

風

Feng

水

Shui

Feng Shui

Spirituality By Design

Feng Shui, pronounced *fung schway*, is an ancient art and science that balances and harmonizes your environment, as well as promotes prosperity and good fortune. The practice of Feng Shui is said to be around 6,000 years old and has its origins in China. The ancient Chinese people understood how their environment affected them. As an agricultural society, they knew that the two most powerful forces were the wind and water (Feng Shui literally means wind and water). The ancient Chinese closely observed people and time, studying the various energies in the environment. Feng Shui is a practice that understands the vital life energy called "chi" and utilizes this force for our benefit. It is meant to promote prosperity, good health and general well being.

chi, the universal life energy, is in all things, is always changing, and is in constant motion. Clutter stagnates and blocks the *chi* or energy flow in your environment, so before implementing any remedies or enhancements in your home or office, you should remove the clutter. Also, items that have no value or items that bring negativity and bad memories should be removed. For optimum benefits, you should also surround yourself with things that you love and that bring you happiness.

Feng Shui is not a religion, philosophy or superstition. Essentially, Feng Shui is an art and science that keeps things in harmony by keeping your home simple, elegant and balanced.

One basic principle of Feng Shui is that

