

# GOOD VIBRATIONS

Feng shui is not a list of dos and don'ts — the art of understanding the forces of nature can help you live in harmony with your environment, bringing you prosperity and peace

WRITTEN BY **SANAYA PAVRI**

**T**he Hong Kong and Shanghai Bank headquarters in Hong Kong, the Trump Tower in New York and Bill Gate's home in Washington have one thing in common — they have all been designed based on the principles of feng shui.

Celebrities such as Richard Branson, Oprah Winfrey, Madonna and George Clooney have used this ancient science to bring harmony and balance to their life, which has further brought them success, wealth and fame.

While celebrity name dropping has you hooked, it's also pertinent to point out here that it's not just business moguls and super stars who benefit from feng shui; from couples who are on the verge of splitting up to struggling entrepreneurs, many people have solved their problems by employing the basic elements of feng shui, be it merely changing the direction of their bed to redesigning the company logo.

So, apart from sounding oriental and perhaps a miraculous solution to all the problems that plague us, what is feng shui?

Feng shui, pronounced 'fung-shway', is believed to have been developed in China more than 3,000 years ago to understand the natural forces of land and water.

The knowledge was imparted to people seeking good fortune and health. The goal here is to live in harmony with our environment.

Padmaja Yadav, a vastu consultant, says, "All individuals, objects and spaces have energy fields, and it is very important for these energies to interact or mix with each other harmoniously. For an undisrupted, free flow of energy around us, it becomes very important to understand and implement the basic philosophies of feng shui."

## FENG SHUI ENHANCERS



THE MONEY FROG IS A VERY PROMINENT ENHANCER FOR WEALTH — PLACE IT FACING INTO THE HOUSE, CLOSE TO THE MAIN DOOR.



WATER FEATURES CAN BE POSITIONED IN THE NORTH, EAST OR SOUTH-EAST OF A LIVING OR DINING ROOM.



FOR GOOD PROSPERITY AND WEALTH FOR THE FAMILY, PLACE A SALT LAMP IN THE NORTH OF THE LIVING ROOM AND POSITION A KUAN YIN OF PROSPERITY ALONGSIDE. KEEP THE LAMP SWITCHED ON 24X7.



FOR RELATIONSHIPS, PLACE A PAIR OF MANDARIN DUCKS IN THE SOUTH-WEST OF THE BEDROOM OR ON THE BEDSIDE TABLE IN THE BEDROOM.

SUPPLEMENT THE ENERGY OF THE HOUSE WITH THE USE OF A KUAN YIN OF PEACE AND A KUAN KUNG DIRECTLY FACING THE MAIN DOOR.

THE HANDS-UP LAUGHING BUDDHA SHOULD BE PLACED DIRECTLY FACING THE MAIN DOOR — IT WILL WARD OFF BAD LUCK.

INPUTS FROM PRIYA KHANNA



"Where there is light, there must be dark in order for us to see the light. Without the two ends of a spectrum, the human mind cannot discern what a thing is. The Chinese divide everything in the universe into yin and yang. Yin is the female particle, yang is the male. Both are inherently equal and contain a little of the other."

Having established the fact that the pearls within the feng shui oyster are harmony and balance, let's move on and see how we can achieve this. "There are eight main directions and each direction is associated with a certain chi — energy or life force — and represents a critical aspect of life," says Yadav.

THE FOLLOWING ARE THE DIRECTIONS AND THE ASPECTS THAT THEY GOVERN OR BENEFIT:

- \* North — career
- \* North-east — knowledge and wisdom
- \* East — health and family
- \* South-east — wealth
- \* South — fame and recognition
- \* South-west — stability, relations and marriage
- \* West — children
- \* North-west — mentors and travel

So, if feng shui is an art and your home the canvas, you need to know what colours work best in which part of your home. Khanna says the north should have blue, black, white, grey and silver. On the east side, stick with green, pink, lime and lilac; the north-east is best done in beige, cream, off-white, ochre, orange, red and maroon; the south-east should have red, maroon, orange, green, violet and fuchsia; the south is complemented by red, maroon and orange; while in the south-west use red, maroon, orange, cream, off-white, beige and khaki. The west works with grey, silver, white, beige, cream and off-white, and finally, in the north-west, go with the same colours as the west.

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— Padmaja Yadav, vastu consultant

Given the urban rat race, the one place where we all can let our guard down, relax, live, love and dream are our homes. And getting the energies in the home right is like powering the battery that lets you accomplish everything else. Using feng shui elements in your home can provide a comfortable, well-balanced atmosphere to live and work in. It helps harness the positive natural forces to bring about beneficial outcomes and harmony.

Experts will tell you that in feng shui, placement is everything — physical location, shape, colour, arrangement, indoors, outdoors, all must be in balance and have a complementary yin and yang.

"Yin and yang are also often referred to as the concept of duality," says Priya Khanna, Managing Director, Elements Fengshui.

## WHAT IS VAASTU?

Vaastu shastra is the Indian traditional system of architecture and design that stems from the Vedas. Known as the science of good fortune, vaastu can help increase prosperity in your home or office. Through minor changes and the use of certain tools of vaastu, you can gain prosperity and peace. Vaastu harmonises your life with nature, allowing you to reach your optimum potential.

"These appropriate colours that are harmonious to a particular direction can enhance a particular quality," says Yadav. "These colours can be used in any form, be it wall paint, drapes, paintings, accessories and more, and have the capability to create harmony or disharmony, depending on their correct or incorrect usage."

For increasing wealth and prosperity, Yadav suggests enhancing the east and the south-east direction that governs this aspect. This can be done by using wood and water elements — placing a money plant or a fountain/aquarium helps enhance this direction.

To boost your health, it is a must that your home have a lot of natural sunlight and be aired daily. The east is associated with health, says Yadav and this direction can be enhanced by using plants representing the wood element and water element.

For peace and tranquillity, focus on the north. Place plants, metal wind chimes and pendulum clocks.

Whatever aspect you wish to enhance and whatever colour you finally paint your canvas with, it's essential to treat your home with respect, love and care. After all, your home is not just where your heart is — it's also a sanctuary where dreams are born and fulfilled.

