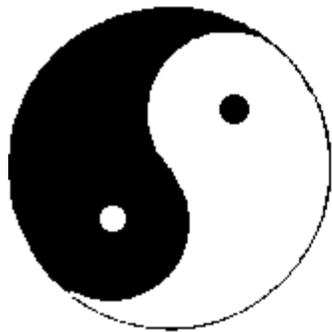


DUI

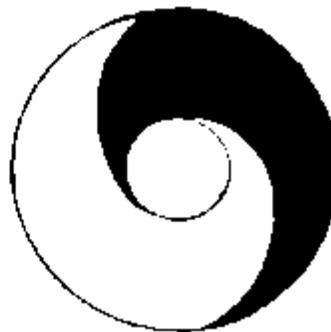
Incorrect Tai Ji Representations

Can you determine what is wrong? (Hint: Yang or heat rises and Yin or cool settles!)

太極圖



X



Five Elements

The five elements are physical manifestations of the qi. There is significance in the use of five elements. Why not four or why not seven? Five is a naturally occurring pattern in the universe. There are five basic directions of East, South, West, North and the Center.

There are five emotions; Bliss, Anger, sorrow, Joy, and Fear. There are five vowels in English; a, e, i, o, u. There are five senses. The five elements both represent qi and are also used to affect the qi. We use them to create the balance of qi within a home or building.

The five elements consist of:

- Wood
- Fire
- Earth
- Metal
- Water

These elements are used to enhance or reduce the effects of qi within an environment.

It seems that many people today who have heard about Feng Shui have heard about the Five Elements. There also seems to be some confusion about just what these elements really are and how they work. Actually, it is fairly simple and based on common sense. 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 Qi (Chi) of wood, it is essential you use live wood! A shrub or bushy plant is ideal since it emits live Qi and is also an excellent method of retaining Qi. 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 Qi, 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 Qi and is actually a "Sha" (unsightly or bad influence).

Wood can be represented by the color green. We find that the colors are not nearly effective though as the actual element. When it comes to the wood element, there is rarely an occasion when you need to substitute the color for a living plant.

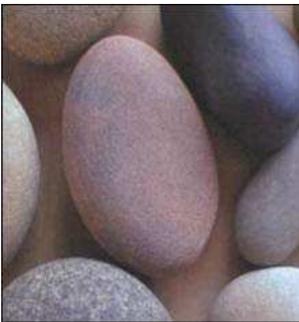
Fire



The Fire Element is the most "Yang" of the elements. It is the hot summer or a blast of heat. In Feng Shui, we usually use a candle or the color of red. We typically recommend the color red more than a candle, as we do not want to risk the possibility of a house fire.

Being that Fire is so yang, this is the one example where color does work well. If it is hot, it is even better. A red night light or a table lamp with a red shade makes an excellent Fire remedy.

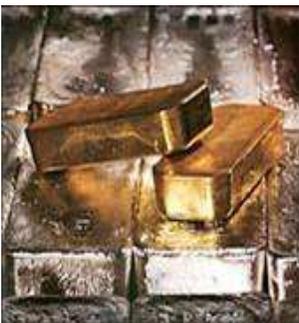
Earth



Earth is an interesting element despite the rather commonplace conception of dirt. Often Earth is recommended for a larger environmental solution. In this case large granite boulders or a beautiful clay statue can be used. Terra cotta pots filled with potting soil make a great Earth remedy. Earth also represents the Mountain.

Earth tone colors can be used, but they are not nearly as effective as the actual element.

Metal



Metal during this time period is the most common solution used in Feng Shui. 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 metal statue is one idea. A bronze plate hung on the wall is another. Even iron weight lifter plates can be utilized as a metal solution.

Barbell plates? Yes, when done properly. 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 utilizing the Metal Element, ensure that it is rounded and pleasing, not sharp and pointed. Metal is the most commonly used remedy for the negative Earth energies as mentioned above. Wind chimes are rarely used in traditional Feng Shui, but if misused they can create health problems. If a practitioner is not well trained, they are better off not to take the risk because they are a very strong metal element.

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. They should blend into the environment and be beautiful.

The colors of White, Silver, Grey or Gold can be used.

Water



Water is the source of life on our planet. 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 neutralizes the positive effect of the Water. Outside, a metal trough, a fountain, or even a fishpond can act as an environmental solution.

Water has always been synonymous with wealth. Emperors often placed their palaces near bodies of water or used moats. If you look at most capital cities today, they are either located near the water or have large lakes or rivers nearby. Most ocean-side and lakeside homes are sought after and usually more expensive.

Water can be represented by the colors blue or black.

Remember that you should not use any of these elements haphazardly. Used incorrectly, the elements can cause harm to relationships, health, or money prosperity. When used correctly, they can strengthen relationships, health, and money.

The Three Cycles

To understand the interactions between all things, the Chinese developed the theory of the five elements. The five elements affect living beings, so it is important to understand how they interrelate. The elemental relationships are predictable and systematic. These relationships are referred to as the cycles of the elements. These cycles help us to see and analyze the relationships between each of the five elements.

The three cycles are:

- The Productive Cycle
- The Domination Cycle (Also called the Destructive Cycle)
- The Reductive Cycle

These cycles are the key to understanding the interaction of qi and the proper remedies to create a balance of that qi.

The Productive Cycle



As we saw earlier, the balance of yin and yang, elementally speaking, creates a natural flow of elements. This flow that is in balance is called the Productive Cycle. All the elements are in balance and productively flow to the next. Just as spring turns to summer, wood burns into fire. Fire leaves behind ash or earth. Earth is from where metal is mined. The next one is conceptually difficult, but metal produces water. Just like a car that is left out on a cool night, metal collects water. Some say that it is because metal when heated produces a liquid form. Lastly, water nourishes the wood of plant life.

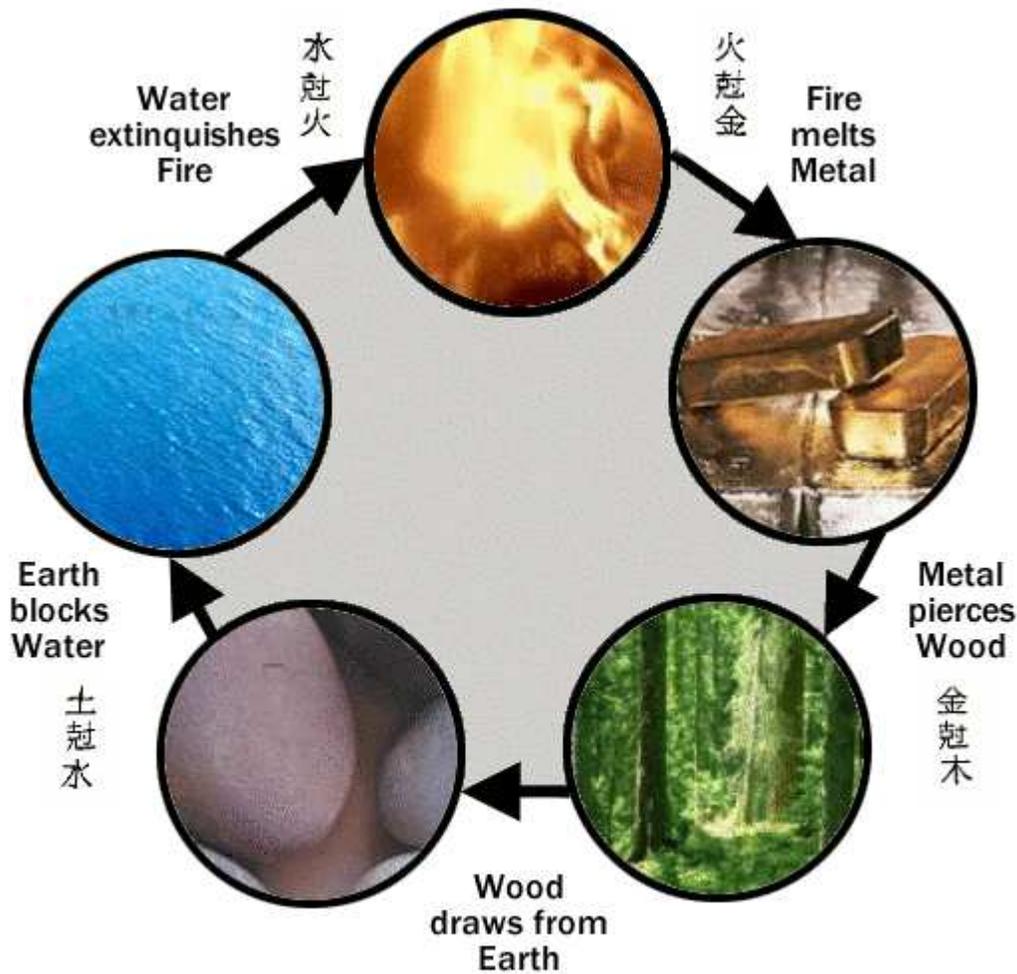
To summarize:

- Burning Wood produces Fire
- Fire leaves behind Earth
- Earth is the source of Metal
- Metal liquefies into a substance flowing like water
- Water helps Wood to thrive

You can think of this cycle as the "good guy". It is the ideal arrangements. Does this mean that all the

elements need to be present in a room? No. Typically we work with only two or three of the elements at any one time. For example, a particular room might have metal qi and water qi. We know that metal produces water so this is good. If a room has wood qi and earth qi than this is not productive (it is not in the natural cycle) and needs to be balanced. We will discuss this later.

The Domination Cycle



If the Productive Cycle is the ideal cycle, then the Domination Cycle is the destructive cycle. In this cycle we see that:

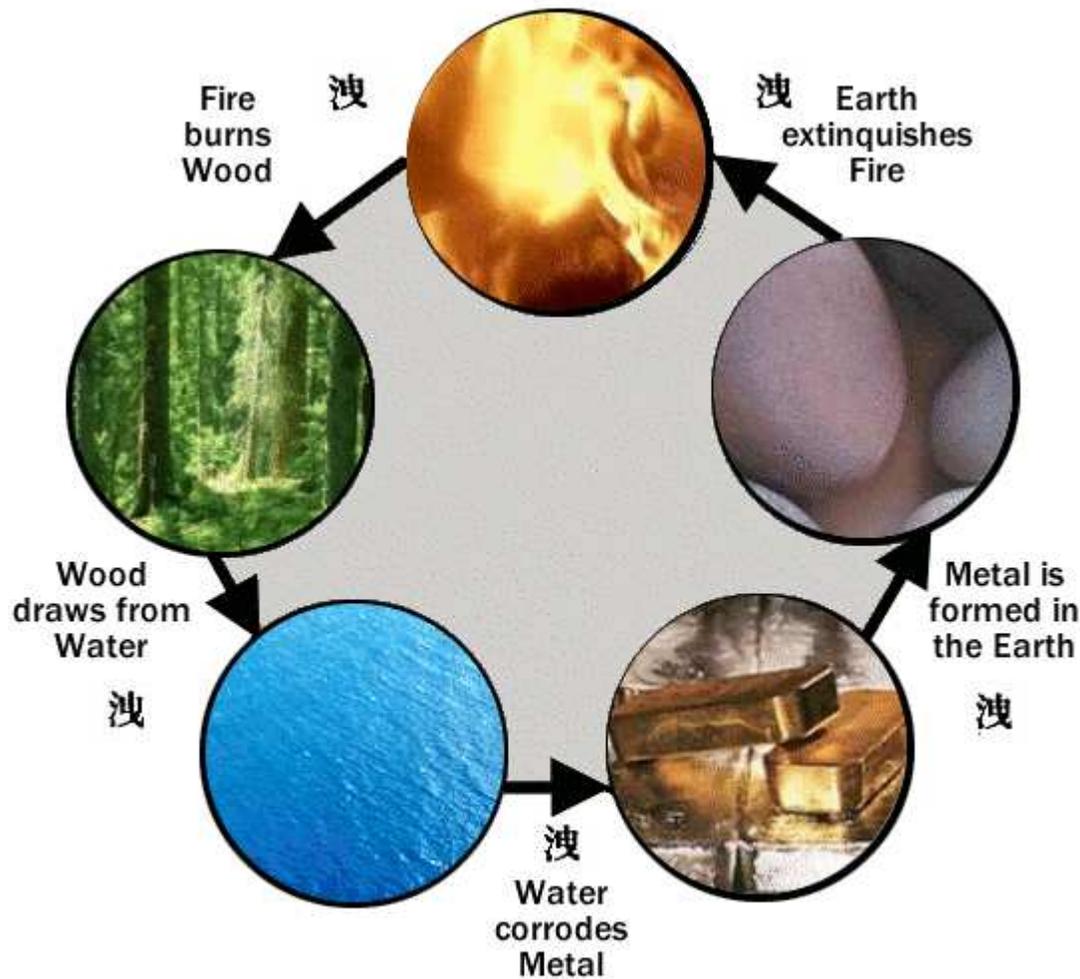
- Water extinguishes Fire
- Fire melts Metal
- Metal pierces Wood
- Wood draws from the Earth
- Earth blocks Water

Generally speaking, the Domination Cycle is the problem that we encounter that needs to be corrected.

If you see Fire qi with Metal qi then it needs to be remedied since the fire is melting the metal. If there is Earth qi with Water qi, then these two elements are in a domination relationship and need to be remedied.

Some people use water in the front of a restaurant to stop the fire qi. Obviously they misused the five element relationship. It is very easy to tell that this advice is not from a professional Feng Shui practitioner. Most times, the Domination Cycle will bring about side effects. In the above mentioned example, using the water to stop the fire can easily create eye or heart problems. If the tenant facing negative fire problems, the professional practitioner uses only earth. We learn how to remedy in the next section on the Reductive Cycle.

The Reductive Cycle



It can be said that the Reductive Cycle is the most significant cycle. It is also the cycle that is seldom mentioned. You can think of the Reductive Cycle as the "Hero" who saves the day. It is the cycle that restores balance. Many people overlook the simplicity of the Reductive Cycle. It is simply the

Productive Cycle in reverse!

Think of the Productive Cycle as a mother and Child relationship. One element gives to another like a mother giving to the Child. On the opposite side is the Reductive Cycle, which is like the son taking from the mother. In the Reductive Cycle we see that:

- Wood draws from the Water
- Water corrodes Metal
- Metal is formed and is taken from the Earth
- Earth extinguishes Fire
- Fire burns Wood

All of these relationships are natural, unlike the Domination Cycle. As was stated, the Domination Cycle is a clash, while the Reductive Cycle is a harmonious way of reducing the preceding element. Think about this, if you have a fire and you use water (as in the Domination Cycle), you get an explosive reaction when you try to extinguish the fire. But, if you use Earth to smother the fire (the Reductive Cycle), it is a more gentle way of putting out the fire.

Another way of explaining it is to imagine that you hate someone. In walks the one you love. Your beloved draws you to them, thus you leave the hated person alone. This is a good way of remembering what to do. If you have a domination of Wood over Earth, you can add Fire (the element between the wood and the earth in the cycle.) Look at the reductive cycle picture above. Now the wood feeds the fire which in turn, gives strength to the earth.

An easy way to remedy the elemental qi is to think in terms of the productive cycle and work toward restoring the cycle. If there are two elements together that are in a Domination Cycle, use the Reductive cycle to reduce the dominator and enhance the victim (the one being dominated).

Another example is when you have Metal piercing Wood. What do you add to correct this situation? Water is correct. The water nourishes the wood, while gently corroding the strength of the metal. Practice looking at different Domination combinations and determine the correct element to introduce based on the Reductive Cycle.

At this level, you are not yet ready to find out how to use the elements in your house. At this point just learn how the elements interrelate.

Summary

The material covered in this topic can seem very simple, but it is the foundation to everything else in Feng Shui. If nothing else, this is the material you should memorize, especially Yin and Yang, the Five Elements, and most importantly, the three cycles.

The concept of Yin and Yang is one that is expounded everywhere, but few people really know the deeper meanings beyond the simple concept of balance and male and female. Feng Shui is a study of the environment that looks at the Heavens, Man, and Earth. The concept of Yin and Yang and the cycles associated with it are all part of this greater understanding.

The Five Elements are the only solution used for balancing the qi within a building. They can take varied forms in application, but it is still the natural element that is the correction.

The Productive Cycle, the Domination Cycle, and the Reductive Cycle are the keys to understanding how to use the elements to create balance. When the qi is in balance, people can prosper. When it is in a Domination Cycle, it creates problems. These cycles should be second nature to you. They will be used repeatedly in your study of Feng Shui and even in Chinese Astrology!

Review the material again and proceed to the self-test to check your knowledge. If you find that you are struggling with the quiz, go over the knowledge until you completely understand it.

Self Test

1. What is Qi? Why is it important?
2. Put the following into the proper Reductive Cycle:
Water, Fire, Earth, Wood, Metal
3. Why is Feng Shui pertinent today?
4. What is an example of the application of the Metal Element?
5. Why is Yang represented as rising on the left?

Self Test Answers

1. What is Qi? Why is it important?

Qi is considered "Life Energy." It is the energies needed to sustain life. It effects people by giving them a livable environment and can create different feelings, including agitation, peacefulness, comfort, discomfort, and restlessness. It can be found in any environment on Earth and Feng Shui aims to work with the qi to create a better environment for those living there.

2. Put the following into the proper Reductive Cycle:

Water, Fire, Earth, Wood, Metal

Answer: Wood, Water, Metal, Earth, Fire

3. Why is Feng Shui pertinent today?

Feng Shui is about creating a harmonious balance in any "built" environment. People always need harmony, especially today in a fast-paced World.

4. What is an example of the application of the Metal Element?

The Metal Element is one of the most frequently used remedies. Because of this, it is important that you know what you can do to create a beautiful remedy. Such metal remedies can be a bronze wall hanging, a brass statue, a bronze bust, a silver bowl, or any other pleasing metal object that has substance, volume, or surface area. One of the key pieces of any remedy is the effect. Can you feel that there is metal in the area.

5. Why is Yang represented as rising on the left?

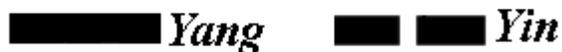
Because the sun rises in the east and sets in the west. At midday it is at its highest point. Fire is yang. The nature of fire is to rise up. Water is yin and the nature of water is to run down. When you study advanced Feng Shui methods, you will experience the importance of yin and yang. This is why the Taiji symbol shows the yang rising on the left and the yin descending on the right.

The Eight Trigrams

The Ba Gua diagram (literally 8 palaces, also spelled as Pa Kua) is a basic tool for the Feng Shui analysis. When a Feng Shui analysis is performed, the practitioner refers to these basic concepts to analyze the situation within each area of the building. From this representation, the basis of the mathematical calculations are found. In other words, it is a tool for calculating the attributes of a building, not a general overlay to be used on a floor plan. Additionally, the trigrams hold the keys to understanding the who or what is affected by the Feng Shui of a building. Even beyond that, certain personalities can be found in the trigrams relating to both people and their buildings.

The three by three matrix, shown below, is called the Eight Trigrams. Within the Eight Trigrams structure is a wealth of information.

Yin and Yang theory is the first concept needed to understand to use this tool. Each Trigram contains 3 bars. These bars might be Yin or Yang depending on which Trigram we are working with. These bars individually represent either Yin or Yang. Yang is a solid bar and Yin is a broken bar as shown here:



These Yin and Yang representations are stacked three high in a combination that yields a lot of symbology including, the elemental representation, the family representation, a symbology, and a bodily area is represented. The trigrams are viewed from the bottom up based on:

Upper	████████	Heaven
Middle	████████	Man
Lower	████████	Earth

The Eight Trigram Grid

Shown below is the Eight Trigram Grid. Learn this well, as you will be using it as a tool again and again. This arrangement is also known as the Master Trigram.

<p>SE Xun</p>  <p>WOOD 4</p>	<p>S Li</p>  <p>FIRE 9</p>	<p>SW Kun</p>  <p>EARTH 2</p>
<p>E Zhen</p>  <p>WOOD 3</p>	<p>Center</p>  <p>EARTH 5</p>	<p>W Dui</p>  <p>METAL 7</p>
<p>NE Gen</p>  <p>EARTH 8</p>	<p>N Kan</p>  <p>WATER 1</p>	<p>NW Qian</p>  <p>METAL 6</p>

The following pages show each Trigram and its attributes.

The Kun Trigram



We begin with the Kun Trigram. All the lines are Yin

Symbology: Earth

Family Relationship: Mother, Wife, (or old lady)

Direction: Southwest

Element: Earth

Elemental Color: Tan or Yellow or Earth Tones

Parts of the Body: Abdomen, Stomach

Illnesses: Reproductive or Digestive Disorders

Number: 2

The Kun Trigram is like Mother Earth. It relates to both the mother and the earth. It has 3 Yin lines and is a very powerful Yin trigram. Kun females can endure a lot. They can be successful leaders, but gain their authority from their caring. They tend to be very neat and organized too. People who belong to the Kun trigram are the ones to count on to take care of people.

The Zhen Trigram



Now we look at Zhen. Notice that the lower (first) line changed from yin to yang. It has become the Zhen trigram. This is why the Zhen is the first son.

Symbology: Thunder

Family Relationship: Eldest Son

Direction: East

Element: Hard Wood

Elemental Color: Green

Parts of the Body: Feet, Throat

Illnesses: Hysteria, Convulsions, Nervous disorders

Number: 3

The Zhen Trigram has two Yin bars over one Yang bar. It is the same as having a cold weather front coming in on top of warm air. The result is thunder. The personality of this trigram is a person who is usually even keel, but can be explosive like thunder at times.

Do not mistake Zhen for Qian. When looking at the trigram you can visualize a throat running down the middle of the trigram. This is one way to learn the symbols and body aspects.

The Kan Trigram



The middle line changed from yin to yang. It has become the Kan trigram.

Symbology: Water

Family Relationship: Middle Son (or Middle Aged Man)

Direction: North

Element: Water

Elemental Color: Blue or Black

Parts of the Body: Ears, Blood, or Kidneys

Illnesses: Earaches, Kidney Ailments

Number: 1

The Kan Trigram is the water trigram. It is a persistent force that ultimately gets to its destination. Because it is related to water, it is associated with the liquid parts of the body, such as the inner ear, the bloodstream, and the kidneys.

The Gen Trigram



The upper line changed from yin to yang. It has become the Gen trigram.

Symbology: Mountain

Family Relationship: Youngest Son (or Youth in General)

Direction: Northeast

Element: Earth

Elemental Color: Yellow, Tan, or Earth Tones

Parts of the Body: Hands and Fingers

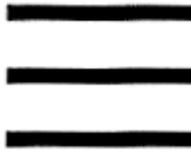
Illnesses: Arthritis, Broken Hands, and problems with the small bones or spine

Number: 8

The Gen Trigram is the mountain. It is immovable. Gen people tend to be the same way. Like the mountain, a Gen person might be slow to move (change their mind). Gen also relates to children, so a youthful nature can also be present.

If your bedroom is in the gen trigram and unfavorable according to Xuan Kong Feng Shui principles, you can have aches and pains in the small bones, or even worse, it can be dangerous to a pregnant woman. (This is covered in the Intermediate class in the Xuan Kong section.)

The Qian Trigram



This is the Qian Trigram all the lines are yang.

Symbology: Heaven

Family Relationship: Father, Husband, Owner, and President

Direction: Northwest

Element: Hard Metal

Elemental Color: Gold or Silver

Parts of the Body: Head and lungs

Illnesses: Headaches, Pulmonary Diseases

Number: 6

The Qian trigram represents the heaven, head of the house, head of a company, etc. In Feng Shui, if the stove is located in the Qian trigram, it is quite likely that the children do not listen to the parents.

They are the most Yang with three Yang lines.

The Xun Trigram



Now we look at Xun. Notice that the lower (first) line changed from yang to yin. It has become the Xun trigram. This is why the Xun is the first daughter.

Symbology: Wind or the Traveler

Family Relationship: Eldest Daughter

Direction: South East

Element: Soft Wood

Elemental Color: Green

Parts of the Body: Thighs & Buttocks

Illnesses: Colds and Rheumatism

Number: 4

The Xun Trigram is often known as the Wind or the traveler. People of this trigram tend to never stay in one place. They are easy to change.

Frequently, colds and other minor sicknesses can affect these people.

As a tool to help you remember, the Xun trigram looks like the hip area of the body.

The Li Trigram



The middle line changed from yang to yin. It has become the Li trigram.

Symbology: Fire

Family Relationship: Middle (or second) Daughter

Direction: South

Element: Fire

Elemental Color: Red or Purple

Parts of the Body: Eyes & Heart

Illnesses: Eyes & Heart related diseases

Number: 9

An easy way to remember the Li Trigram is by the old expression "The fire of the eyes" or you can use "The fire in the heart." It is in the South. Li people are typically very active.

People who are in an area of qi that is dominating them or creating an adverse environment, can have problems with their eyes or heart. It is an incorrect concept that some Feng Shui practitioners have to put water in the South to cool the fire. Doing so can create a problem in either the heart or the eyes.

The Li trigram symbol has a open center that looks like the heart and our eyes have a pupil (the opening in the center).

The Dui Trigram



The upper line changed from yang to yin. It has become the Dui trigram.

Symbology: Marsh

Family Relationship: Youngest Daughter (or young girls in general)

Direction: West

Element: Soft Metal

Elemental Color: Gold

Parts of the Body: Mouth and Chest

Illnesses: Mouth and Chest related diseases

Number: 7

The Dui trigram is the social trigram. People belonging to this trigram love talk and communication. Because Dui relates to the mouth, problems associated with the mouth can be common.

The Dui trigram has an opening at the top, like the mouth.

Summary

The Eight Trigrams are key to the whole understanding of Feng Shui. They should be memorized. Unfortunately there is no way around it. They are the calculations. They are the elemental interaction, and they are the interpretation. In order to excel in Feng Shui, one needs to have a good understanding of which Trigram is which and what the nature is.

Each trigram has a numerical representation, a yin and yang representation, a family relationship, an element, and a direction. They all work together in providing a complete picture of understanding when analyzing a building.

Review and memorize this lesson's material carefully and when you think you have a good grasp of the material, try the self-test. If you do not do well the first time, keep studying this material. Don't worry though, it does take time and practice. Soon though, you will retain and understand each of the trigrams.

Self Test- Lesson 2

1 — Which elements are associated with:

- A. Li
- B. Green
- C. Winter
- D. Summer
- E. Southeast
- F. Northwest
- G. Dui
- H. South
- I. Autumn
- J. Spring

2 — What does each of these elements produce?

- A. Water
- B. Earth
- C. Metal
- D. Fire
- E. Wood

3 — What destroys each of these elements?

- A. Earth
- B. Metal
- C. Fire
- D. Wood
- E. Water

Self Test Answers

1 — Which elements are associated with:

- A. Li Fire
- B. Green Wood
- C. Winter Water
- D. Summer Fire
- E. Southeast Wood
- F. Northwest Metal
- G. Dui Metal
- H. South Fire
- I. Autumn Metal
- J. Spring Wood

2 — What does each of these elements produce?

- A. Water Wood
- B. Earth Metal
- C. Metal Water
- D. Fire Earth
- E. Wood Fire

3 — What destroys each of these elements?

- A. Earth Wood
- B. Metal Fire
- C. Fire Water
- D. Wood Metal
- E. Water Earth

Your Personal Trigram

Objectives

1. Understand the relevance of the Personal Trigram.
2. Understand the difference between the Lunar and Solar Calendars.
3. Accurately calculate the Male and Female Trigrams.

Determining the Male Trigram

The process of calculating the Personal Trigram for a male is as follows:

Add up the four digits (xxxx) of the birth year. Then divide the sum (X) by 9. Subtract the remainder (Y) from 11. The resulting number (Z) determines the Personal Trigram. The number 11 here is just a constant that allows the formula to calculate correctly. We use 9 since there are 9 segments in the Master Trigram.

NOTE : Three Exceptions to the rule:

4. Should the remainder (Y) result in 0 (zero), treat the remainder 0 as 9.
5. Should the final number (Z) result in 5, a male would then belong to the Kun Trigram.
6. Should the final number (Z) be greater than 9, then subtract 9 out again. to get the final result.

Step 1

The easiest way to calculate your personal trigram (or other's) is to start with the birth date. Check to see if it is before or after February 4th. Remember, if it is before the spring stand, you use the prior year. If it is on February 4th, you can email fsinfo@amfengshui.com with the exact time to find out what the cutoff is. This information is contained in the Chinese 10,000 year calendar, a calendar and almanac that is published in Chinese.

Step 2

Add the year's four digits together:

$$x+x+x+x = X$$

For example, John was born 2/6/1959 would calculate as:

$$1+9+5+9 = 24$$

Brian, born 5/13/2003 would be:

$$2+0+0+3= 5$$

Matt, born 4/12/1965 would be:

$$1+9+6+5= 21$$

Tom, born 3/27/62 would be:

$$1+9+6+2=18$$

Step 3

Divide the sum above by 9.

X / 9 = Y

John 24/9= 2 r 6 ("r" means remainder)

Brian 5/9= 0 r 5

Matt 21/9= 2 r 3

Tom 18/9= 2 r 0

We will use the remainder ("r") value and not the result.

Step 4

Now that we know the remainder value, subtract the remainder above from a constant of 11.

11 - Y = Z

John **11-6 = 5**

Brian **11-5 = 6**

Matt **11-3 = 8**

Tom **11-9 = 2** (Because the remainder was 0 we use 9)

The resulting number is the number corresponding to their Trigram.

Brian is a **Qian (6)**.

Matt is a **Gen (8)**.

Tom is a **Kun (2)**.

John is an exception. Whenever you see a Male end up with **5**, we need to use a different number because as you remember from the lesson on 8 Trigrams, 5 is the Earth element, but has no yin or yang gender. So to create a balance, we use the female Earth Trigram of "**Kun**".

Remember the exceptions:

- *If the result is greater than 9, sum the digits.*
- *If the result is 5 use Gen as the answer for female and Kun as the answer for male.*
- *If the remainder is 0 (zero) then use 9 as the remainder and complete the calculation.*

Trigram Chart

				If Female	If Male				
Li	Gen	Dui	Qian	Gen	Kun	Xun	Zhen	Kun	Kan
9	8	7	6	5	5	4	3	2	1
S	NE	W	NW	NE	SW	SE	E	SW	N

Calculating the Female Trigram

The process of calculating the Personal Trigram for a female is as follows:

Add up the four digits (xxxx) of the birth year. Then divide the sum (X) by 9. Add the remainder (Y) to 4. The resulting number (Z) determines the Personal Trigram. The number 4 here is just a constant that allows the formula to calculate correctly. We use 9 since there are 9 segments in the Master Trigram.

NOTE — Three Exceptions to the rule:

1. Should the remainder (Y) result in 0 (zero), treat the remainder 0 as 9.
2. If the resulting number (Z) is greater than 9, then subtract 9 from the result.
3. Should the final number (Z) result in 5, a female would then belong to the Gen Trigram.

Step 1

The easiest way to calculate your personal trigram (or others) is to start with the birth date. Check to see if it is before or after February 4th. Remember, if it is before the spring stand, you use the prior year. If it is on February 4th, you can email fsinfo@amfengshui.com with the exact time to find out what the cutoff is. This information is contained in the Chinese 10,000 year calendar, a calendar and almanac that is published in Chinese.

Step 2

Add the year's four digits together:

$$x+x+x+x = X$$

For example, Mary was born 2/6/1959 would calculate as:

$$1+9+5+9 = 24$$

Sylvia, born 5/13/2003 would be:

$$2+0+0+3= 5$$

Anna, born 4/12/1967 would be:

$$1+9+6+7= 23$$

Holly, born 1/27/62 would be:

$$1+9+6+1=17$$

Step 3

Divide the sum above by 9.

$$X / 9 = Y$$

Mary $24/9= 2 \text{ r } 6$ ("r" means remainder)

Sylvia $5/9= 0 \text{ r } 5$

Anna $23/9= 2 \text{ r } 5$

Holly $17/9 = 1 \text{ r } 8$
 (We will use the remainder ("r") value and not the result.)

Step 4

Now that we know the remainder value, add the remainder above to a constant of 4.

$4 + Y = Z$

Mary $4+6 = 10 - 9 = 1$ (We subtract 9 again because 10 is greater than 9)

Sylvia $4+5 = 9$

Anna $4+5 = 9$

Holly $4+8 = 12 - 9 = 3$ (We subtract 9 again because 10 is greater than 9)

The resulting number is the number corresponding to their Trigram.

Mary is a Kan (1) .

Sylvia is Li (9) .

Anna is a Li (9) .

Holly is a Zhen (3).

Remember the exceptions:

- *If the result is greater than 9, sum the digits.*
- *If the result is 5 use Gen as the answer for female and Kun as the answer for male.*
- *If the remainder is 0 (zero) then use 9 as the remainder and complete the formula.*

Trigram Chart

				If Female	If Male				
Li	Gen	Dui	Qian	Gen	Kun	Xun	Zhen	Kun	Kan
9	8	7	6	5	5	4	3	2	1
S	NE	W	NW	NE	SW	SE	E	SW	N

Summary

You have learned about the eight trigrams and the elements. Now you can apply that knowledge to your personal trigrams. Refer back to the notes on the eight trigrams and see if the personality types match with people you know.

Remember that Feng Shui utilizes the Solar Calendar and that February 4th is the Spring Establishment. If you find someone who was born on February 4th, then you need the time of the birth to accurately determine which trigram they belong to.

The Personal Trigram gives the element and trigram that a person belongs to. In the next lesson we will examine how a person can be best orientated to the compass directions based on their personal trigram.

Self Test

1. Determine the Trigram for the following:

- Male, born 1/27/44
- Female, born 2/6/56
- Female, born 11/2/33
- Male, born 12/4/63
- Male, born 4/13/70
- Male, born 6/6/77

2. Determine the Element for the above trigrams.

Self Test Answers

1. Determine the Trigram for the following:

- Male, born 1/27/44 3 is a Zhen (Before Feb. 4)
- Female, born 2/6/56 7 is a Dui
- Female, born 11/2/33 2 is a Kun
- Male, born 12/4/63 1 is a Kan
- Male, born 4/13/70 3 is a Zhen
- Male, born 6/6/77 2 is a Kun ("5" exception)

2. Determine the Element for the above trigrams.

- 3 or Zhen Wood
- 7 or Dui Metal
- 2 or Kun Earth
- 1 or Kan Water
- 3 or Zhen Wood
- 2 or Kun Earth

Why do you need to use a compass?

In Many Feng Shui websites or magazines, you will find the American Feng Shui Institute listed as "compass school." Without a compass though, it is not Feng Shui. Can you tell the difference between South and Southwest? The only one who is gifted enough to do that accurately is perhaps the main character from the movie ET.

For example, the difference between South and Southwest holds a lot of significance in analyzing a house. As you will soon see, they are two distinctly different directions with different attributes. If your house orients to one of these directions, but you do not use a compass to determine the correct orientation, you might completely misread your home.



We look at the eight directions of East, Southeast, South, Southwest, West, Northwest, North, and Northeast when analyzing a home or building. Each of these directions holds unique significance to these buildings. So you can only apply environmental Feng Shui concepts. You cannot map the qi within the building without an exact orientation. It is similar to finding your way out of a forest without a compass. You have a high probability of getting lost.

Using the Luopan

Using the Luopan is the key to the entire Feng Shui analysis. Correctly determining the direction is essential. An incorrect reading of the compass can result in misapplied remedies that could actually cause harm rather than good.

Objectives

1. Understand what a Luopan is and the different types of Luopans.
2. Understand the parts of a Luopan.
3. Understand how to take a proper reading of the Luopan.
4. Understand how to take care of the Luopan.



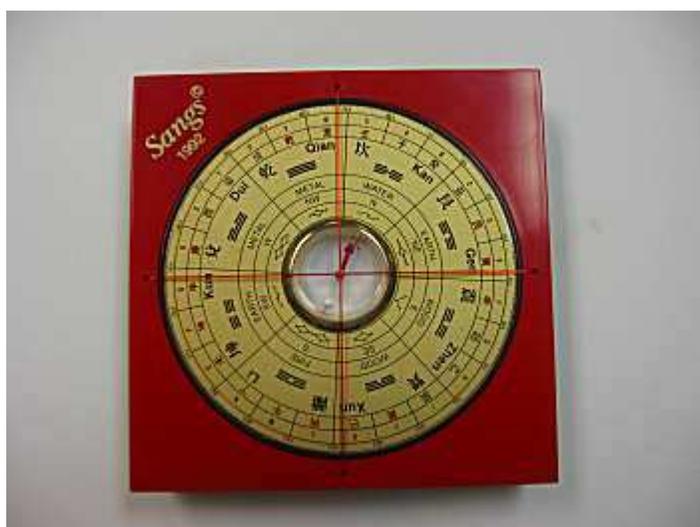
Pictured above is an old-style Luopan with a multitude of concentric rings. The Luopan originally began as a tool to measure the four directions.

Originally, it was a magnetized spoon perfectly balanced on a plate showing the directions. It later evolved into a flat dial with a magnetized needle. It showed the directions and much more.

This newer Luopan had the Eight Trigrams. Later the 64 hexagrams were added. Then came the Ten Heavenly Stems (for Chinese Astrology) and the Twelve Earthly Branches. The Luopan illustrated the five elements and the celestial bodies. Over the years, the Luopan gradually transformed into a sophisticated tool that became too complicated for just Feng Shui needs. There is a lot of extemporaneous information that does not pertain directly to Feng Shui on the Luopan shown above.

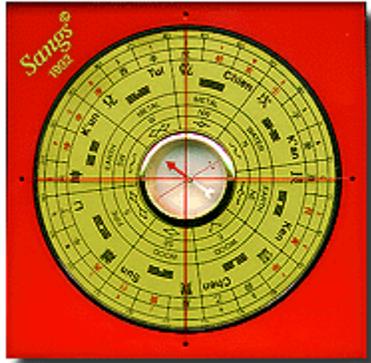


The Sang's Luopan (shown below) was specifically designed for Western students to learn this Chinese practice.



The Sang's Luopan

In recent years, Master Larry Sang simplified the Luopan specifically for training Western students. Although it looks very simplistic compared to the original Luopan, it has all the tools you need to accurately analyze a building. Pictured below is a Luopan created by Master Larry Sang that has been designed specifically to allow Westerners to be able to accurately analyze the Feng Shui of a building.



It has the Directions, the Trigrams, the Elements, the numeric representations of the Trigrams, the Yin and Yang Trigram representations, and the advanced directions for each Trigram.

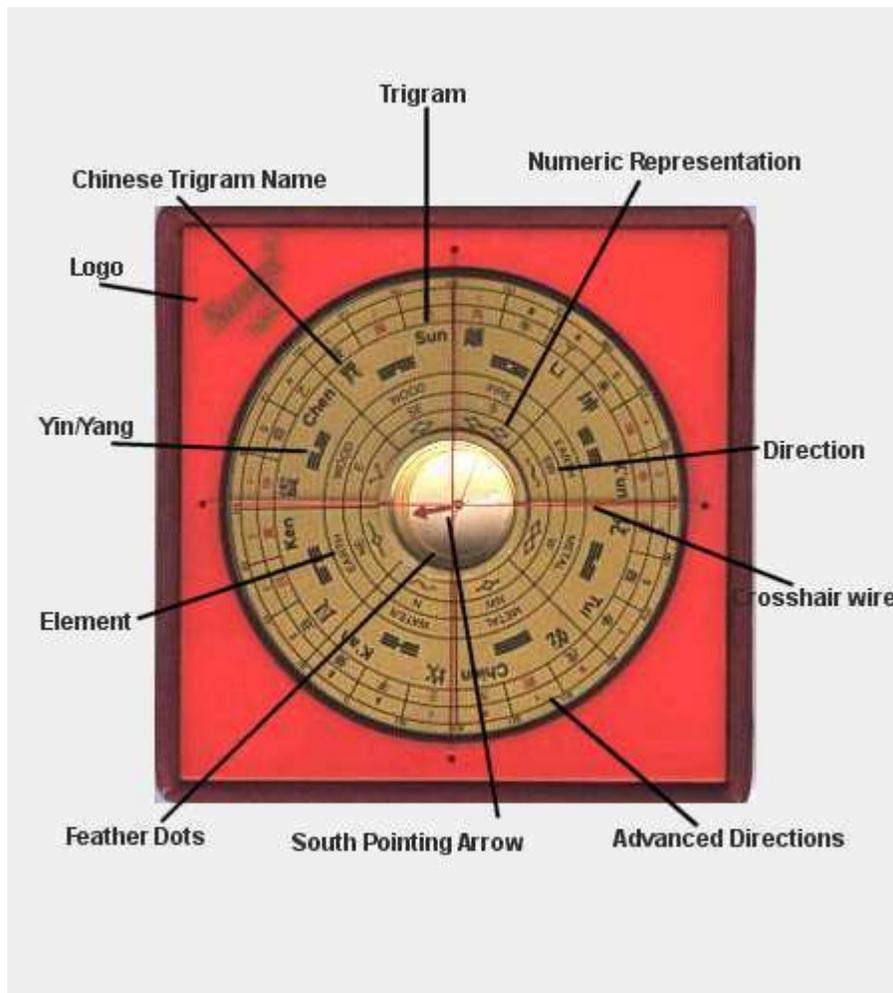
The Sang's Lo Pan is available from the [American Feng Shui Institute](#).



(A student learning to use the Sang's Luopan.)

The Luopan Explained

The Luopan is simply a compass that determines the direction. It has many other functions beyond just the directions. It has a wealth of information on its dial. The following picture shows the representations and parts to the Sang's Luopan.



A key thing to remember about a Luopan is that it points to the South. Remember that South is the top, the hottest point, the most Yang. As with all things in Feng Shui, you will keep referring back to earlier theory.

Parts of the Luopan

1. The Magnetic Arrow — The arrowhead points South rather than North, which is typically used in a Western Compass.
2. The North Dots (The twin dots at the center of the rotating dial). Always adjust the rotating (gold) dial to align the twin dots with the feather end of the arrow.
3. The Numeric Representations — The innermost ring has a dot pattern that represents the Trigrams numeric representation. For example, Kun has two dots and Qian has 6 dots.
4. Cross hair Alignments — The red cross hairs designate the facing and sitting directions. Once

the arrow is steady and the feather end is aligned over the north twin dots, you can determine the sitting direction and the facing direction.

5. The Eight Trigrams — The Eight Trigrams are the basis for orientation Feng Shui and are shown on the Luopan with their respective elements, symbols, and directions.
6. Western Alphabet Designations — Each Trigram is divided into three equal parts. These parts are shown in their Chinese Symbols. For ease of differentiation, they are designated on the Sang's Luopan using the Western Alphabet.
7. The Degrees — Outermost on the dial are the western compass degrees in Arabic numerals.

Using the Luopan

To use the Luopan correctly, remember the following:



- Always stand straight and upright. Do not slouch.
 - Do not wear metal jewelry or belt buckles that can skew the compass.
 - Always stand parallel to the building.
 - Keep feet square below you.
 - You can keep the Luopan in the lower box case to manage it better.
 - Avoid metal or electrical influences such as automobiles or electrical boxes.
1. Determine the Sitting and Facing sides of the buildings (covered in detail in the next lesson, for now just think of the facing as the front and the sitting in the rear).
 2. Stand at the sitting side of the building, looking at the building. Standing square with the building, use the Luopan to get the direction.
 3. Stand straight and hold the Luopan at waist level. Wait until the arrow ceases to quiver.
 4. Slowly turn the center (gold) dial so that the North/feather dots align with the feather of the arrow.
 5. The vertical cross hair indicates the facing and sitting directions (trigram) of the building. The cross hair-end that points towards your body is the sitting direction (trigram). The opposite end indicates the facing direction (trigram) of the building.
 6. Please take at least three separate readings from other positions. If you find that there is a discrepancy take various readings at various locations until you are sure which one is correct. One direction should stand out as being correct.

Taking care of your Luopan

The Luopan is a sensitive instrument and should be treated with utmost care. Damage of any kind to a Luopan will result in faulty measurements and distort your readings. Some general rules:

1. Always store the Luopan face up and in a horizontal position.
2. Keep away from metal objects, electrical sources, heat and extreme cold.

Be careful of large belt buckles or metal jewelery. The metal can influence the compass.

Luopans do go out of adjustment when they get old or have been dropped. Some practitioners bring along a second Luopan or a western compass to compare the readings to ensure that they are getting an accurate reading.

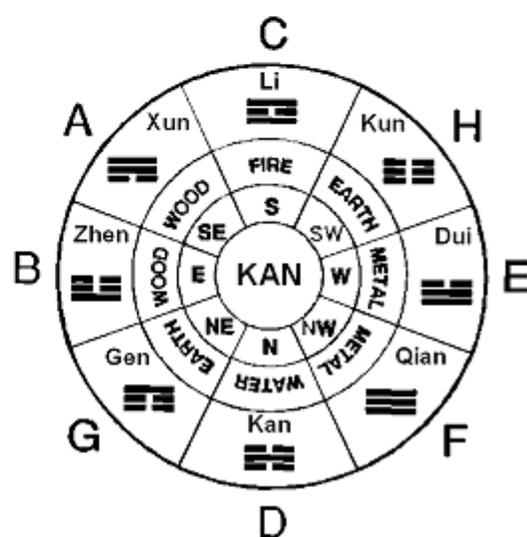
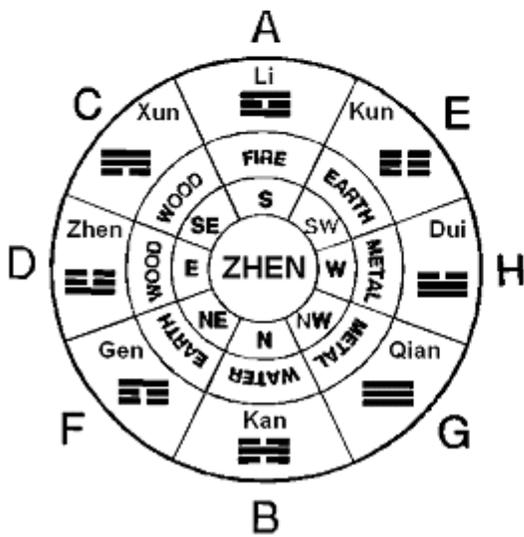
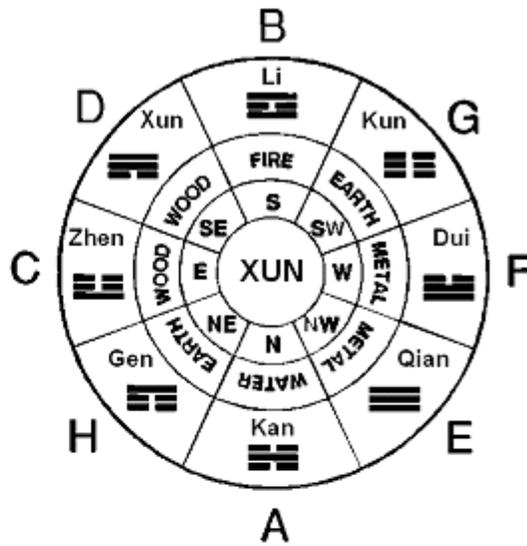
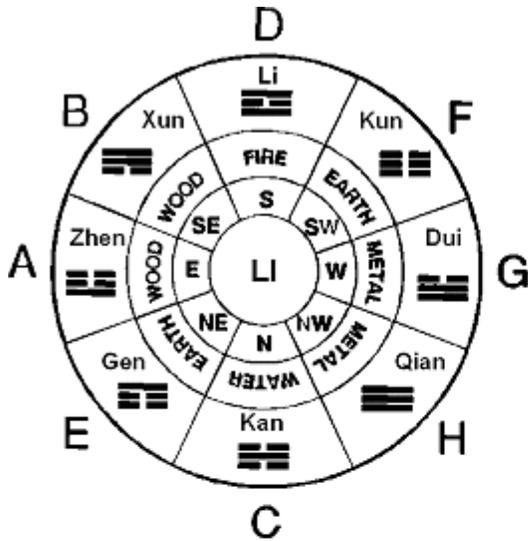
East West Teachings Part I

Objectives

1. To understand the personal trigrams directions.
2. To understand the difference between the East Group and the West Group of directions.
3. To understand sitting and facing so as to find your best directions.
4. To be able to determine your favorable and unfavorable directions.

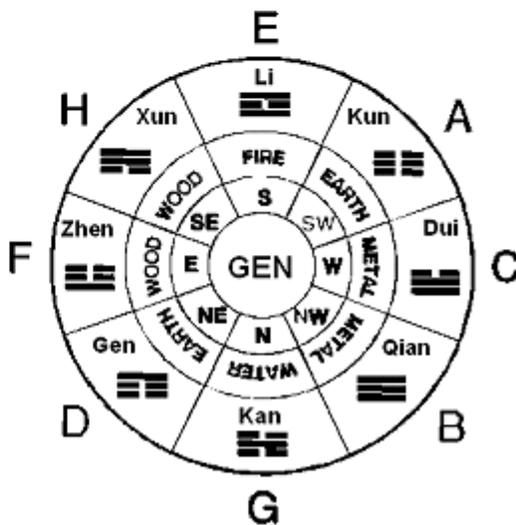
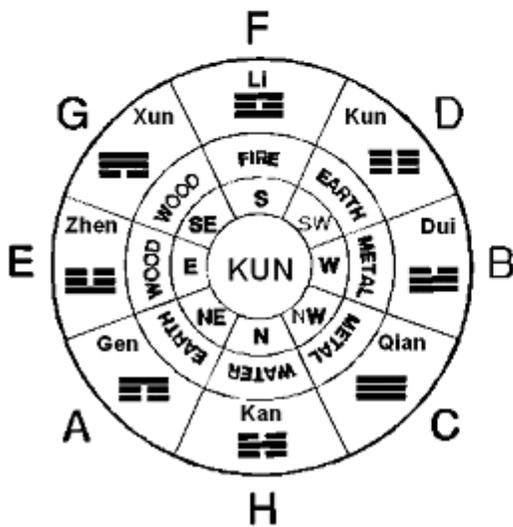
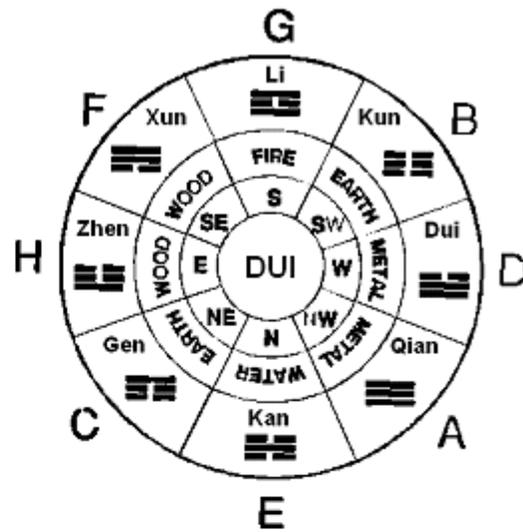
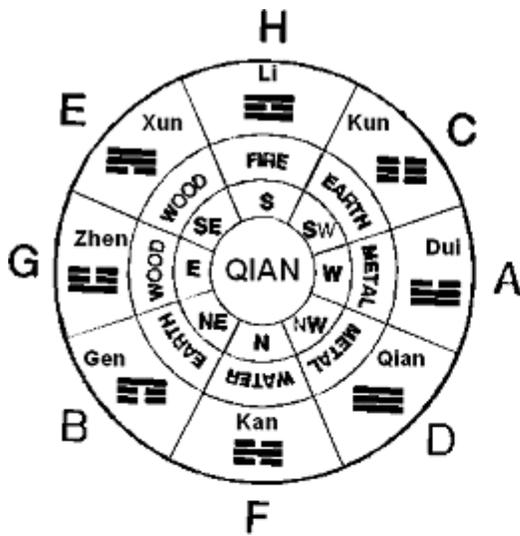
The East Group Directions

The following Direction Wheels show the favorable and unfavorable directions for the EAST Group. A, B, C, and D are favorable directions. E, F, G, and H are unfavorable. This is discussed in more detail later.



The West Group Directions

The following Direction Wheels show the favorable and unfavorable directions for the WEST Group. A, B, C, and D are favorable directions. E, F, G, and H are unfavorable. This is discussed in more detail later.



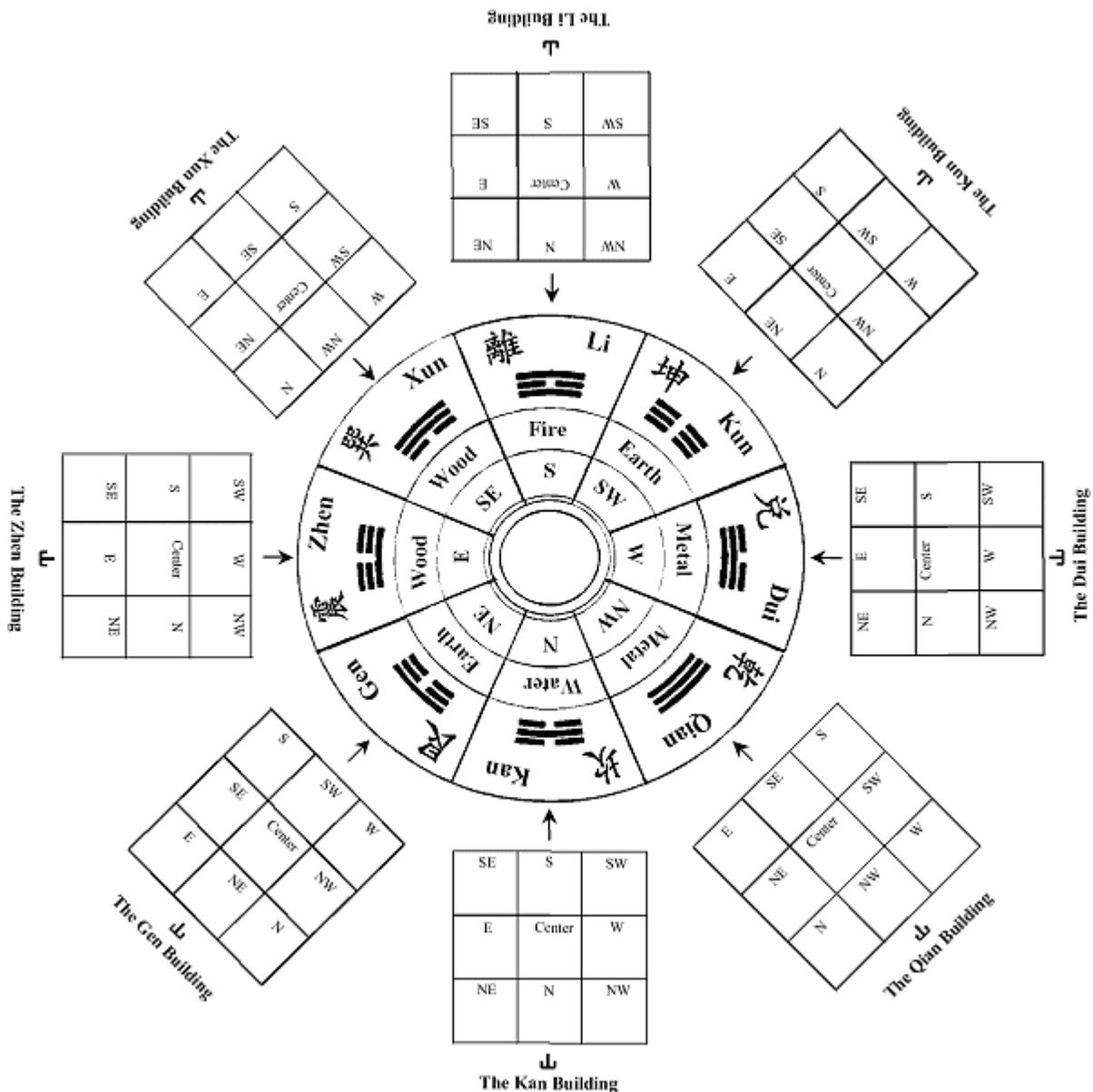
The Eight House Directions

The House Trigram is determined by the sitting side. In the chart below, the sitting side is represented by the Chinese Character for Mountain .

For example:

A house sitting at the North and facing South is a Kan House.

A house that is sitting at the West and facing to the East is a Dui House.



The East/West Interpretations

East	West
S — Li	NW — Qian
SE — Xun	W — Dui
E — Zhen	SW — Kun
N — Kan	NE — Gen

Guidelines:

- Determine if you are of the East or West group by calculating your personal trigram.
- The best possible relationships are with people of the same direction.
- Relationships with people of the opposite direction can be difficult
- Refer to the Trigram Direction Wheels for the letters that correspond to the key below to determine the best and worst directions for various activities.

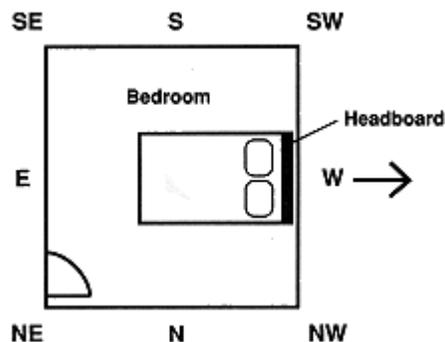
KEY		
	Direction	Interpretation
Best Condition	A	Best entrance location for head of the house. Best location for productivity.
↓	B	Best bedroom location for elders or parents.
↓	C	Beneficial for good health. Best direction for sick person.
↓	D	Best location/direction for the bed and to receive a good night's sleep.
↓	E	Accidents, disasters and trouble are likely.
↓	F	Misfortune and/or fatal attractions are possible.
↓	G	Malicious influences are likely.
Worst Condition	H	Unproductive in career and finances.

Interpretation of the Personal Trigrams in the East West Theory

In understanding how to apply the East West theory to the personal trigrams, we need to understand the concept of sitting and facing for a person. You can consider the front of you as the facing and the backside as the sitting. This is key as the Trigrams are **always** based on the sitting direction.

In understanding the letters, remember that A-D are the good directions for a person of your trigram and E-H are the directions to avoid. For example, if you are trying to find the best way to orient yourself at your desk, you would ensure that your most active direction "A" is behind you. So, refer to the Directional Wheels and find your personal "A" direction. If you are a Dui person, your "A" direction would be with your back to the Northwest. If you are a Xun trigram person, you want to orient your back to the North.

It is similar in your sleeping direction too. Your best sleeping direction is "D" or your "home trigram." "D" is always your most comfortable direction. It is restful and rejuvenating. When you are in bed, you want your head pointing to the "D" direction. Think of it like this, when you sit up in your bed, your back should be to the "D" direction. For a Dui person it would look like this:



When you are trying to find the bed direction for an elderly person you would want to orient them with their head to the "D" direction. However, if they are feel sickly than the "B" direction will help them in health. "B" is a good direction generally for all people if they are not feeling well.

You should avoid having your bed to the directions labeled "E" to "H." These are not restful and are uncomfortable directions. They can create difficulties in your life.

Have you ever noticed when a little baby sleeps, they do not necessarily sleep parallel with their bed. They usually turn to their "D" direction or a similar good direction. Small Children and animals seem to have this innate sense of direction that adults have forgotten.

Looking Ahead

In the next lesson, we will be looking at the house trigrams. You might already realize that we will use the same Directional Wheels to determine the favorable areas of the house. Think about how you orient yourself in your life. Further, think about how your house is oriented. We will discuss this in detail next week.

Self Test

1. What is the most favorable direction for sleep for a Gen person?
2. What is the least favorable direction for a Li person?
3. You are trying to orient your bedroom and you have walls that are on the North, South, East, and West directions. The door is on the West wall. There is a large window on the East wall. You are a Xun Person. What is your best sleeping direction in this room? Why?

Self Test Answers

1. What is the most favorable direction for sleep for a Gen person?

Northeast

2. What is the least favorable direction for a Li person?

Northwest

3. You are trying to orient your bedroom and you have walls that are on the North, South, East, and West directions. The door is on the West wall. There is a large window on the East wall. You are a Xun Person. What is your best sleeping direction in this room? Why?

Your best sleeping direction would be South. It is your B direction. The room does not align to your D direction, nor does it align to your C direction because you would be sleeping against a window. So you need to take the B direction. If you were to take the North for your headboard (the A direction), you would have a very active sleep. It would be better than your bad directions, but you would probably be having a light sleep and be thinking about work.

East West Teachings Part II

Objectives

1. To understand Sitting and Facing and how that effects the Feng Shui reading.
2. To learn how to overlay the trigram grid on a floor plan.
3. To understand the 8 Trigram directions and their influence on a house.
4. Resolving issues between the house and the people.

Determining the Sitting and Facing

When examining a building, *the key to the entire analysis* is getting the sitting and facing correct. The sitting direction determines the nature of the building. Many people mistakenly use the front door. The front door is important in that it is where the Qi is refreshed, but it does not determine the overall characteristics of the house or building.

So how do we determine the sitting and facing directions? The easiest way is to go back to our foundation knowledge of Yin and Yang. If we think about the characteristics of Yin and Yang, we can apply this to the house.

Yin	Yang
Sitting	Facing
Dark	Light
Closed	Open

The same characteristics of Yin and Yang apply to Sitting and Facing. You can think of the facing as Yang and the sitting as Yin. Typically the facing is the active (or busy side), the brighter side of the house, or even more open to the light with more windows. The sitting is the usually closed, darker, private, and restful.

If we think of these characteristics in a broader sense, we can see a lot of other attributes that determine the sitting and facing:

Sitting	Facing
Private	Public
Plain	Façade and Decorative
Quiet	Active
Heavier	Lighter
Utilities & Trash Bins	Clean and Decorated
Yin	Yang
Hidden	Open
Flat	Irregular
Closed	View

The facing side has a more decorative look to it. It is usually where the façade is. The façade has the decoration, signage, design or stylistic look. Contrast this to the sitting side of most buildings and you find a very plain, flat and relatively unattractive side. In many buildings it is just a long flat wall. The sitting side is usually the private and darker areas of the building. In a home it is where you find the bedrooms, in an office, it is where you might find the executive offices.

The facing side is usually where the public areas are found. In a home it is the area where the living or dining room is. In an office it is where the lobby or showroom is. The difference between sitting and facing can also be found in the relative weight of the areas. The facing is lighter and the sitting is heavier. For example, in many cases, the garage or kitchen is found in the sitting side. This is where the heavy automobile is found, or appliances are found.

The facing usually contains more windows and lets in more light. The sitting is more closed and is darker. In a home this is easy to see, the private rooms are where it is more restful and dark, so you can

get to sleep and relax. The facing side is where you entertain and is brighter. Bringing this back to Yin and Yang theory, we can see that the facing is Yang and active. The sitting side is Yin and more peaceful.

When trying to determine the sitting and facing of a building, there are other clues to assist you. You can consider the facing side the side you would take a photo of. Since it is the showplace, the natural tendency of people is to take a photo of the facing side. In most track homes built in the last 30 years, it usually is the street side. Remember that there are always exceptions though. In most track homes built in the last 30 years in the Western United States, the automobile became the important part of the lifestyle so many architects designed the front of the home with a garage to show off the car. The garage suddenly appeared on the street side of the home. The facing side is the showplace of the home.

You can look for clues on the sitting side too. Most of the time, the sitting side contains the utility hookups such as gas, water, or electricity. Since it is the more private side, the sitting also can be the place where the trashcans are stored or where the storage shed or other visually less pleasing items are found. The sitting side is the side that supports the house and provides its strength.

So in summary, you must remember that the sitting determines the nature for the entire house. A house that sits to the East is a Zhen house. A house that sits to the North is a Kan house and a house that sits to the West is a Dui house and so on. The sitting is the supportive side of the house. When doing a Feng Shui analysis, if you determine the wrong sitting, the entire reading is wrong. So use the clues given by the design of the house and you will be able to accurately find the building' s trigram.

Sitting and facing is the easiest concept to explain and the most difficult concept to use. The theory behind it is simple but its application is difficult because there are so many varying architectural styles and designs. The Institute offers a detailed class on the practical application of sitting and facing.

The Eight Directions of the Personal Trigrams

As we said in a prior lesson, each person relates to a particular trigram. This trigram has its own nature and it also has its own relationship with the other trigrams. The trigram is synonymous with the directions. From the directions, we can determine how people align with their best and worst directions. The East West teachings is the study of the directions and their relationship to people and buildings. This concept relates both to the people and to the house. In this lesson, we will be seeing how people relate to the directions.

In the East West teachings, there are two distinct groupings of trigrams. These are based on their relatedness of their directions. There is the "EAST" group and there is the "WEST" group.

The trigrams that belong to the EAST group are:

Li, Xun, Zhen, and Kan.

The trigrams that belong to the WEST group are:

Qian, Dui, Kun, and Gen.

One way to remember which trigram relates to which group is to know that the Earth element trigrams and the Metal element trigrams are in the WEST Group and the Water, Fire, and Wood trigrams are in the EAST group.

East	West
S — Li	NW — Qian
SE — Xun	W — Dui
E — Zhen	SW — Kun
N — Kan	NE — Gen

We use this method of grouping trigrams to determine compatible directions and also to determine the best and worst directions for various activities. Some directions support you and others drain you. Many people always align themselves with the North or South poles based on the belief that that is the best direction to be sleeping. This is not true. As with all things in Feng Shui, it depends. In this case it depends on the person's personal trigram. If you are a WEST group person and you align yourself with the magnetic poles (i.e. North), you will be aligning yourself to a direction that is not supportive of your group of trigrams, thus putting yourself in an unfavorable direction.

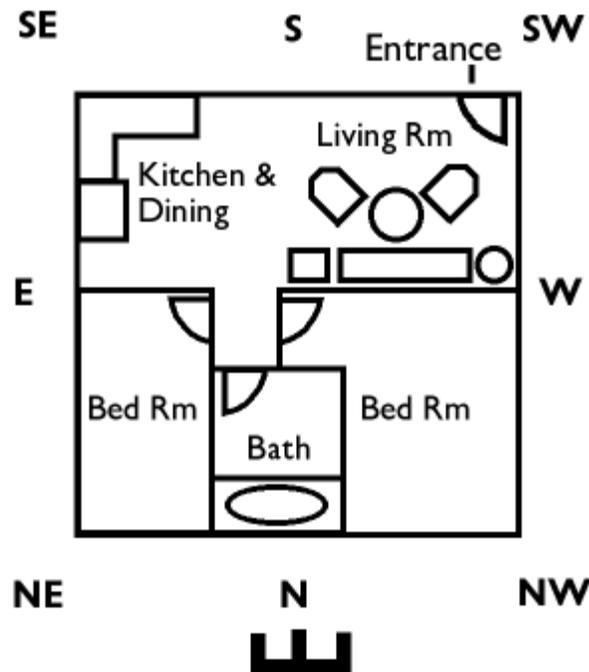
How do we then find our favorable directions? The process is to first determine the trigram based on the birth date calculation. Once you know your trigram, you can determine if you are WEST group or EAST group. The best possible relationships are with directions or with people who belong to the same group. Relationships with people or directions of the opposite group can be difficult.

To obtain our directional priority, we use the 8 East Group and West Group charts (from section 3) to

determine our trigrams favorable and unfavorable directions.

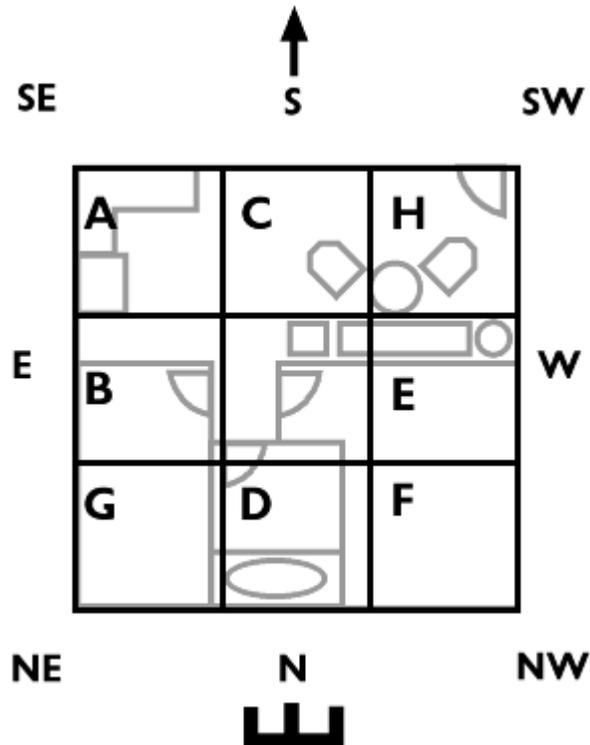
Applying the Trigram Grid to the Floor Plan

Once you have determined the sitting and facing sides of the home, you are ready to map out the house to its corresponding trigram directions (A-H). In order to find the areas of the house that are affected by each type of Qi energy, we need to overlay a grid on to the floor plan. You should use a proportional floor plan. This plan can be hand drawn or be the original building plans, as long as the plan is proportionally correct.



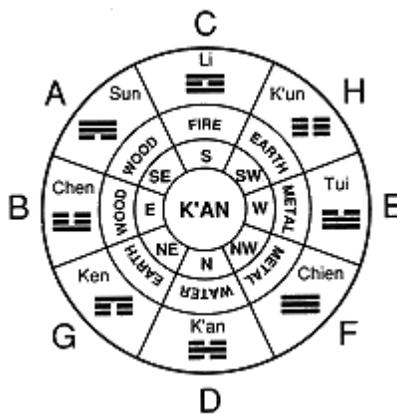
An arrow indicates the facing, and the three-prong Chinese character for "mountain" indicates the sitting.

Once you have the proportional floor plan, you then overlay a 9 square grid. This grid is proportional to the floor plan. If it were a long and narrow house, so would the grid be long and narrow. You want to divide the floor plan into equal thirds both top to bottom and left to right as shown below:



As you can see, this house is now divided into 9 equal grid segments. (8 directions plus the center)
 Looking at this house, what Trigram is it? Kan is correct, because the sitting side is at the Kan direction.

We can now overlay the Trigram letters from the last lesson. To do this, we start with the letter D in the sitting segment. Refer to the directional trigram wheels from the last lesson. In this example, use the Kan wheel. Then write in the letters directional segment by directional segment, clockwise, until all the directions are associated with a letter. Make sure that the trigram directional wheel corresponds to the sitting side of the house. Fill in the A-H letters into each direction until every direction has an associated letter.



When we are done, we can determine the favorable and unfavorable qi areas within the house. Practice this with several different sitting directions to get the understanding of the process of mapping the A-H

qi directions.

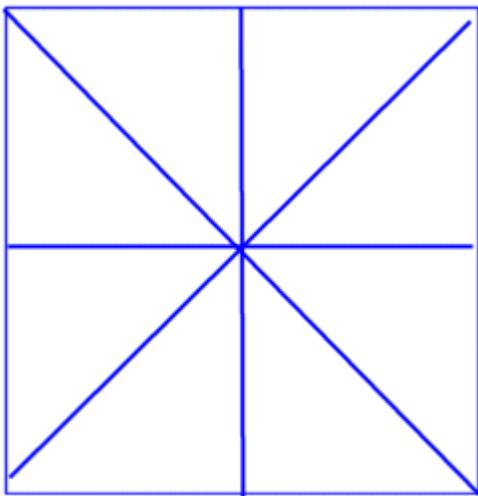
Having laid out the A-H directions, we can begin to analyze the qi of the house. Remember that the D direction is always the sitting direction. So if you have North sitting direction, it would be the Kan trigram house. NE would be the D direction in a Gen trigram house. And so on... The best entrance is always the A direction. In the last example, A was in the Southeast. The best bedroom for the example would be in the D (North) direction. However, the bathroom is in the D. Since you cannot use the D area, use the next best direction. In the case above, you would have to use the G or F areas. In that case, you need to align the person to their best sleeping direction. Try to avoid the H direction.

Properly Laying the Grid over the Floor plan

How to Grid

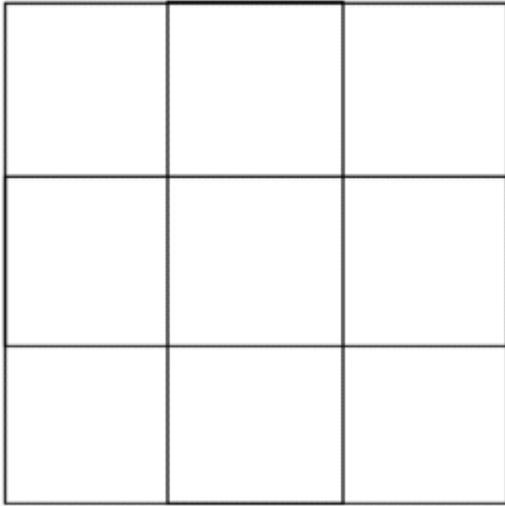
Some Feng Shui practitioners use a pie shaped grid.

Pie Shaped Grid

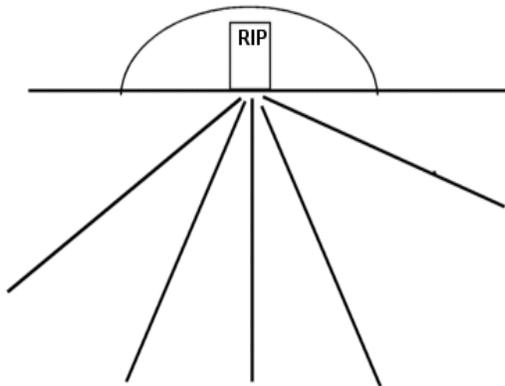


At the American Feng Shui Institute, we use a square grid over the yang house (a house for the living) floor plan.

Square Grid



Be aware that we also use the pie shape in certain situations (at a deeper level) for picking special directions for a person's individual direction. This is covered in the Advanced Case Study Classes. We also teach how to use the pie shaped grid in our Yin House class.



People misuse the concept of gridding a Yang House floor plan. They mix the Yin House (House for the deceased) theories and then apply them to a yang house application. This is very dangerous! So remember that for your studies here, use the Square grid to map the house.

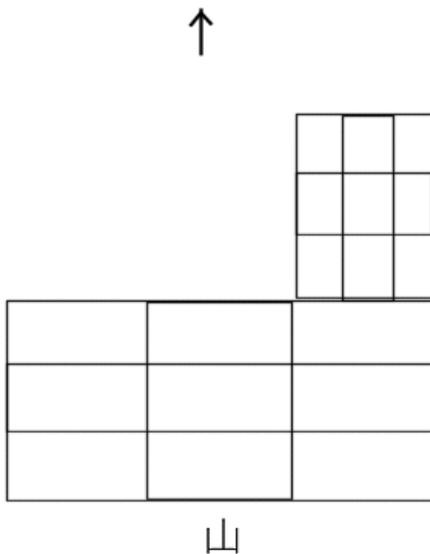
The Institute offers an advanced level class on using the square grid to map the house and the pie shape to map the money door and the lonely pillow direction for different individuals

Lastly, the Institute has taught classes since 1991 and has only had a single Yin House class with select students who had to pass a very high level exam. Yin House Feng Shui is not something to be taken

lightly. Only the American Feng Shui Institute provides prominent cemeteries around the world with consulting services.

Applying the Grid to an L-Shaped Building

Often there is some uncertainty by students on how to map the grid. The grid is layed upon the floor plan so that you proportionally cover the living space of that floor. The grid is divided into three horizontal and vertical segments forming a nine-square grid. The grid should cover almost all of the living space. When applying the grid, look for the natural square or rectangle shape of the floor plan. There may be areas that stick out beyond the grid or are missing from the grid. We treat the extensions as extra while those areas that are missing are simply missing.

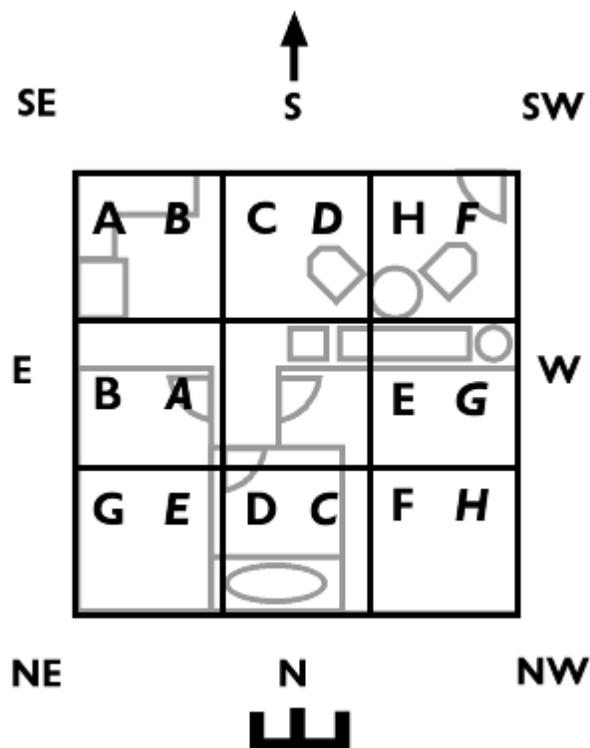


(Note: the darkness or shade of the lines is insignificant, this is the effect that different Internet Browsers have on this image.)

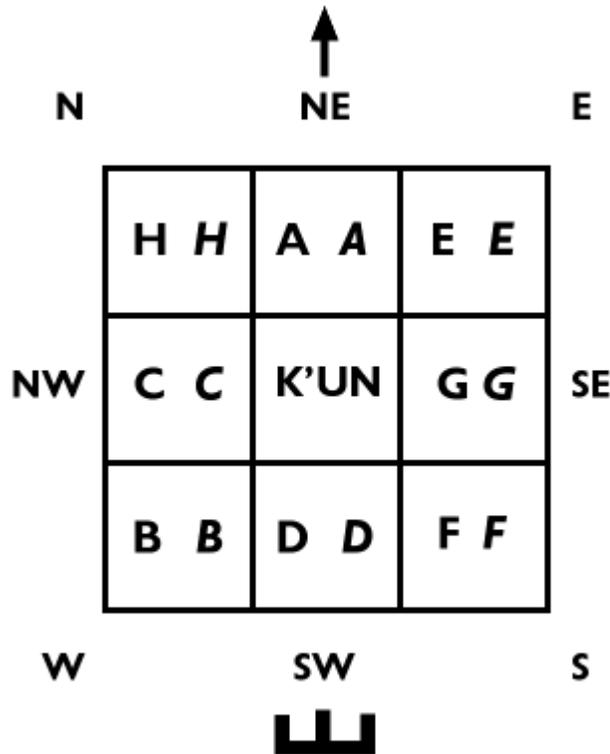
Remember the 2/3rds rule: If more than 2/3rds of the grid is missing, then the remaining 1/3rd gets its own grid. Thus if you have an L-Shaped building, and there is a significant area missing, only grid the large section, enclosing the most amount of floorspace within your grid. The area that sticks out, gets a smaller grid overlayed upon it.

Combining the House and Personal Trigram directions

Now what happens when the personal trigram is Li and the house is Kan like above? We add the personal trigram directions to the floor plan.



This particular house is generally good for this person. Since they are Li and the house is Kan, both belong to the East group. The bedroom is F for the house and H for the occupant. This is not preferred. They can try to use the East B section (that is also an A direction for the occupant, but they need to try not to align themselves with the door. Or at the very least keep the door closed. The bad sections (E-H) correspond to the same areas of the house. The good areas (A-D) are also found in the similar areas. This person can fully utilize the good areas of the house and should try to minimize the time spent in the bad areas.



If this were a Kun person (being West group) in the above Kan house, then their directions would not align. So you can see that by selecting a house that aligns to your group, you can feel much more comfortable. If you are in a house where you are not matched to the house's trigram, then you try to align to your personal directions.

The ideal house is one that matches your trigram to that of the house's. For example, if you are a Kun person, your ideal house would sit to the Southwest. If you are a Zhen person, your house should sit to the East.

Many times the issue comes up of what to do if one spouse is aligned to the house and the other is not. For example, what do you do if the house is Kun like shown above and the wife is also Kun, but the husband is Xun? The answer would be to create balance. The wife already has a comfortable house, so give the bed direction to the husband. The headboard could be on the SE wall of the bedroom.

Analyzing the Bedroom

The bedroom is the most important room of the house. It is where you spend several hours resting. It is also where you absorb the most qi. Because of this, in Feng Shui, we always focus on improving the bedroom. The ideal bedroom is found in the D direction for the House trigram. *The House trigram qi always takes precedent to the Personal Trigram!* In other words, if your personal trigram is F in a certain room and yet it is the D area for the house, use the D area of the house. Then optimize that room by finding the D, or C, or B, or A personal trigram, sleeping direction for the wall to put your bed against.

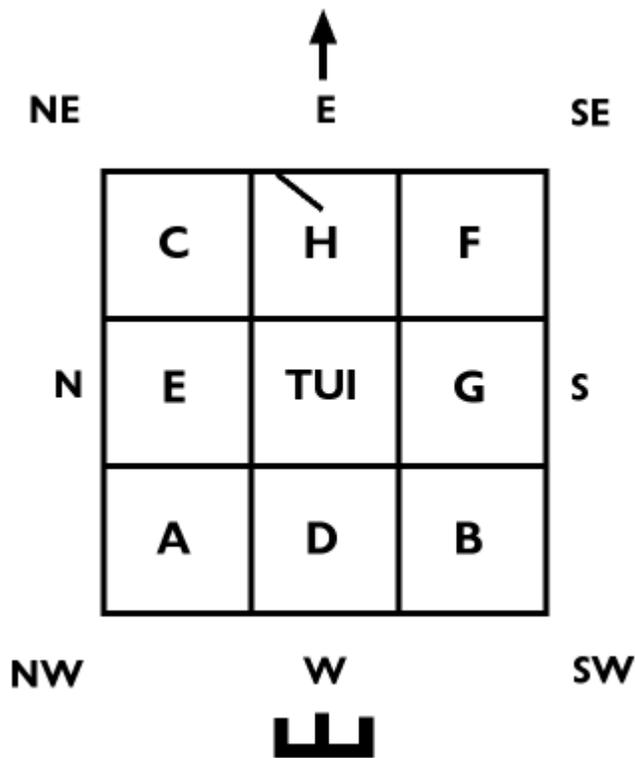
Other concerns of the bedroom are that you keep it clean with no "sha". A sha could be a smell, clutter, or irregular shapes. Try not to have any sharp angles pointing at you in bed. Make sure that it has balanced lighting. Try not to sleep under any exposed beams. Most of all, make the environment as restful, peaceful and comfortable as possible.



Analyzing the Entrance

Many books and practitioners base their analysis on the front door. This is not correct. The entrance is important since entering and exiting the home refreshes the qi. Since the sitting side determines the Trigram of the house, the door is simply an opening into one of the trigram quadrants. Ideally, the door should open into the A quadrant to bring in the most favorable qi. If the door opens into the H quadrant, try to avoid using that door. You can either open a different entrance in a more favorable quadrant, or simply use another existing door in a better area. Use doors that are in the A-D quadrants and avoid the E-H quadrants.

Below is an example of a Dui house. The door opens to the East or the H direction. This could bring Misfortunes and Malicious Influences.



By moving the door (or using a different door if one is available), we can see that the opening is now at the Northeast quadrant or the C direction (Family Harmony & good public relationships).

Kitchens

Kitchens have always been an important part of Feng Shui. They are the place where the food that nourishes the occupants is prepared. There are a lot of misunderstandings about the kitchen. Some say that the water should not be near the stove. This is not true today. In ancient China, the well was not to be where you slaughtered and prepared the animals. Typically you cooked in one area and you had your well away from that area. Today though, modern plumbing and appliances make for clean and sanitary environments. Having a sink near a stove is not bad.

There is the issue of the qi within the kitchen. The kitchen stove is good for burning off the negative qi. This means that the stove should ideally be in the worst directions (E-H). The best place for the stove is in the H house trigram direction with the face of the stove pointing to one of the good directions (A-D). These are based on the house trigram.



Self Test

1. If a house sits to the SE, what is the house' s trigram?
2. Using the same house, what direction would be the B direction?
3. If you are a Li person, would you feel comfortable in this house? Why?
4. If you have a Dui spouse would he or she feel comfortable? If not, what could you do to make him or her feel better?
5. What is the ideal location for the Stove?
6. Sitting is more yang. True or False
7. What is the best direction for the entrance in a Qian house?

Self Test Answers

1. If a house sits to the SE, what is the house's trigram?

Xun

2. Using the same house, what direction would be the B direction?

South

3. If you are a Li person would you feel comfortable in this house? Why?

Yes, it is an East group house. You are an East group person.

4. If you have a Dui spouse would he or she feel comfortable? If not, what could you do to him or her them feel better?

No. They are west group. Try to align the bed with one of the West Group directions. SW, NW, or NE are possibilities in a Xun house.

5. What is the ideal location for the Stove?

In the H quadrant. In this house, it would be in the Northeast.

6. Sitting is more yang. True or False

False. Sitting is considered yin.

7. What is the best direction for the entrance in a Qian house?

The West

Common Questions

This section is designed to clear up some of the confusion that you might have from all of the books and information around today. In a traditional classroom setting, we have the opportunity to explain some of the modern Feng Shui issues in conversations and stories. Since we cannot have that direct contact, we are going to mention some of the popular topics brought up in class. They are not part of the syllabus, but rather common questions that the students typically ask in the beginning class.

Objectives

1. Discussion on Feng Shui Folklore
2. Understand Common Sense Feng Shui

Feng Shui Folklore

Feng Shui recently has gained tremendous popularity worldwide. As with anything that grows too fast, many misconceptions have come about. There are Chinese superstitions present, Western design principles that are blended with Feng Shui concepts, and complete misunderstandings about Feng Shui. Clearly some of these issues need to be addressed in a class on traditional Feng Shui.

First, traditional Chinese Feng Shui uses only the Five elements of wood, fire, earth, metal, and water. Many "masters" from Asia recommend a lot of superstitious objects. While they may or may not work, they are superstition, not Feng Shui. Feng Shui at its roots is about improving one's environment. It is not magical or mystical.

Throughout the 3000+ years of Feng Shui history, much hearsay has been generated about this closely held practice. People would hear about remedies used in Feng Shui and take them out of context. One such example is of a Hong Kong Feng Shui practitioner who recommended a clay rooster to offset the caterpillar-like power lines and their posts. Symbolically, he used the rooster and the caterpillar, but in elemental theory the clay (earth) reduced the electricity (fire). This was a proper Feng Shui remedy. Not for the rooster symbology, but rather the reductive cycle of the elements. In Canada, this advice was taken so far out of context that a man chained a live rooster to a power pole and was fined by the police! Why we put the clay to cancel the electricity is explained more clearly in the Intermediate Class.

Feng Shui was passed down poetically and in its early days was not usually written down. These poems were very symbolic and beautiful to the casual listener, but to the Feng Shui master, these were ways of remembering the formulas. Colors were used in the stories to represent the elements, which further represented numerical calculations.

There are a lot of symbolic representations in Feng Shui. But they are just that; symbolic. The White Tiger, the Red Phoenix, the Black Turtle, and the Green dragon are nothing more than representations of the directions. White being metal, or west; Red being Fire or south; Black being Water, or north; and Green being Wood or east.

Additionally, some authors say you need the Black Turtle at your back and the Red Phoenix in front of you. This is simply saying that the South is the ideal direction for your door and North for the sitting. The Chinese always favored the South, as that is the warm direction. In days before modern conveniences, it was practical to have the door to the sunny side of the house. This would help heat the house. In fact, a lot of Chinese houses have a red door because it is the color of the South. (Li trigram/Fire Element.) This is not the ideal direction though, as we have learned. Every house has its own nature, as does each individual.

The most commonly mistaken concept is that of mirrors. Mirrors are constantly being used in Feng Shui. In ancient times a practitioner would suggest a mirror as a remedy. We understand that Qi is life energy and that mirrors only reflect light. Hundreds of years ago mirrors were made of polished brass. It was the brass, not the mirror that provided the remedy. Mistakenly, people thought that you need mirrors to reflect bad qi. In reality, today's mirrors have too little metal to be of sufficient remedy. Always go back to the Five Elements theory. These are the only qi remedies used. Remedies in Feng Shui are either elemental or environmental.

It seems that the most popular "cure" in modern Feng Shui is the use of the "Ba Gua" also known as the "Pa Kua". The Ba (8) Gua (trigram) is the theory we just learned. It is the eight directions. Using a 9

square grid over a floor plan, we can determine the favorable and unfavorable directional qi. It is not a mystical symbol. Although, in the next course, you will see that when applying the 8 houses numerically, it can almost appear magical, but rather it is mathematical. People frequently use the octagonal shape, with or without a mirror, as a way of warding off bad qi/spirits. This is a folk belief that grew out of misunderstanding. One of the poetic classics, that was mentioned earlier, roughly translates as "the eight house mirror." This poem was meant to show that if you read a house using the proper Feng Shui calculations, you could read that house as clearly as looking in a mirror. This is very true. In the Intermediate Feng Shui course, you can see exactly why a couple might divorce, why a person has a nervous disorder, or perhaps why a person has a drinking problem. All of this is based on higher level calculations that reveal the elemental interactions and their effect on people.

Another mistaken Feng Shui "cure" is the use of crystal balls. These are not used in Feng Shui. They are not used in Chinese Feng Shui at all. They seemed to have been attached to Feng Shui in the last 20 years. If someone has a crystal ball, and they like it, it is okay to leave it alone since it is not one of the Five Elements. It does no good, nor bad. Often, "cures" have no effect and it is better to not create a Sha by telling someone that it is wrong or bad or anything else negative. Rather, if it does not hurt the situation, then leave it alone. If the person is open to change, then suggesting changing it might be okay.

The concept of Poison Arrows is seen a lot. This too is a fancy way of saying that you have Angle Sha directed at you. In other words, if there are sharp angles directed at your house or at you personally, the flow of qi is sharp like an arrow. The solution here is to slow down the Qi using plants or trees.

The overall objective of Feng Shui is to reduce sha (negative influences) and to promote beauty and harmony. It is not about placing symbolic objects, mysticism, or other supernatural forces. In this lesson, we reveal confusing and often mistaken use of "cures" and symbology to educate you, our students, just as a father tells his Children about right or wrong. This does not mean that you should in any way put down, or tell others that they are "wrong". Feng Shui strives to create positive results. Remember too that the Chinese masters prefer the yin or quiet way. Try to inform and help.

Common Sense Feng Shui

There are many aspects to Feng Shui. One can use the analogy of comparing Feng Shui to an onion. As you peel the skin away, there are deeper and deeper layers to be discovered. One of the topmost layers is environmental Feng Shui. Many practitioners go only as deep as this level. Despite only hitting the surface of the science of Feng Shui, they do have some limited success. Anyone who takes the time can apply these environmental Feng Shui principles to their offices and living space. Although much is said about these factors, they bear repeating as questions abound about the "common sense" environmental aspects of Feng Shui.

One of the most basic principles of environmental Feng Shui is that you should not sit with your back to an entrance. It is amazing how many modern offices have cubicles or office furniture arrangements that place a person facing away from either the entrance to their cubicle or the door of the office. Placing a person like that is both unproductive and creates a suspicious feeling in the person who consistently has to turn around to see who is behind them. One company had a worker, who knew nothing about Feng Shui, with a mirror next to him to see who was approaching from the rear. While we do not recommend mirrors as a Feng Shui remedy, this was one case where it did come in handy to make the person aware of his surroundings. People can be much more productive if they are comfortable. A desk that is aligned in such a way as to protect the backside of the worker is a much more comfortable situation.

Another common sense Feng Shui axiom is that curves are much more pleasing than angles. In art, a smooth curving brush stroke is much more pleasing to the eye than a sharp angle. The same is true in buildings. It seems that much is written about angles pointing at you. They are referred to as Metal Sha, Qi Arrows, etc. From a common sense perspective they do not look pleasing, nor do they provide comfort. They create a rush of direct qi from two directions with a focus directly at you. The objective then is to break up that rush of energy. Ideally a curved corner is much more desirable. Many architects and builders are now building homes with no angles at all. Every corner is rounded. If it is a building near your home or office, consider putting a tall bush or shrub in front of the angle to break up the qi force.

Even though curves are good, used out of balance, they can be unfavorable as well. This is particularly true of dome houses or completely round houses. There is nowhere for the qi to rest. These types of buildings can be very unsettling.

Clutter - this has to be the most popular "cure all" solution for your basic Feng Shui practitioner. Feng Shui is about pleasing and comfortable environments. While some people thrive on clutter, it is not a way of improving one's prosperity or well being. So even though it is basic advice, it is still good advice. Take care of the clutter.

Good Feng Shui standards follow the concept of "being plugged in." This is applicable to bedrooms, houses and apartments. In the bedroom, keep your bed "plugged in" to a wall. Do not have the bed at an angle to the walls, nor away from a solid wall. This leads to uncomfortable sleeping patterns and a generally poor rest. The bedroom is where you regenerate and absorb the most qi of the day. Most people spend at least six to eight hours sleeping. During this time you are absorbing the qi of the room. When a proper Feng Shui analysis is performed, the focus should be on the bedrooms and the entrance (where the qi circulates into your house). The most important part of Feng Shui is creating a balanced environment for the people. A supportive bedroom is a must.

Houses and other buildings should be plugged into the ground. Houses built on stilts are not

considered to have good Feng Shui since they are not "plugged into" the ground. This can lead to instability and stomach problems. When looking for a place on a hill, try to find one that is grounded.

Lastly, always remember to keep a balance. The fundamental theory of Feng Shui is the concept of Yin and Yang. This is about balance. If a room is too bright, put up curtains. If a room is too dark, consider adding a skylight. If it is too cold, turn on the heater. Too much of anything is not healthy. There are a lot of modern environmental problems around, but there are as many traditional solutions. The answers to today's environmental issues are still to be found in traditional Feng Shui.

The Center

You may have noticed that in the section on the Eight Trigrams, nothing was said about the center. In the Beginning Class we do not use the center, only the eight directions. We learn to use the center in the Intermediate Class.

Please be aware that the East/West teachings are incomplete in their content. In the overall scope of Feng Shui the East/West teachings exclude the center. In the Intermediate class we learn to use the center section and how to apply the five elements. When you use the East/West teachings you only learn how to avoid or take advantage of the directions. Like a martial arts student, you first need to learn to defend yourself before moving on to the punches or throws.

In the Intermediate class you will understand that in a house that is sitting north and facing south, in the northeast corner you need to add fire, otherwise older people sleeping in this section will have bone pains. Additionally, and more serious would be if a pregnant lady were sleeping in this section, then she faces the likelihood of a miscarriage.

A house that sits to the northeast and faces southwest has in the north section a strong potential for single people to find romance. To enhance this potential, you can use one of the five elements to enhance this romance qi.

As you progress in your studies, you will see clearly that in traditional Feng Shui every theory has a reason that relates to the 5 elements and not to symbolism.

Summary

The East West theory of Feng Shui is the first level of Feng Shui. Many masters today utilize this method of Feng Shui analysis exclusively. By finding a house that aligns to your natural directions, you can feel more comfortable and rested. This in turn can lead to prosperity. If you are in a house that does not align with your directions, then you must utilize your personal trigram directions to support you. Often people ask "What do I do if I cannot align to a particular direction?" The answer is that you cannot align to it, make the most of those directions that are supportive. Make the areas you can work with as good as possible. You can do this by using the productive colors and by using alternative directions. Perhaps your C direction works when your A does not.

Remember too, that just because a room has an E-H letter, this does not mean that you cannot use it. Just try to spend more time in the better areas. If you are in an area for a short period of time each day, it will not have a lot of effect on you. The rule is to maximize the good and minimize the bad. Feng Shui is based on common sense. Do not create a "sha" inside worrying about a bad area, rather make what you have as ideal as possible.

Lastly, understand that a Feng Shui practitioner is like a doctor. when you are sick, you need a doctor. When you need to improve your environment, use Feng Shui. But in both cases, they are a study, not a superstition.

Following this lesson we will take a final exam on the material covered. To review, remember that the primary points of the beginning class are to provide to you a foundation in the fundamental theories (including Qi, Yin and Yang Theory, the Five Elements), the People Aspect of Feng Shui (the personal trigrams), the use of the Luopan, and the directional/Building aspect of Feng Shui (8 house theory). Additionally, by the end of this class you should now have a better understanding on what is and what isn't traditional Feng Shui.

The Chinese culture is an extremely old culture. The history of China is based on striving to work in harmony with nature. Even 2500 years ago, the feudal lords were dividing the land up into 9 semi-even partitions to sell to the peasants. They understood the eight directions. They used eight sections for each of the directions plus the center. Even the palaces of China are arranged around an open courtyard with four separate structures on each of the four primary directions. The emperor would spend time in each area of the house depending upon what the season was. So you can see that Feng Shui, as well as the Chinese culture, has its roots in the 8-house method. Use the directional method of Feng Shui (East West teachings and 8 house teachings are synonymous) to find the best areas for aligning people and houses.

One more point; people have made and can make a lot of money providing Feng Shui services, some with only the level of knowledge that this class brings. Remember this very key point though: Feng Shui always strives to help improve the quality of life for *people*. If the people have a good life, then the money will come. If they are ill or unhappy, then the money will not come. Just like yin and yang, money and people go together. The focus should be on the people first.

Beginning Class Review:

Congratulations! You have just about finished the course.

In this course you learned about the fundamental theories of Feng Shui. In this course we covered:

- The history of Feng Shui
- The Yin and Yang theory
- The Five Elements
- The Three Cycles of the Elements
- The Eight Trigrams
- How to determine your personal Trigram
- How to use a Lo Pan
- How to find the Sitting and Facing sides of the house
- How to determine the House Trigram
- How best to position people within a particular house
- Understand a brief background to Feng Shui concepts in today's world

Hopefully you realize that much of what is called Feng Shui these days is rather a recent creation or a misunderstanding of the traditional application.

Remember that to become proficient in Feng Shui, you should memorize the fundamentals that you learned in this class. Feng Shui is like an onion. You continue to peel away layer after layer and learn more and more. To do so though, you never lose the top layers.

Feng Shui is a lifelong study. It is similar to medicine in that you continue to learn and practice. There might be no reward greater than being able to assist someone else in improving their life. Always look to reduce negative qi, both in environment and within yourself.

Final Exam

Taking your final exam:

1. Complete the exam below and print it for your record.
2. The answers are after the exam. Please check your answers to each question from 1 to 21.
3. Review those that you missed and if you have a question, post it to the on-line forum.
4. Be sure you understand the questions and answers. If you feel you understand the materials, you may move to the next class. Please send a notification to finfo@amfengshui.com to inform them that you have completed the class.

1. Feng Shui is primarily concerned with:

Choose the best answer.

- a. Architecture
- b. Homes
- c. Any Built Environment
- d. Design

2. Yin is:

Choose the best answer.

- a. Active
- b. Rising
- c. Passive
- d. Dry

3. Within Yang there is _____.

Choose the best answer.

- a. Night
- b. Yin
- c. Ovals
- d. Death

4. Furniture can be used as a wood element

Answer true or false.

- a. True
- b. False

5. The _____ cycle is the cycle used to solve an imbalance.

Select the correct answer.

- a. Productive
- b. Domination
- c. Reductive
- d. Life

6. Fire _____ metal.

Select the correct answer.

- a. Produces
- b. Reduces

c. Dominates

7. The a. Zhen b. Gen
 c. Xun d. Kun

trigram represents youth or mountain.

8. The a. Zhen b. Gen
 c. Xun d. Kun

trigram is in the Southwest.

9. A man born 1/30/66 is most active in the _____ direction.

Pick the best answer

- a. West c. Southeast
 b. East d. Southwest

10. A woman born 4/12/67 is most comfortable in the _____ direction.

Pick the best answer.

- a. South c. West
 b. North d. East

11. The H direction is the most _____ direction.

Pick the best answer.

- a. Favorable c. Ideal
 b. Unfavorable d. Happy

12. The Northwest is the best sleeping direction for:

Pick the best answer.

- a. Kan c. Qian
 b. Zhen d. Dui

13. The sitting side of the house is where the public areas are.

Answer true or false.

- a. True
 b. False

14. The Loupan arrow points north.

Answer true or false.

- a. True
 b. False

15. Feng Shui practitioners work at reducing _____.

Pick the best answer.

- a. Sha
- b. Qi

- c. Elements
- d. Yang

16. If you are reading a Zhen house and the husband is the Qian trigram and the wife is the Li trigram, you should:

Pick the best answer.

- a. Position the husband to sleep to a West Group direction
- b. Position the wife to sleep to a East Group direction
- c. Position the husband to sleep to an East Group direction
- d. Suggest a different house for them

17. A mirror is:

Pick the best answer.

- a. Used to avoid sha
- b. Best used in the bathroom
- c. Not used in traditional Feng Shui
- d. Used to reflect negativity

18. The House Trigram is:

Pick the best answer.

- a. More important than the Personal Trigram
- b. Less important than the personal Trigram
- c. Irrelevant
- d. Both B & C

19. The directions labeled E-H are the ideal directions to align with.

Answer true or false.

- a. True
- b. False

20. The Sitting direction determines the house Trigram.

Answer true or false.

- a. True
- b. False

21. Windchimes are rarely used in traditional Feng Shui, but can be used as a very strong metal element.

Answer true or false.

- a. True
- b. False

Exam answers are on the next page.

Do not move forward until you have completed the exam.

Final Exam Answers

DO NOT READ THIS IF YOU HAVE NOT YET TAKEN THE EXAM in the PDF.
The following are the answers to the exam:

- 1| c. Any Built Environment
- 2| c. Passive
- 3| b. Yin
- 4| b. False
- 5| c. Reductive
- 6| c. Dominates
- 7| b. Gen
- 8| d. Kun
- 9| d. Southwest
- 10| a. South
- 11| b. Unfavorable
- 12| c. Qian
- 13| b. False
- 14| b. False
- 15| a. Sha
- 16| a. Position the husband to sleep to a West Group direction
- 17| c. Not used in traditional Feng Shui
- 18| a. More important than the Personal Trigram
- 19| b. False
- 20| a. True
- 21| a. True

The grading scale is as follows:

Correct - Grade

19-21 A

17-18 B

15-16 C

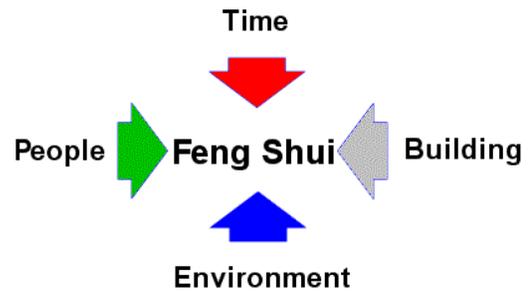
12-14 D

If you got a "C" or better, then you may move on to the Intermediate class. If you got lower than a "C" then please re-read the material and try again. You may post your questions on the bulletin board. There is nothing in our systems that will prevent you from registering in the next class, however, we advise that you should have a basic

understanding of the material before moving forward.
Thank you for taking the exam and we hope that you enjoy the classes!

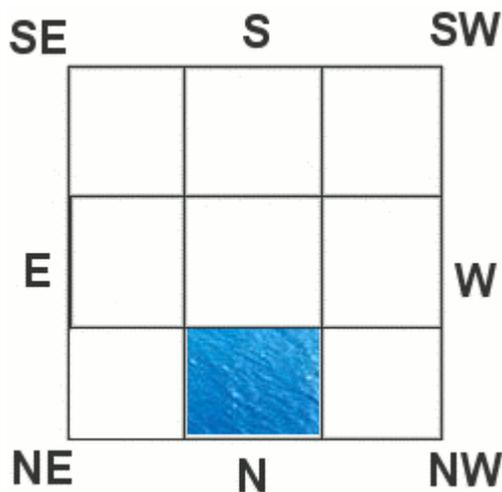
Introduction to the Intermediate Class

Feng Shui looks at four aspects of an environment; Building, Environment, People and Time. In the Beginning class, we examined the building, or more specifically how directions effect the building. Additionally, we learned how people are best aligned within the building. We learned about the eight directions and their effect of the qi within a building. In the Intermediate class, we deal extensively with the environment and with one of the most important aspects, time. We will look at how the external environment plays a role on the Feng Shui of a building. Further, we look at the interior environment. This goes beyond just interior design and looks at architectural factors, as well as the layout of objects within the house or building.



You might notice that in the Beginning Class, there is not much said about the external and internal environments or how to use the five elements. In the Intermediate class, you will learn how to use the five elements to remedy a building, or enhance the luck. This is what a professional Feng Shui practitioner uses to benefit their client. You will also develop the skills at identifying favorable and unfavorable environments.

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<p>For example, in a Kan house, sitting North and facing South, at the Northeast there is a high potential for miscarriage if a pregnant lady occupies this area. People living in this location may also have injuries to their limbs.</p>	<p>In the Intermediate class, we find out what element we use to mitigate these things and allow for a healthy baby and avoid injuries. In this case, we would use the fire element to change this section from miscarriage to having a healthy baby.</p>																																				



Another example is in a Gen house, sitting Northeast and facing Southwest, at the North there is a high potential for romantic encounter, if you use the water element such as a beautiful vase of water, to cultivate this section. Soon you will see the result, especially for a woman to get male partners.

In the Intermediate class you will discover why, due to the time factors, certain things happen, such as why a riot occurred in the Southwest United States in 1993. Also, in this class you will determine which element to use, and where to place it, to enhance the romance. Also find out which element to use and how to place it to receive a new baby. Additionally, discover what you can use to enhance your prosperity. All of these are to be found in the Intermediate class.

Learn to determine the past, present, and future potential of these buildings. Learn how to apply the elemental and environmental remedies to improve living and working situations. Most of all, build a solid foundation for the practice of Feng Shui by studying its underlying theories. Learn all of this information and you can have the knowledge to make people happy and to perhaps even earn a living. We invite you to continue your studies here.

To enroll in the Intermediate class, please click here:

<http://www.amfengshui.com/ashop/catalogue.php?cat=5>

Do not send your credit card info via email!

Thank you for attending our beginning class! If you have any feedback on the class, please email the webmaster@amfengshui.com.

Certificate Information

Upon completion (taking the exam), you will receive a Certificate of Completion from the Institute. Please use this form to specify EXACTLY how you would like your name to appear on your certificate!

We process certificates once a month, so please allow up to 4 weeks to receive your certificate.

Please go to the following link to complete how you wish your name to be shown on the Certificate.

<http://www.amfengshui.com/classes/fsbeg/wk4/certificate.htm>

Class Survey

Please help us improve. Please complete the following survey. Thank you.

<http://www.amfengshui.com/classes/survey.php>

Thank you for participating in FS101 – Beginning Feng Shui with the American Feng Shui Institute!