

FSRC1N2 Correspondence Course

Feng Shui Correspondence Course

Elementary Level

風水

Joseph Yu

余若愚

All Contents Copyright © By Joseph Yu 1997, 2006.

Feng Shui Correspondence Course

Elementary Level

Content

- Lesson 01** **History of Feng Shui**
Seeking Harmony
Graves
Houses
Lesson Assignment
- Lesson 02** **Matter and Energy**
What is Qi?
Sheng Qi (good energy)
Sha Qi (evil energy)
Lesson Assignment
- Lesson 03** **Form School of Feng Shui**
The Black Giant Turtle
The Green Dragon and White Tiger
The Crimson Bird
Lesson Assignment
- Lesson 04** **The Five types of Qi**
Shapes and Colors
The Enhancing Cycle
The Controlling Cycle
Lesson Assignment

- Lesson 05** **Wind and Water**
Mountains
Rivers
Lesson Assignment
- Lesson 06** **Features Producing Sheng Qi**
Landscaping
Interior Decoration
Lesson Assignment
- Lesson 07** **Features Producing Sha Qi**
Sharp Pointing edges
Narrow Slit
Obstructions
Torrential Rivers
Lesson Assignment
- Lesson 08** **Elementary Feng Shui Audit**
Site Study
The Ba Gua
Locating Good and Evil Energies
Improvements
Lesson Assignment
- Supplement** **Measurement of Direction**
Use of the Compass

Feng Shui Correspondence Course

Elementary Level

Lesson 01

History of Feng Shui

Seeking Harmony

Graves

Houses

Lesson Assignment

All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

History of Feng Shui

Ancient Chinese were very careful in choosing a site to establish a village, a town, or a capitol. A well-chosen site could bring prosperity, while a poorly chosen site famine and war. The duty of selecting a site rested on the shoulders of a learned man. Experiences passed on from generation to generation established what we call today “Feng Shui” or more correctly “**Kan Yu**”.

Conquering Nature using Science is the philosophy of the West. In the East, people consider themselves part of the Universe they live in. For this reason, man should try to be in harmony with Nature. Feng Shui is simply environmental study. If a Feng Shui practitioner deviates from creating an environment in harmony with Nature, he is not a genuine Feng Shui Master. In fact, “**The Burial Book**”, an early Feng Shui book written by **Guo Pu** in about 300 AD emphasized on preserving the environment. He solemnly told people not to hurt the dragons (mountains) to avoid disasters. Feng Shui Masters in the Tang Dynasty all taught the principle that a structure built in harmony with the energy fields of the Universe would enjoy good Feng Shui. Feng Shui is then the study of how to create a beautifully balanced environment.

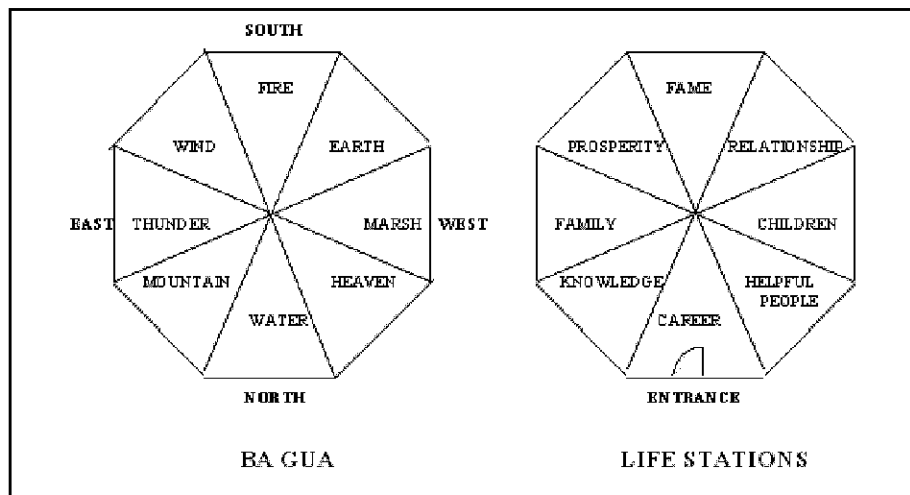
Ancient Chinese Feng Shui Masters were overly protective. They did not teach their students all they knew. Many a master kept the secrets until he was seriously ill and at an old age. In this way a large proportion of valuable knowledge was lost. In the Tang Dynasty, there were more than 120 schools of Feng Shui but none was in possession of the true Feng Shui secret. In the Qing Dynasty, one scholar successfully rediscovered the secrets of Feng Shui and disclosed these great ideas in his famous “Master Shen’s Time and Space Feng Shui Handbook”. This book was prone to bitter attacks due to jealousy. The contents of this book together with other genuine Feng Shui concepts will be explained in my Feng Shui Correspondence Course, Advanced Level.

Since the seventies Feng Shui was well received by folks in North America. One clever man invented a new “school of Feng Shui” which is extremely easy to understand. Any house or workplace is divided into

eight sectors called **life stations**. In the beginning these life stations coincide with the eight sectors of the **Ba Gua**.

Using the compass to determine the facing of a building is no easy task. The extensive use of electrical appliances interferes with earth's magnetic field making measurements difficult. This school of Feng Shui abolishes the use of the compass altogether. They claim that the entrance to a building is always the Career Life Station making Feng Shui so much easier to practice. Some practitioners claim their Feng Shui to be of Tibetan origin. Others say that such claims are merely part of a marketing ploy that exploits American ignorance of Asian history. Some are honest to call the kind of Feng Shui they practice "creative Feng Shui". They are honest to admit they created a method of placement that is different from genuine Feng Shui. They also integrate psychology into their practice. All these are more appropriately called "**Pseudo-Feng Shui**".

Life station theory, though simple to learn, has departed from the path of Feng Shui. Comparing the Ba Gua and the life stations you can see that the latter is a cheap imitation of the former.



Looking into the future, Feng Shui will be the Science of tomorrow. Though Feng Shui theories have not yet been proved using any known scientific method, the underlying principles agree with Quantum Physics and Relativity. It is unfortunate that people include superstition in their marketing plan and practice. It is my hope and belief that more and more people will learn this art (if not science) with seriousness. In the near future, people who use religion and transcendental nonsense as their marketing humbug will have to vanish.

Glossary

Feng Shui -- Feng means wind and shui means water. Ancient Chinese considered a site to be fortunate if it was sheltered from the attack of ill winds and untamed waters. It was considered more fortunate if the wind and water could bring comfort and fertility to the dwellers.

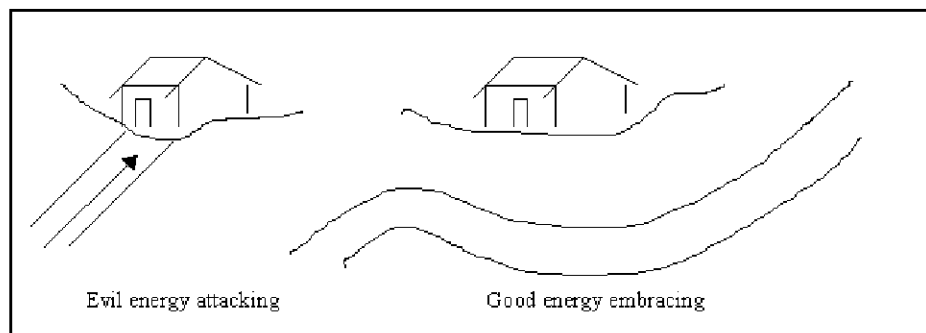
Kan Yu -- Kan means “the way of Heaven” or simply “time factor” and Yu means “the way of Earth” or “geographical concern”. Kan Yu is the study of a site with reference to the time factor.

Seeking Harmony

When a house is built, the first concern is the choice of site. A house is considered fortunate if it is conformable to its surroundings. The following are some of the findings of Feng Shui studies in the old days, which *may or may not* hold true today.

1. Government offices absorb the necessary “sheng qi” or vital energy leaving practically nothing for neighboring buildings. Therefore, it is not advisable to live too close to government offices.
2. It is not advisable to live near a temple or a church. Places of worship are filled with Yin qi.
3. It is not advisable to live near a graveyard or a funeral home. Sorrow is contagious.

4. It is not advisable to live near butchery. Killing destroys harmony.
5. It is not advisable to live near a brothel where evil energy hovers.
6. It is not advisable to live near a casino where crime sprouts.
7. It is not advisable to live near a school because of the lack of balance in Yin and Yang. During the day the school children fill the place with Yang qi leaving only Yin chi behind at night.
8. It is not advisable to live near a hospital. Sickness destroys vital energy.
9. A dwelling should not be too much taller than neighboring houses. To stand out prominently also destroys harmony.
10. A square or rectangular building lot is the most suitable.
11. A pie-shaped lot, which widens at the back, is preferred to one that narrows towards the back.
12. A house too much smaller than its neighbors is considered undesirable.
13. A house must invite ample sunlight and be well ventilated. This allows the house to be filled with vital energy.
14. Avoid having a rapid stream running nearby. This disturbs the tranquility of the neighborhood. Likewise, a straight road with speeding vehicles has the same effect.
15. A straight road running directly towards a house is to be avoided. Evil energy is brought to attack the house.
16. A meandering river or a winding road is considered fortunate as it carries good energy to a house.



Graves

In ancient China finding a suitable site to bury the dead was a serious matter. It was the filial duty of a son to find a comfortable grave for his parents. Later developments were less noble. Feng Shui practitioners claimed they could find a fortunate site to bury the dead so that descendants would prosper. This was, and still is, firmly believed by most Chinese people. Actually genuine Feng Shui Masters denounced this idea. **Jiang Da Hong**, an undisputed Feng Shui expert who lived in the final years of the Ming Dynasty and the beginning of the Qing Dynasty, was of the opinion that houses are far more important than graves. His argument was that the dead was dead and could do nothing to bless his descendants. Houses, on the other hand, are where the living eat, work, and sleep. If a house is full of good energy, its inhabitants will be healthy and wise. A strong and intelligent man will definitely have admirable achievement.

If graves are so important for the well being of descendants, Feng Shui masters would have chosen the best sites to bury themselves. We have not heard of any outstanding descendants of any of the famous Feng Shui masters. Feng Shui for graves is nothing but superstition and wishful thinking.

Houses

Ancient Feng Shui classics deal mostly with graves. The underlying theory is actually better suited for application to houses. To study the Feng Shui of a house we have to investigate two aspects that are supplementary to each other. We employ mathematical formulas to graph the distribution of energies inside and outside the house. We also observe the exterior environment and the interior design of the house. If the form and material conform to the energy distribution, we have good Feng Shui. If the form and material attack the good energy and reinforce the evil energy, we have bad Feng Shui.

Most people can understand the so-called **Form School** of Feng Shui. Some practitioners honor the great Master **Yang Yun-Song** in the Tang Dynasty as the founder of the Form School. In fact Master Yang taught the more easily understood forms as an introductory course and a lot of people after learning this hastily became practitioners. Master Yang, as well as other true masters of this art, integrated form and formula in the most natural way. This is explained in details in my Advanced Level Feng Shui Course.

Glossary

Yin, Yang -- the concept of being negative and positive, darkness and brightness, female and male, static and dynamic, flexible and rigid, etc.

Lesson Assignment 01

1. How ancient is the origin of Feng Shui?

Hint: Much of the Feng Shui Theory owes its origins to the "I Ching" or "**Yi Jing**", the Book of Changes. The Ba Gua was introduced by the first Chinese sage Fu Xi (doubtfully about 3300 B.C.E.). The next sage Wen Wang, the founder of the Zhou Dynasty (1143-276 B.C.E.), is believed to be the chief compiler of Yi Jing. Confucius (550-478 B.C.E.) gave comprehensive explanations to Yi Jing. There is written evidence that the kings and dukes in Zhou Dynasty made Feng Shui consultations before moving or building a capital.

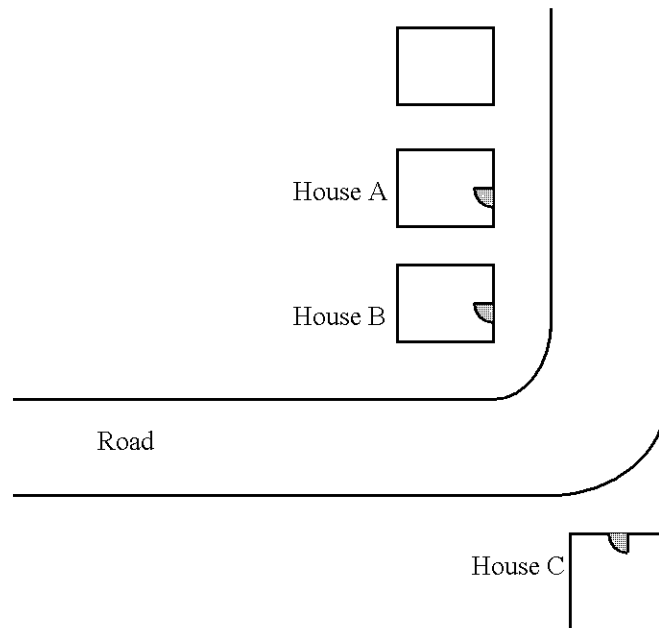
2. "China is full of mystery and Tibet is even more mysterious. Tibetan Feng Shui deals with transcendental power which can be applied to save a marriage from breaking up, or a business from going bankrupt." Comment.

3. There are 16 items listed on page 4. Which of them do you disagree with and why?

4 “If a grave site is fortunate, the dead can absorb the vital energy from the Universe and transmit the energy to his/her descendants.” Comment.

5. “If you live in a house with good Feng Shui, you are in an environment filled with vital energy, which makes you healthy and wise.” Comment.

6. In the following diagram there are three identical houses in different locations. Which one will you choose and why?



Feng Shui Correspondence Course

Elementary Level

Lesson 02

Matter and Energy

What is Qi?

Sheng Qi (good energy)

Sha Qi (evil energy)

Lesson Assignment

All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

Matter and Energy

In ancient Chinese Philosophy, matter and energy are inter-changeable. Wen Tian Zhang, the last Prime Minister of the Sung Dynasty, wrote in his “**Ode on Righteous Qi**”:

“Righteous Qi fills Heaven and Earth. Down on the earth, it takes the form of rivers and mountains. Up in the sky, it takes the form of suns and stars.”

Good energy, when transformed into matter, becomes winding rivers and lustrous mountains on earth, radiant sun and glittering stars in the sky. In a similar way, evil energy will take the form of rugged rocks, torrential rivers and erupting volcanoes. Sometimes comets and meteors are also considered ill energy taking form.

Good-looking objects have the power of absorbing good energy from the Universe. They are also capable of transmitting good energy to fill a house. Evil-looking objects can transmit harmful energy to create chaos and turmoil. This is quite similar to saying that our state of mind is affected by what we see, hear and feel. This will in turn influence our action. Action produces results. Feng Shui principles do have a sound scientific foundation. Our study simply elaborates these principles.

What is Qi?

Unlike the word “energy”, the word “qi” in Chinese has a handful of different meanings. Some of the meanings are:

- Air -- the air in our atmosphere that is vital to our existence.
- Energy -- a combination of earth’s magnetic field, sun’s light, cosmic radiation, etc....
- Spirit -- our will to survive and prosper.
- Luck -- good or bad, its existence can be felt but not proved.

In Feng Shui studies, the word “qi” is a combination of all these meanings. It cannot be replaced by the word “energy”. It is in fact more than energy. In the beginning, you may find this concept difficult to grasp. You have to train yourself to think in the oriental way to be able to fully understand Feng Shui. The secret is you never draw a line to distinctly separate the concrete and the abstract.

Do not feel depressed because of this. Few Chinese understand the word “qi”. I find that Chinese people can more easily drop the line separating the real and the abstract than westerners.

Sheng Qi (good energy)

We use the term “good energy” as equivalent to “sheng qi” although they are not exactly equivalent. If you accept the adjective “good” to describe the noun “energy”, you are already halfway there. If you protest that in science energy can only be measured quantitatively but not qualitatively, you are too “scientific” to learn Feng Shui.

I will not attempt to define what “sheng qi” is. The following description will clearly illustrate the idea.

- When a garden is full of “sheng qi”, the grass is greener, flowers attract butterflies and insects, and birds come singing along.
- When a man is filled with “sheng qi”, he looks confident and energetic.
- When a house is filled with “sheng qi”, it is clean and tidy, full of sunshine, fresh air, joy, laughter and love.
- When a work place is full of “sheng qi”, people are diligently working with cooperation and everyone looks happy.
- When a restaurant is full of “sheng qi”, the food is delicious, the service is warm, and customers leave with satisfaction.
- When a retail store is full of “sheng qi”, customers are attracted inside and spend money joyfully.

Sha Qi (evil energy)

The opposite of sheng qi is sha qi. The following description will illustrate what it is.

- When a garden is filled with “sha qi”, the lawn will be overgrown with weeds and the grass will be yellow. Plants wither and a sense of dying and/or death can be felt.
- When a man is attacked by “sha qi”, he looks pale and weak. His voice is hardly heard and everyone feels the gloominess.
- When a house is full of “sha qi”, it is untidy, dark, stuffy, and people living in the house quarrel a lot.
- When a workplace is full of “sha qi”, people do not work with cooperation and loyalty.
- When a restaurant is full of “sha qi”, the food is unappetizing, waiters and waitresses are depressed, customers leave and never return.
- When a retail store is full of “sha qi”, the display of goods is unattractive; customers walk by without casting looks of interest.

Lesson Assignment 02

1. The following is a list of words that are either related to “sheng qi” or “sha qi”. Underline the words related to “sheng qi” and circle those related to “sha qi”.

War Charity Famine Sickness Passionate Competition Accident
Smile
Kill Gamble Insult Lawsuit Bombing Abundance Weeping
Hatred

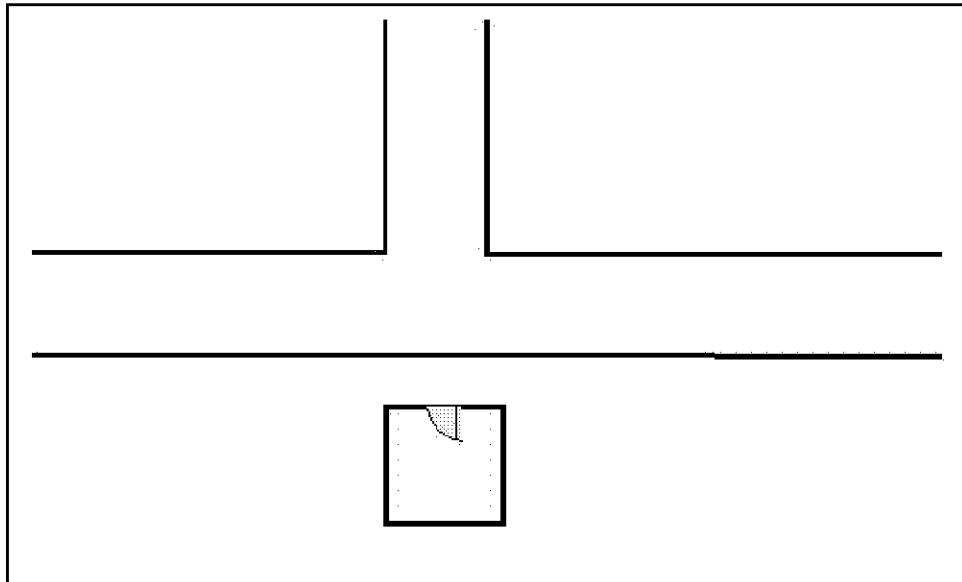
2. You are looking out from a window and you see the following features:

- a pair of ducks swimming in a pond
- a gurgling stream flowing into the pond
- a road running directly towards your window making a sharp turn just in front
- some high tension electric cables overhead
- a high-rise building with mirrored walls, which reflect the sun's glare towards you.

Describe what you see in terms of “sheng qi” and “sha qi”.

3. Explain the following in terms of “sheng qi” and “sha qi”.

- It is not advisable to live near a funeral home.
- It is not advisable to live near butchery.
- It is not advisable to live in a house at a T-junction as shown:



Feng Shui Correspondence Course

Elementary Level

Lesson 03

Form School of Feng Shui

The Black Giant Turtle

**Cerulean Dragon and White
Tiger**

The Crimson Bird

Lesson Assignment

All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

Form School of Feng Shui

To split Feng Shui into Form School and Qi Distribution School (or commonly called the Compass School) is superficial. Feng Shui deals with qi that has the dual characteristic of matter and energy. Matter takes form and is visible to the eye and sensuous to the touch. Energy is invisible though the effect of energy can sometimes be felt. We can feel the “good” energy of breezes and the “bad” energy of violent storms. Some forms of energy are not noticeable to our five senses. We cannot see, hear, smell, taste or touch magnetic energy though it can be detected by a compass needle. Some energies can only be detected using sophisticated instruments. The existence of other forms of energy unknown to today’s science is doubtful but not impossible. The energy part of qi covers all this. Mathematical formulas were discovered to map the distribution of qi at various times. The mere existence of sheng qi or sha qi according to calculation may not produce the designated good or bad effects. It has to be coupled with parallel environmental factors. On the other hand bad features may not be harmful if they are not reinforced by the presence of corresponding qi according to calculated distribution.

Yang Yun-Song compiled books on form and calculation. In his books on forms he did not keep anything secret. He explained clearly how to classify and analyze mountains and rivers. These books are easy to understand. Most of his followers were experts in analyzing forms and people called them disciples of the **Form School**. His books on mathematical calculations were not easy to understand because he intentionally kept the genuine formulas hidden in unintelligible verses. Only a few of his disciples knew the secrets. They in turn compiled other books pretending to explain Yang’s teachings. Reading these Feng Shui books are like wandering in a labyrinth. To those who know the secrets of Feng Shui these books are like treasures hidden in a cave. Only a few men on earth hold the key to these treasures. People who knew only how to analyze forms called those who talked about formulas, disciples of the **Qi Distribution School**.

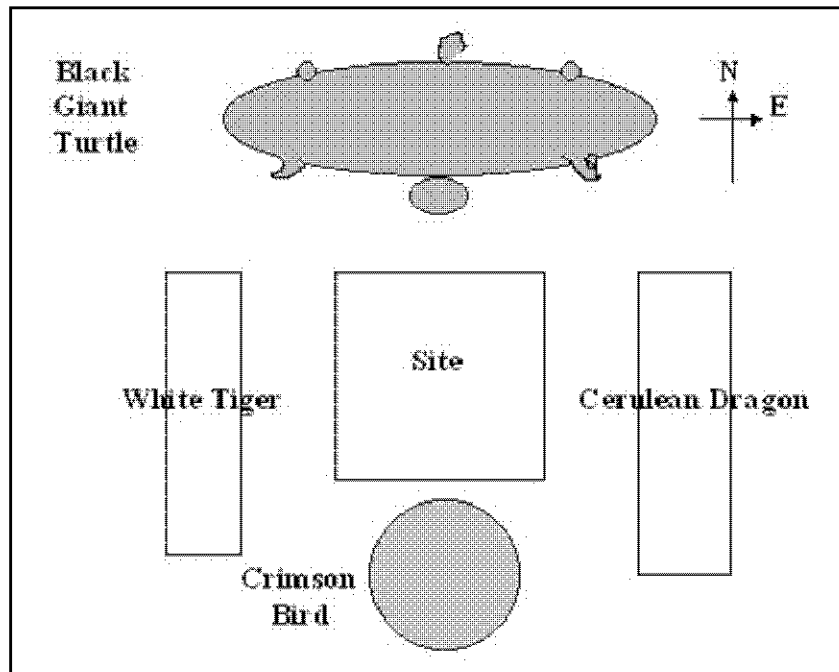
Nowadays Feng Shui has become an everyday word. Often have we heard people say that a certain structure looks like a roaring tiger whose breath is attacking a building. Ba Gua mirrors are then used to reflect these sha qi to protect the building. It is found that one man's tiger is another man's dog. Different individuals have contrary imaginations. Feng Shui has thus deteriorated into a joke.

To preserve the real look of Feng Shui we must study forms with seriousness. We must not allow our imagination to roam aimlessly. To study Feng Shui in depth we must be able to use formulas to locate the qi in various directions. To know what Feng Shui really is we must be able to tell how the form and formula work hand in hand. Say that you do not belong to either the Form School or the Qi Distribution School. You belong to the **Time-Space School of Feng Shui.**

The Black Giant Turtle

**On the left dances the cerulean dragon,
On the right the white tiger is roaring;
The crimson bird sings in front,
At the back the black giant turtle is sitting.**

Nearly everybody knows this poesy in China. It talks about what is referred to as a fortunate site for building a grave, a house, a town or a capital. This is a site facing south. North is at the back, East on the left and West the right.



In northern China, the bitterly cold winds from the Arctic resemble the frequent barbaric attacks. A majestic mountain to the north of a site will lend immense support and reliable protection. This takes the form of a giant turtle. It is a remarkable coincidence that early western civilization believed that the earth was a flat platform supported by a giant turtle.

The idea is extended to all sites regardless of orientation. A luxuriant mountain or a magnificent building at the back always indicates good support and protection. In a city where no mountain is found nearby, a house backing onto other houses feels safer than one backing onto a park. This is the psychological effect of the giant turtle.

Cerulean Dragon and White Tiger

The cerulean dragon and the white tiger are also protective features. It is traditional Chinese philosophy that the left is more important than the right. That is why, in the old days, the left prime minister was higher ranking than the right prime minister. We know that the left hemisphere of the brain controls the right side of our body. Since more people are right-handed and right-footed, for most people the left side of the brain is better developed than the right. We can also say that the left is responsible for planning and the right for action. If you like you can also advocate that the left is idealistic and the right is practical. Anyway we prefer the dragon to be a little longer and stronger than the tiger.

Some Feng Shui practitioners say that dragons represent yang or male energy while tigers represent yin or female energy. If neighboring structures on the left side are more prominent than those on the right, the house is more fortunate for the master than for the mistress. In this case we say that the dragon harasses the tiger. On the other hand, if structures on the right are more conspicuous than those on the left, we have the case of the tiger intimidating the dragon. Such houses are more fortunate for the mistress than the master. Judging by these features we can easily tell who is the boss in a house.

Some Feng Shui practitioners misunderstand that dragons are fortunate while tigers are evil. No! No! No! If tigers are evil, why do we want them on the right of our house? It is not uncommon in China to call one's wife his tigress. The tiger, though a fierce animal, has nothing to do with sha qi. In fact, being the King of the Forest, the tiger denotes bravery and nobleness.

Dragons and tigers are simply neighboring buildings. How do we compare the strengths of dragons and tigers? Consider the following:

- size of the buildings, the more imposing the stronger
- proximity of each to the site, the closer the more influential
- density on each side, the side with more buildings is more significant.

We generally prefer a slightly stronger dragon on the left without losing balance. Female Feng Shui practitioners may likely think otherwise.

The giant turtle, the dragon and the tiger are all structures to offer protection to a house. They must be suitably located so that they will not suffocate the house. They must not, for example, block the sunlight into the house. In the northern hemisphere, the south side receives more sunlight. The taller buildings on the north side do not prevent sunlight from entering a house. In the meantime they do protect the house from attacks by northerly winds. If a house is not facing south, the principle of having protection on three sides still holds. It is just like sitting on a chair with a high back and suitable arm rests. The high back is the giant turtle while the armrests are the dragon and the tiger.

The Crimson Bird

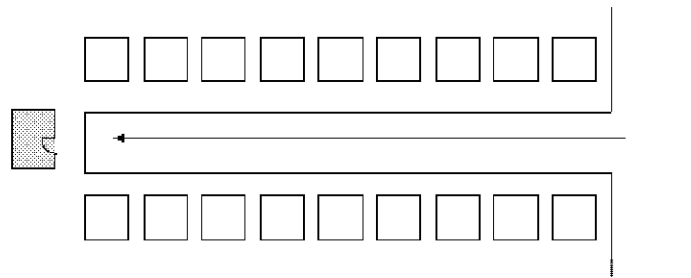
Referring to the diagram of the ideal site, on the south side there should be a pool of water or a river slowly flowing by. The pool of water is the crimson bird. If it is a huge lake or the sea, then an island suitably located is the crimson bird. In cities there is always a road in front of a house. In some cul-de-sacs there may be an island with flowering shrubs and trees. This is the crimson bird.

Notice that a dead-end street can be a fortunate location. The fictitious pool of water retains wealth and dissolves the sha qi created by the incoming street. Even the house at the end is not hurt by this “poison arrow”. This is the beauty about the crimson bird.

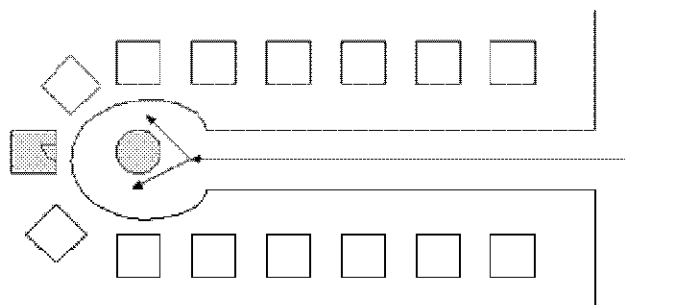
The real situation is that cars approaching the dead-end are forced to slow down by the roundabout with the island at the center. This prevents cars from hitting the house at the end of the street. In the same way, the sha qi attacking the house is slowed down and dissolved before it has the chance of hitting the house.

Lesson Assignment 03

1. Neither the Form School nor the Qi Distribution School teaches complete Feng Shui. Explain why.
2. “Sheng qi is referred to as the dragon’s breath while sha chi the tiger’s breath.” Comment.
3. Some Feng Shui practitioners consider a dead-end street to be unfortunate. It is because ancient Feng Shui books say so. Use the following diagrams to explain why a dead-end street in ancient China is unfortunate while a cul-de-sac in a modern city is fortunate.



A dead-end street in ancient China



A cul-de-sac in a modern city

Feng Shui Correspondence Course

Elementary Level

Lesson 04

The Five Types of Qi

Shapes and Colors

The Enhancing Cycle

The Controlling Cycle

Lesson Assignment

All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

The Five Types of Qi

In Chinese philosophy, the concept of “Wu Xing” has a prominent standing. In Chinese Medicine, Astrology and Feng Shui, the idea of Wu Xing is used extensively. This term has been translated as “five elements”. The word “Wu” means “five”. To single out the word “Xing” and try to explain what it means is futile effort. “Wu Xing” is actually the short form of “Wu zhong liu xing zhi qi” or “**the five types of qi dominating at different times**”. **Water** dominates in winter, **Wood** in spring, **Fire** in summer, **Metal** in autumn. At the intersection between two seasons, the transitional period is dominated by **Earth**. It is customary in Chinese writing to summarize a longer phrase into a couple of characters. Sometimes the meaning is completely lost in the abbreviated form if the original phrase is not referred to. Wu Xing is one such example. Common translations including “five elements”, “five agents”, “five qualities”, “five properties”, “five transformations” and “five courses” cannot bring out the underlying meaning of the abbreviated term. This is the deficiency of a word-for-word translation.

The names “water”, “wood”, “fire”, “metal” and “earth” are only substances whose properties resemble the respective qi in the closest possible way. They do help us understand the properties of the five types of qi but they also mislead us if we take everything in the literal sense.

Here we list some of the properties of the five types of qi as their names imply.

Water: runs downwards, liberal.

Wood: grows upwards, enduring.

Fire: spreads in all directions, radiant and hot.

Metal: pierces inwardly, sharp and pointing.

Earth: attracts and concentrates, stable.

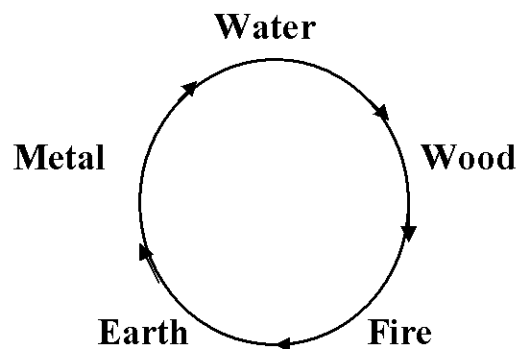
Shapes and Colors

When qi is in the form of matter, the shape and color will determine which of the five types it belongs. More often than not, we have a combination of two or more different types. The table shows the shapes and colors of the five types of qi in matter form.

| Wu Xing | Shapes | Colors |
|---------|---------------------------------|------------------------------|
| Water | Wavy, indeterminate shape | Black, Dark Blue |
| Wood | Rod like, beam like or columnar | Green, light blue |
| Fire | Triangular | Red, Orange, Purple, Pink |
| Metal | Spherical | White, Golden, Silver |
| Earth | Cubic or square | Brown, Yellow, Beige, or Tan |

The Enhancing Cycle

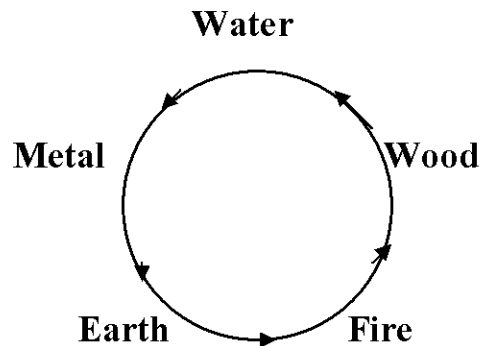
It is commonly translated as “the producing cycle”. This cycle explains how one type of qi can help another type to exhibit its quality and ability. “The enhancing cycle” is a more apt translation. For example, instead of saying that water produces wood, we say that water enhances wood. When a tree is watered, it can grow more healthily. As a matter of fact, a man influenced by wood qi will be more upwardly mobile when water qi enhances his wood qi.



The enhancing cycle

The Weakening Cycle

The reverse of the enhancing cycle is the weakening cycle. Wood helps burning, but in the meantime it loses energy. It is weakened. In the same way, if a man influenced by the fire qi interacts with the earth qi, the fire qi will be weakened and his ability to shine will diminish.



The weakening cycle

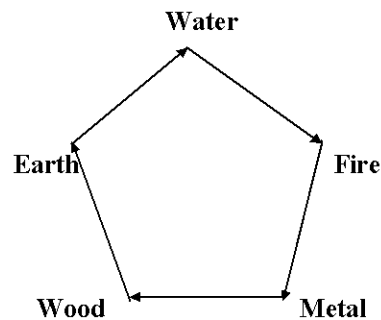
These two cycles are very important in Feng Shui practices. On the south side of a house, the fiery qi dominates. It is a good idea to have plants in this area. The plants will grow better because of the abundant sunlight (fire). Fire qi will be enhanced and the area will have a more balanced qi distribution because when plants are there, we have to add water to the area.

At the elementary level this principle will not be elaborated. Detailed discussion will be given in the advanced level. It is sufficient to know that Feng Shui is the study of qi. Qi can be classified into five basic types that interact with each other.

The Controlling Cycle

It is commonly translated as “the destroying cycle”. This cycle explains how one type of qi can control and suppress another type. It does not

destroy the other type of qi as matter and energy cannot be destroyed. For example, a metallic knife can be used to cut a piece of wood to make a wooden tabletop. It is controlling the shape of the piece of wood and not destroying it.



The controlling cycle

This cycle is important in Feng Shui practices as identified sha qi can be controlled using appropriate forms and colors. For example, an electrical tower emits sha qi of fiery nature. To counteract this we can use water. A tank of gold fish near the window with the view of the electric tower will control the sha qi. It is the water and not the fish, which does the miracle. This principle will be thoroughly studied in the advanced level.

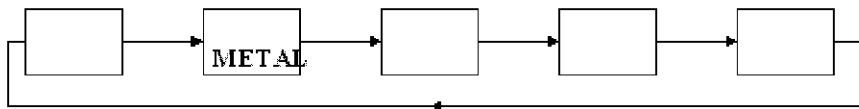
Feng Shui practices include:

- Identifying the type of sheng qi and sha qi,
- Use objects with appropriate shapes and colors to enhance the sheng qi,
- Use objects with appropriate shapes and colors to weaken the sha qi,
- Use objects with appropriate shapes and colors to control the sha qi.

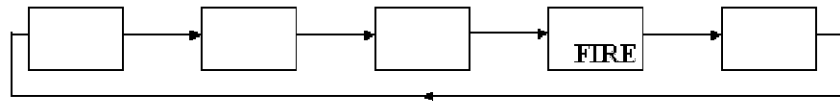
Now you should find Feng Shui interesting but you also realize it is not easy.

Lesson Assignment 04

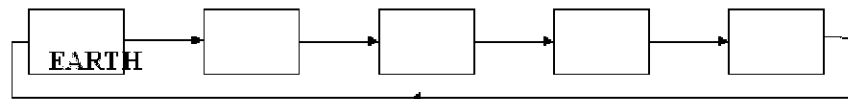
1. Complete the enhancing cycle:



2. Complete the controlling cycle:



3. Complete the weakening cycle:



4. Some sha qi is identified as earthy in nature. What would you suggest to control it? What would you suggest to weaken it?
5. Some sheng qi is identified as woody in nature. What would you suggest to enhance it? What colors are prohibited where this sheng qi prevails?
6. If sha qi attacks a house, we can either control it or weaken it. In general we prefer weakening to controlling. Elaborate this point.

Feng Shui Correspondence Course

Elementary Level

Lesson 05

Wind and Water

Mountains

Rivers

Lesson Assignment

All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

Wind and Water

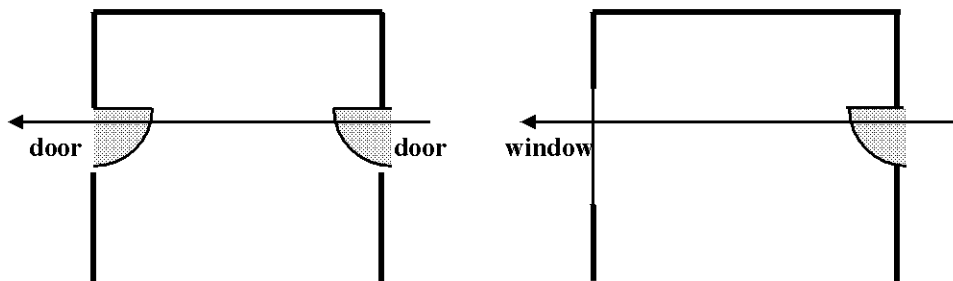
Guo Po (276-324AD) wrote in his Burial Book:

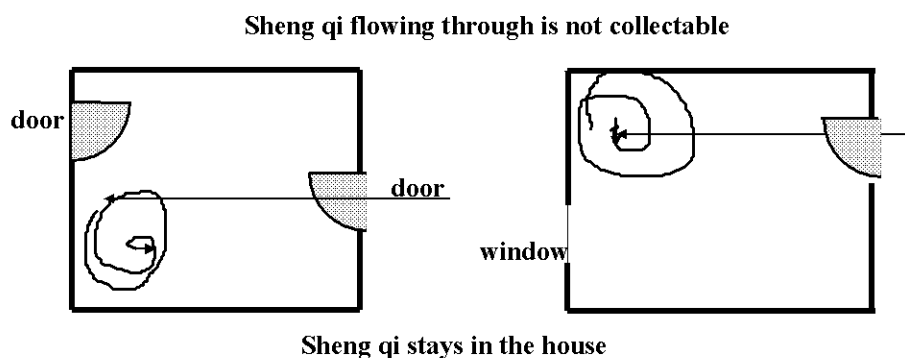
**Qi rides the wind and is dispersed;
It is stopped at the boundary of water.**

This is the most famous saying about wind and water, which everyone devoted to the study of Feng Shui should know. One should notice that the word “qi” in this context means “sheng qi” and not “sha qi”. Strong winds blow away sheng qi while water in the form of slow running rivers, lakes or seas helps in collecting sheng qi. A site that collects sheng qi is most sought after. One that calms down the wind is the second choice.

Water is the most vital substance on earth. Without water life could not have existed. Besides supplying water for agriculture, rivers are also one of the most important means of transport. Big cities are either built along a river or by the sea. Within a city roads are considered fictitious rivers. Sheng qi will be carried by roads and streets to houses. Straight roads with fast running traffic also bring sha qi just as flooding rivers do.

Strong winds are considered sha qi by themselves. Sheng qi will be destroyed when the air flows at an undesirable speed. It is considered bad feng shui when the front door and the back door are on an unobstructed straight line. Qi flows in through the front door escapes right through the back door. For the same reason the front door should not be on an unobstructed straight line with windows at the rear. If no gust is created when both the front door and the rear door or window are open then such a design does not cause any problem.





Mountains

This is another famous saying every Feng Shui practitioner should know:

**Mountain takes care of fertility and health of people,
Water is responsible for wealth and fortune.**

Fertility is of the utmost importance in Chinese families. In an agricultural country, man- power comes before everything. To be able to give birth to many children was the responsibility of everyone in ancient China. Today wealth is more important. It does not matter any more how many children a couple can give birth to. People accept the idea that quality is better than quantity. Since mountains are also responsible for health, they are still as significant as water in Feng Shui studies.

The most important mountain is the giant turtle at the back. This lends support to the house. Next come the dragon and tiger on the left and right. In cities taller and larger buildings are equivalent to mountains. It is important that the mountains or neighboring buildings are good looking. Ugly mountains or shabby buildings bring ill fortune instead.

Next we have to consider how to classify mountains in terms of the five types: water, wood, fire, metal and earth.



When a mountain is like a hemisphere, it is said to be of the **metal type**.



When a series of metal type mountains group like a wave, the mountain is of **water type**.



Wood type mountains are tall and slender.



Earth type mountains are flatter at the top and have broader bases.

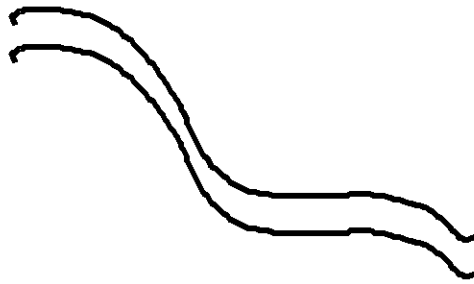


Fire type mountains are steep and pointed.

Buildings can also be classified this way.

Living in a house with a strong mountain (or building) at the back signifies gaining strong support. Good dragon and tiger on the left and right respectively signify having helpful hands. Rugged mountains and run-down neighboring buildings indicate isolation and helplessness.

Rivers



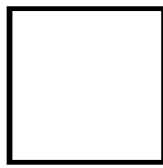
A meandering river or road brings fortune.



A long straight river or road does not retain wealth.

Lesson Assignment 05

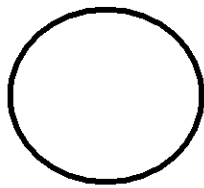
1. Water can also be classified into five types: water, wood, fire, earth and metal. Identify the type of water in the following diagrams.



A



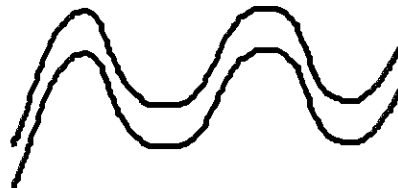
B



C



D



E

2. “Mountain takes care of fertility and health of people, water is responsible for wealth and fortune.”

Explain this Feng Shui principle with reference to:

- protection
- production
- transportation.

3. Explain in terms of wind and water whether you consider the following places have good feng shui:

- a desert
- an island frequently attacked by typhoon
- a delta

Feng Shui Correspondence Course

Elementary Level

Lesson 06

Features Producing Sheng Qi

Landscaping

Interior Decoration

Lesson Assignment

All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

Features Producing Sheng Qi

It is an important question: What features produce good energy?

An intuitive principle is: **Good looking objects produce good energy.**

You may wonder if I am serious. Yes, I am. Feng Shui is not as mysterious as a lot of people expect it to be. Everything in Feng Shui is logical. If someone claims there is an illogical or transcendental part of Feng Shui, it is sheer marketing gimmick. You may argue that what is good looking to one is not so for another. It cannot be more true. Do you notice that some people always look at the bright side of things? To them almost everything is beautiful. Good energy is always generated at their hearts. However, there is a limit as to how subjective one's mind is allowed. The general consensus of opinion is to be honored.

A second principle is: **The type of qi an object represents must be appropriate.**

This needs some explanation. According to the Ba Gua, the eight directions belong to different types. This is shown in the following table.

| Direction | N | NE | E | SE | S | SW | W | NW |
|-----------|-------|-------|------|------|------|-------|-------|-------|
| Type | Water | Earth | Wood | Wood | Fire | Earth | Metal | Metal |

Next we apply the enhancing cycle to choose the appropriate colors and shapes of objects to be placed in various locations.

North: Water and metal are suitable. Water finds itself at home in the north while metal enhances water. Therefore black or dark blue objects that are round or wavy in shape are fortunate in this placement.

Northeast: Earth and fire are suitable. Earth finds itself at home in the northeast while fire enhances earth. Brown, red, orange or purple objects that are square or triangular in shape are fortunate in this placement.

East: Wood and Water are suitable. Wood finds itself at home in the east while water enhances wood. Green, black or dark blue objects that are lengthy or wavy in shape are fortunate in this placement.

Southeast: Same as East.

South: Fire or wood is suitable. Fire finds itself at home in the south while wood enhances fire. Red, orange, purple, or green objects that are triangular or lengthy in shape are fortunate in this placement.

Southwest: Same as Northeast.

West: Metal and earth are suitable. Metal finds itself at home in the west while earth enhances metal. White, golden or brown objects that are round or square are fortunate in this placement.

Northwest: Same as West.

Landscaping

A site is fortunate if the neighborhood supplies good energy. This requires the mountains to be vegetated and rivers to be meandering and slow running. In cities we want neighboring buildings to be clean and stately and roads to be winding with slow traffic. Artificial landscaping can strengthen the good energy in a location. This can be achieved taking the principles introduced in the last section into consideration.

Swimming pool: This is best placed in the east, southeast, or the north. As for shapes, round, oval or kidney pools are more suitable. In the east and southeast plants can be added but not in the north. This is because wood can weaken the water in the north. A swimming pool can also be placed in the southwest or northeast direction. The earth type of chi dominates in these two directions and earth controls water. Here another **principle** is introduced: **Wealth is what you control**. Water in these two directions represents wealth. A swimming pool here can bring good fortune.

Trees and Shrubs: Trees and shrubs in the east and southeast are harmonious with the directions. Plants in the south can help in producing the good energy. Trees and shrubs can also be planted in the west and northwest. This is because metal controls wood and wealth is what you control.

Lights: Lights represent fire. To place a light in the south, southwest or northeast directions will help to bring up the good energy. A light in the north represents wealth.

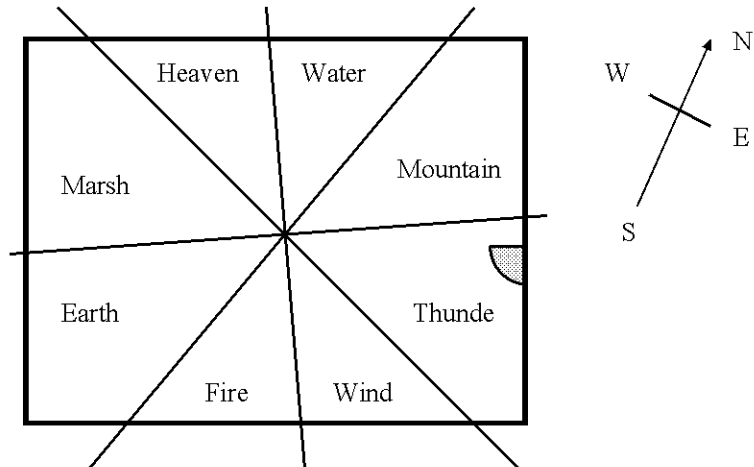
Rocks and Cobblestones: These can be placed in the northeast, east, southeast or the southwest directions as long as they are not rugged features.

It should be noticed that these are only rough guidelines. In the Advanced Level Course the time factor is also considered. Landscaping can then be designed in greater detail to make the utmost use of Feng Shui.

Interior Decoration

The same principles are employed in interior decoration. We also consider round objects to symbolize motion and square objects stability. Living and dining rooms are meant to be dynamic places where a lot of family activities are held. Round objects are suitable in these areas. Bedrooms are supposed to be places of rest. Square objects are preferred to round ones. Circular beds and waterbeds may be more romantic and create a sense of vigor. For younger couples they may be convenient. For people who need a good rest at night the traditional rectangular bed with a firmer mattress serves the purpose better.

Color schemes: For walls and ceilings, lighter colors are more suitable. The floor can be relatively darker. This is because the sky is light while the ground is heavy. Divide a house into eight sections according to the Ba Gua as shown in the following figure. Consider the element in each section and then decide the appropriate color scheme for each area.



Off-white is not suitable for the Thunder and Wind Palaces because white represents metal which controls wood. It is not suitable for the Earth and Mountain Palaces because metal weakens earth.

Beige is a combination of earth and metal. It is better than off-white because it can be used in the Earth and Mountain Palaces though it is still not suitable for the Thunder and Wind Palaces for the same reason.

Blue or gray are good for the Water, Thunder and Wind Palaces because water is compatible with water and it nourishes wood. They can also be used in the Earth and Mountain Palaces because water is wealth to earthy palaces. It is not suitable for the Fire, Heaven and Marsh Palaces.

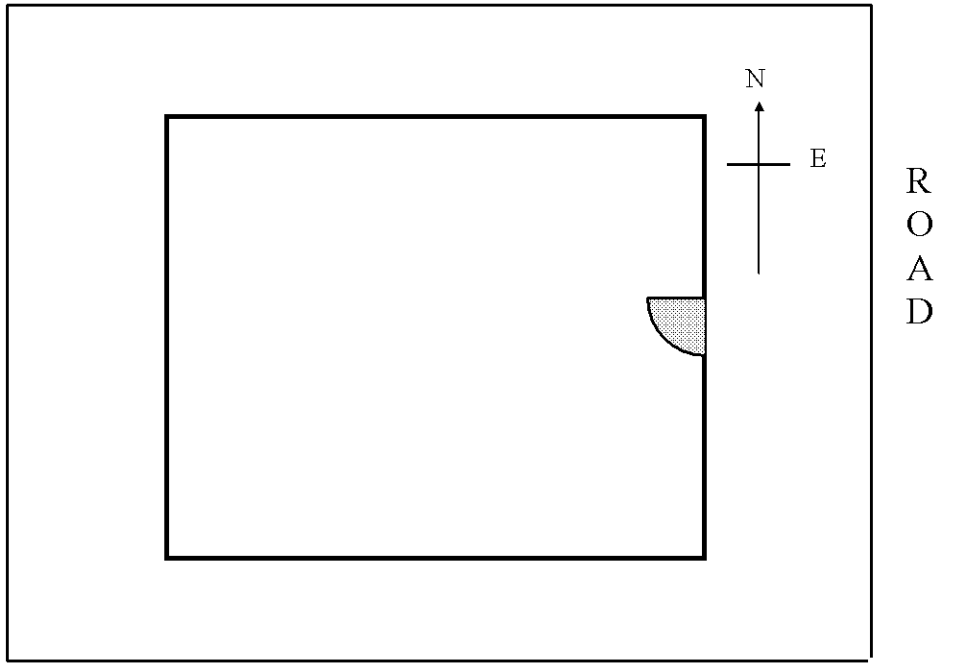
Pink is suitable for the Fire, Earth, Mountain, and Water Palaces. It is not suitable for the Heaven, Marsh, Thunder and Wind Palaces.

Yellow or brown are suitable for the Mountain, Earth, Heaven, Marsh, Thunder and Wind Palaces. They should not be used in the Water and Fire Palaces.

Lesson Assignment 06

1. Use the following table to draw four lines intersecting at the center of the house dividing the house into eight sections.

| | | | |
|------------|---------------------------------|------------|---------------------------------|
| North | $337.5^{\circ} - 22.5^{\circ}$ | South | $157.5^{\circ} - 202.5^{\circ}$ |
| North-East | $22.5^{\circ} - 67.5^{\circ}$ | South-West | $202.5^{\circ} - 247.5^{\circ}$ |
| East | $67.5^{\circ} - 112.5^{\circ}$ | West | $247.5^{\circ} - 292.5^{\circ}$ |
| South-East | $112.5^{\circ} - 157.5^{\circ}$ | North-West | $292.5^{\circ} - 337.5^{\circ}$ |



2. Label the eight palaces in the above diagram: Heaven, Water, Mountain, Thunder, Wind, Fire, Earth, and Marsh.
3. Will you recommend an out-door swimming pool be built in the backyard? Why?
4. Some trees and shrubs are to be planted outside the house. Show how to do it.
5. Assume this house is an 1800 sq.ft. bungalow. Insert one living room, one dining room, a kitchen, a master bedroom with attached bath, a second bathroom and a second bedroom. Indicate where the windows are. Also add a door to the backyard.

Indicate a suitable color scheme for each room.

Feng Shui Correspondence Course

Elementary Level

Lesson 07

Features Producing Sha Qi

Sharp Pointing Edges

Narrow Slit

Obstructions

Torrential Rivers

Lesson Assignment

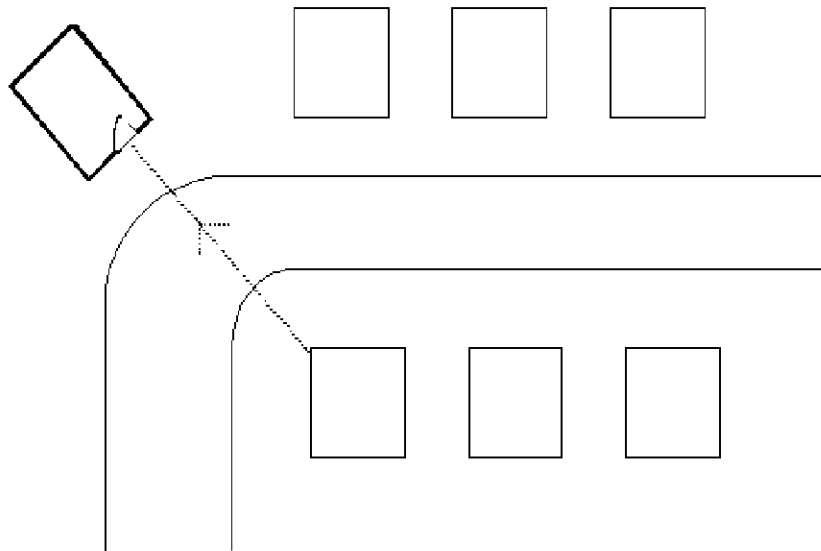
All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

Features Producing Sha Qi

Sha Qi or evil energy is produced by dirty and unpleasant objects. A chimney producing black smoke causing pollution is a source of evil energy. A rugged mountain is also a source of evil energy. A polluted stream is another source of evil energy. In fact, anything that relates your mind to evil acts or hideous objects can emit evil energy. For example, the sight of a weapon relates your mind to killing. Weapons are therefore emitting sha qi. In the same way, hatred also generates sha qi. In a so-called Feng Shui war, there is no winner because sha qi hovers above the neighborhood.

Sharp Pointing Edges

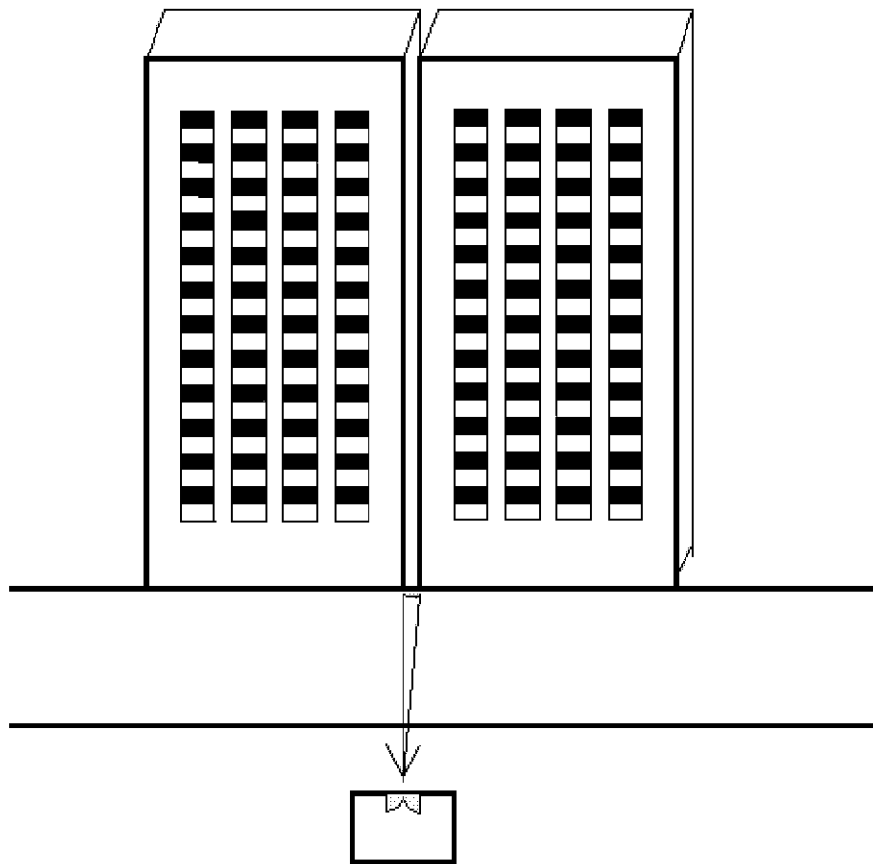
A right angle or an acute angle formed by the edge of two adjacent walls or the corner of a rectangular block produces sha qi. It hurts whatever it aims at.



Notice that a sharp edge hurts only when it points right on a door or a window. If it points at an angle the sha chi does not cause any problem.

Narrow Slit

When two tall buildings stand close to each other the separation forms a narrow slit that induces strong flow of air through. If your house faces this slit, you are subjected to a kind of undesirable energy.



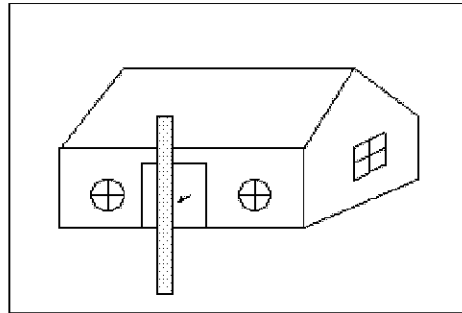
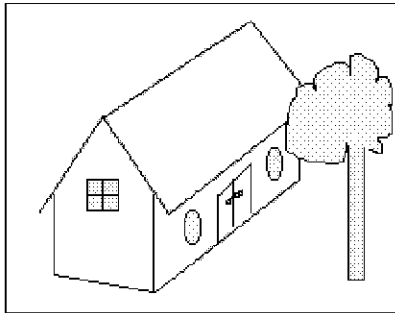
Strong wind through slit attacks house right opposite

Notice that only the door or window directly opposite the slit between the two buildings is subjected to the attack by the evil energy. If the separation between the two buildings is substantially wide, it does not generate sha qi.

Obstructions

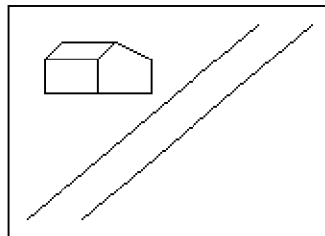
Any sizable object in front of a door or a window may cause obstruction. Allowable distance from a window or a door depends on the size of the object causing obstruction. Normally objects within twenty feet distance from a house affect the qi distribution.

- A tree right in front of a door or a window can cause sickness, injury and lawsuit.
- An electric pole in front of a door or a window has the same effect.

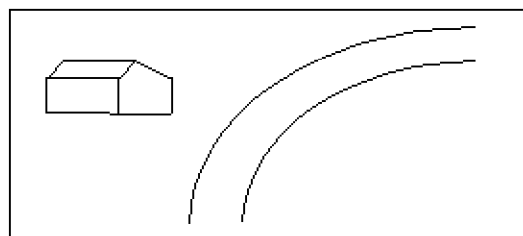


Torrential Rivers

Avoid straight rivers and the convex side of a river. In cities avoid long straight roads with fast traffic. The convex side of a road is also considered unlucky. It is like being on the knife-edge.



Straight road



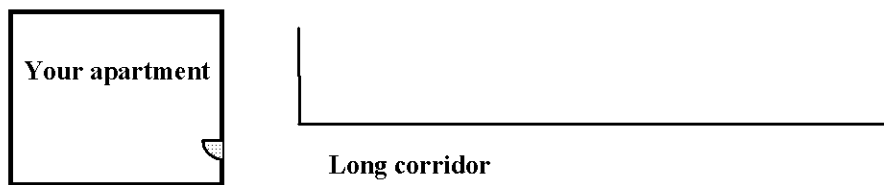
Convex side of a road

Notice that a straight river with tributaries to divert the fast running water away does not belong to this category. A straight road that intersects with other roads to form a network is considered lucky too. The concave side of a road is also fortunate.

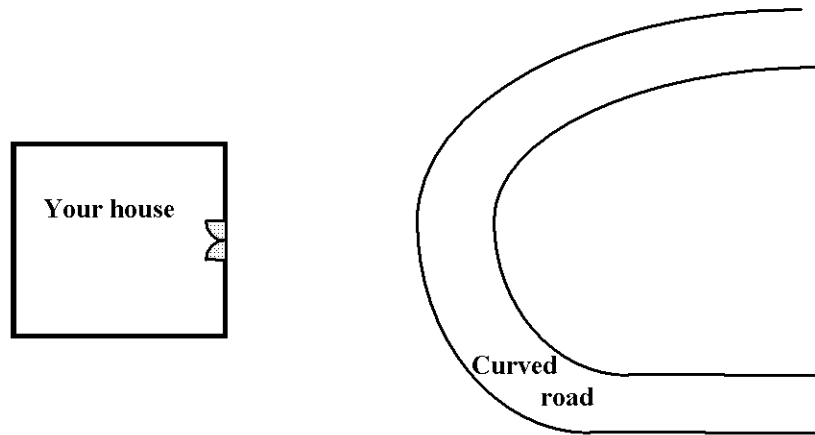
Lesson Assignment 07

To remove the bad effect of sha qi the first step is to identify the type of evil energy exists. If the sha qi is of fire origin (sharp edges), use water to control it or earth to weaken it. If the sha qi is of water origin, use wood to weaken it or earth to control it. If it is of wood origin, use metal to control it or fire to weaken it. Sometimes it is not easy to classify the kind of sha qi in terms of the five basic types. Simply use a screen to stop the sha qi. In the following diagrams, explain what you would do against the sha qi.

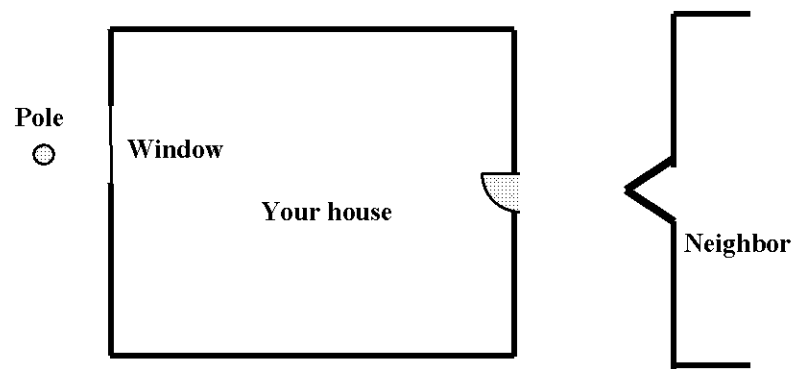
1.



2.



3.



Feng Shui Correspondence Course

Elementary Level

Lesson 08

Elementary Feng Shui Audit

Site Study

The Ba Gua

**Locating Good and Evil
Energies**

Improvements

Lesson Assignment

All rights reserved. No part of this correspondence course may be reproduced in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Master Joseph Yu.

Elementary Feng Shui Audit

By this time the student should be able to give a house an elementary Feng Shui Audit. There are several considerations:

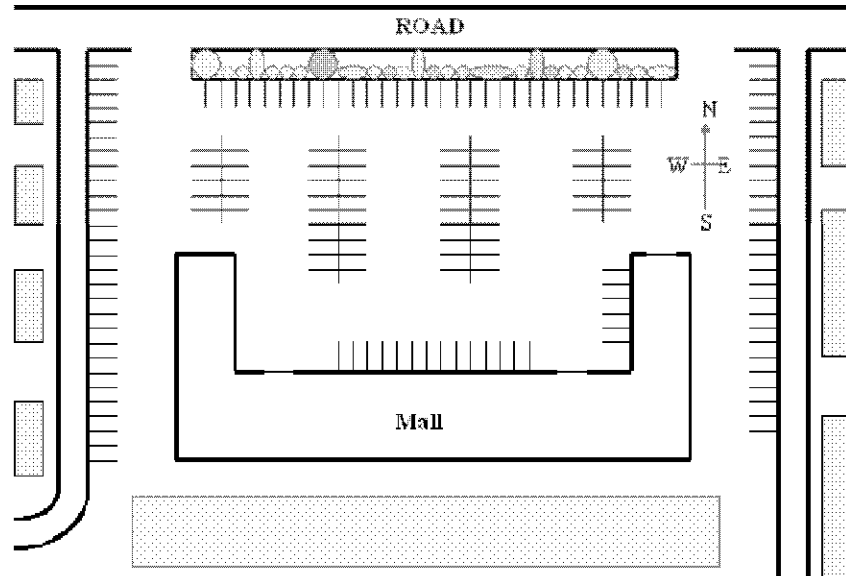
- **Site study** with reference to the green dragon, the white tiger, the crimson bird and the black giant turtle.
- The Ba Gua dividing a house into eight sections. **Color scheme** can then be discussed.
- Check **exterior sha qi** origins.
- Check **exterior sheng qi** origins.
- Improvement **recommendations**.

Site Study

The ideal location has the presence of

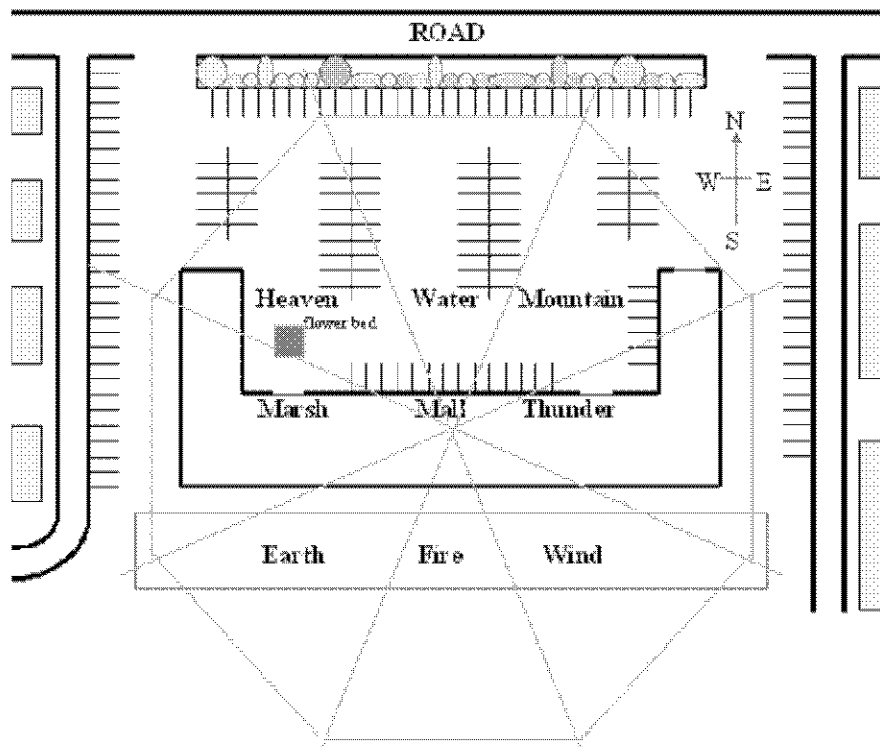
1. A strong backing mountain or building,
2. A good supportive mountain or building on the left.
3. A good supportive mountain or building on the right.
4. A good source of water at the front.

It is preferable that the buildings on the left be more powerful than those on the right. Study the site plan of a strip mall. The facing must be vacant but protected. It is important that sheng qi be collected at the front so that the building can tap into the auspicious qi.



In the northern hemisphere a building facing north does not receive as much sunlight as one facing south. In the site plan shown we can see that the supporting building at the back of the mall blocks much of the southern sun. If the prevailing north wind is strong and cold, it is considered evil energy. The trees in the northern part of this site are well placed to stop much of the sha qi. This example shows why people prefer a south facing to a north facing. The preference down under will be just the opposite.

The mall itself has a left wing and a right wing that are the green dragon and white tiger for the central portion of the mall. Houses to the east and west of the site are the actual green dragon and white tiger. The building at the back serves as a strong support, the black giant turtle. The parking lot is a fictitious pool of water. The strip in the north where trees are planted is a good crimson bird. The exterior placement has all the requirements for good feng shui.

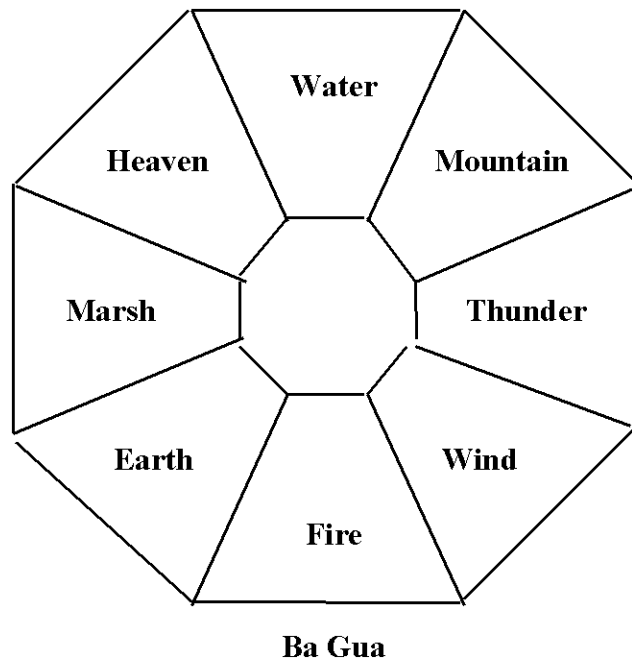


The Ba Gua

| | | | | | | | |
|--------|-------|----------|---------|------|------|-------|-------|
| Heaven | Water | Mountain | Thunder | Wind | Fire | Earth | Marsh |
| Metal | Water | Earth | Wood | Wood | Fire | Earth | Metal |

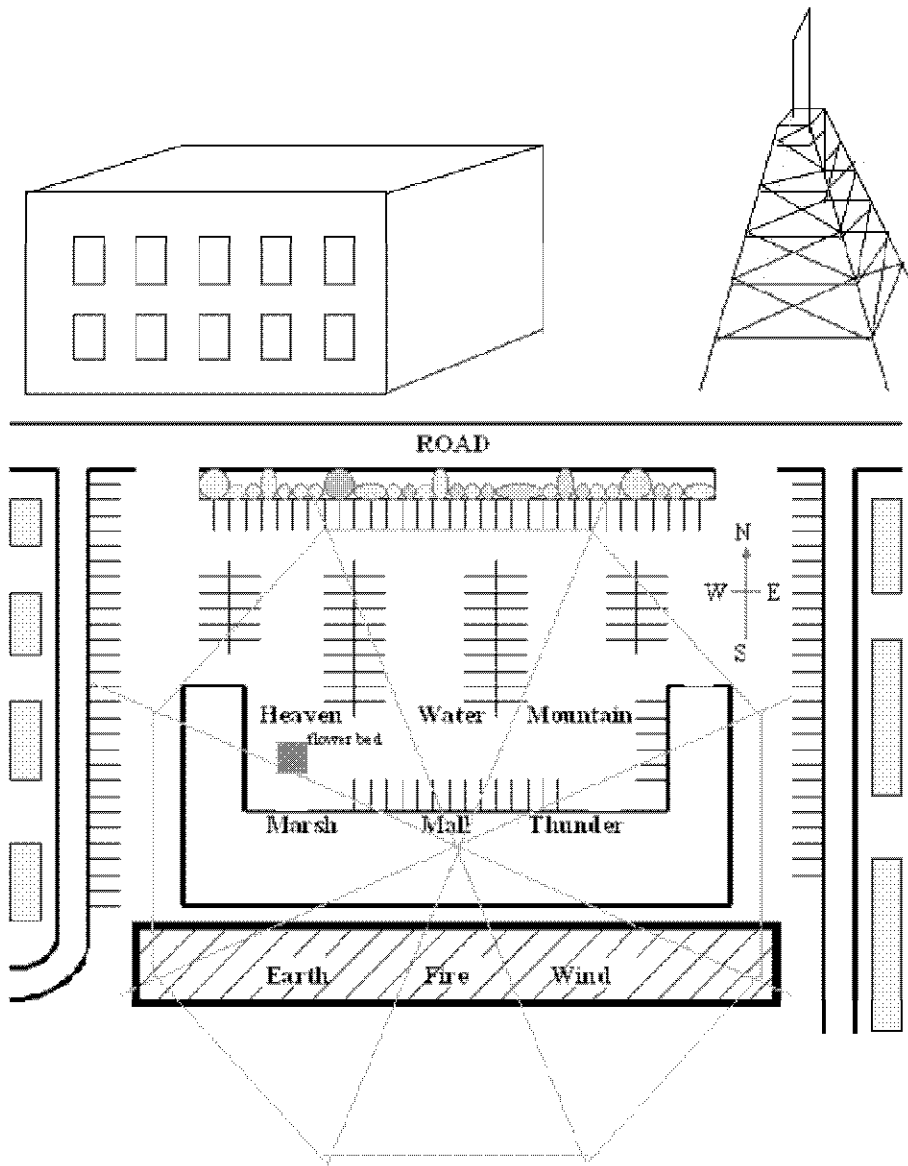
The center of the Ba Gua is placed at the gravitational center of the mall. It can be seen that most of the mall lies on the Thunder and Marsh Palaces. In the Thunder Palace, which belongs to the wood category, green, black and blue are the fortunate colors. Red, orange, purple and white are not suitable. In the Marsh Palace that belongs to the metal category, white, golden, silver, brown and yellow are fortunate colors. Red, orange, purple, black and blue are not suitable.

Near the center of the mall where a distinct line cannot be drawn to separate the palaces, it is advisable to have a mix of colors representing all five types of qi so that a complete enhancing cycle is established.



There are three entrances to the mall, one in the Mountain Palace, one in the Thunder Palace and the third in the Marsh Palace. They are all facing north where the water element prevails. The Mountain Palace, which is earth in nature, controls water. This can be regarded as the **wealth corner**. Red carpet can be used to enhance the wealth. The idea is to generate the enthusiasm to create wealth. It does not mean that enhancing this corner will bring money automatically. The Thunder Palace is wood in nature and water can nourish wood. This entrance is fortunate too. Gray, black or blue are more suitable. The Marsh Palace is metal in nature and metal is weakened by water. Earth must be added to control the water and enhance the metal. Brown is most suitable. It is also recommend to have a square flowerbed right outside this entrance.

Locating Good and Evil Energies



Whether the building and the electric tower across the road emit good or evil energy depends on a few things. The first thing we consider is whether they are in harmony with other features in the neighborhood. Then we identify the type of qi emitted according to the five categories. Is the type of energy favorable in the palace concerned? Or is the energy emitted harmful to the palace where it is located?

In this particular case the square building is earth in nature while the electric tower represents fire (Review Lesson 04). From the appearance the building looks clean and tidy and is therefore capable of emitting good energy. The electric tower on the other hand does not conform to its neighbors and is therefore a source of evil energy.

The building affects the Heaven Palace mostly. Since the Heaven Palace is metal in nature, it is being enhanced by the earth building.

The electric tower affects the Mountain Palace mostly. Since the Mountain Palace is earth in nature, it is enhanced by the fire electric tower. The tower, though not so desirable, has in fact some favorable effects on the Mountain Palace. Since there is water in this palace the evil nature of the tower is much neutralized.

Improvements

The site of the mall as a whole does not need much alteration. A square or rectangular flower box right in front of the entrance in the Marsh Palace was recommended. If a sculpture in the form of a dragon is installed on the west side of the mall, it will strengthen the green dragon and attract more traffic to the mall.

Lesson Assignment 08

1. Buy an ordinary compass that gives the degree reading of a direction. Measure the facing of your own house. Draw the Ba Gua on the floor plan using the table:

| Water | Mountain | Thunder | Wind | Fire | Earth | Marsh | Heaven |
|----------------|-----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 337.5- 22.5 | 22.5-67.5 | 67.5- 112.5 | 112.5- 157.5 | 157.5- 202.5 | 202.5- 247.5 | 247.5- 292.5 | 292.5- 337.5 |
| N | NE | E | SE | S | SW | W | NW |

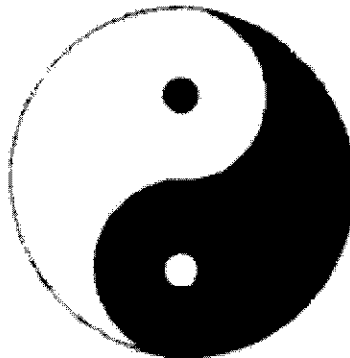
2. Do you find the necessary black giant turtle, the green dragon, the white tiger, and the crimson bird for your house?
3. Discuss the color scheme for each part of your house.
4. Locate any potential good energy sources.
5. Locate any potential evil energy sources.
6. Discuss the nature of the energies and the Palaces they affect.
7. Recommend any improvements needed.

End of Elementary Level. What you have studied at this level is a step-by-step introduction to the fundamental concepts of Feng Shui. It is like eating good food, sleeping well and doing exercise. This is fundamental to having good health. Merely having a healthy body is not sufficient. In this world we need knowledge and skill to live a worthy life. In the next level, you are introduced to the most popular Feng Shui School in China for hundreds of years.

Feng Shui Correspondence Course

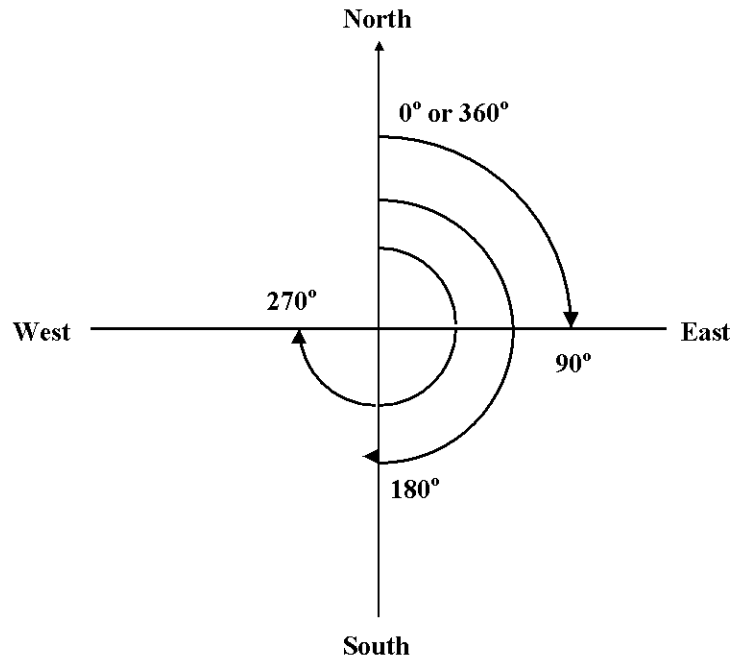
Elementary Level

Supplement: Measurement of Direction Use of the Compass

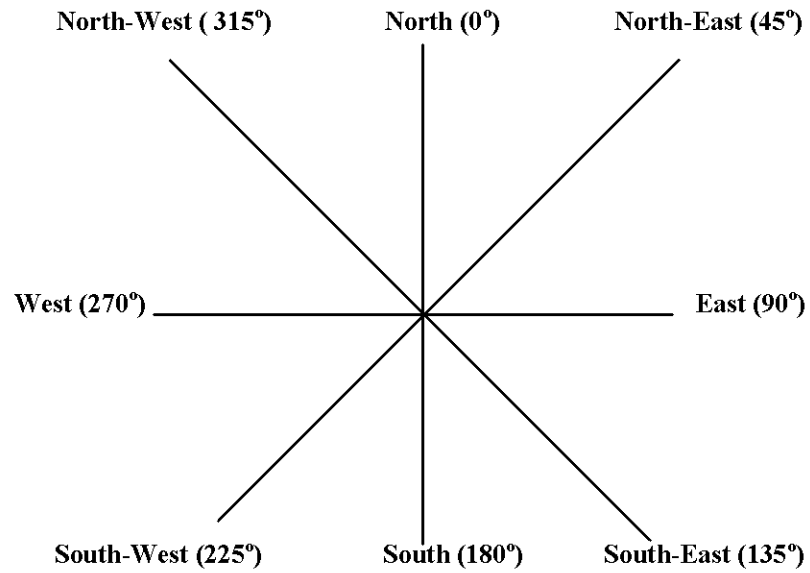


All Contents Copyright © Joseph Yu 1997, 1998, 1999, 2000.

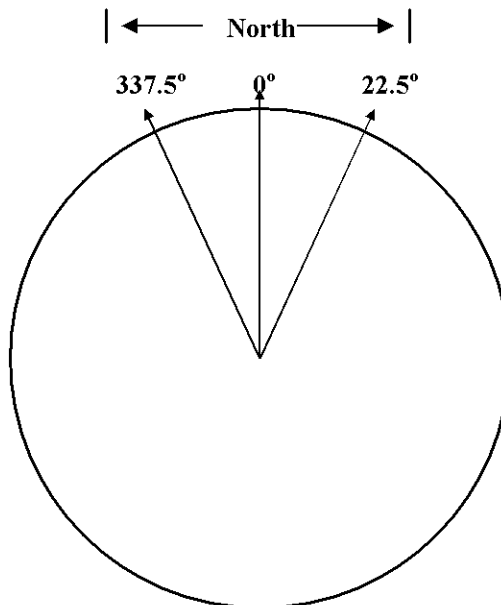
Measurement of Direction



Start measuring from the North that is assigned 0° in the clockwise direction.
When the measurement is 90° , it is the East.
When the measurement is 180° , it is the South.
When the measurement is 270° , it is the West.
When it has done a complete turn, the measurement is 360° . It goes back to the North.
The measurements for NE, SE, SW, NW can be easily deduced.

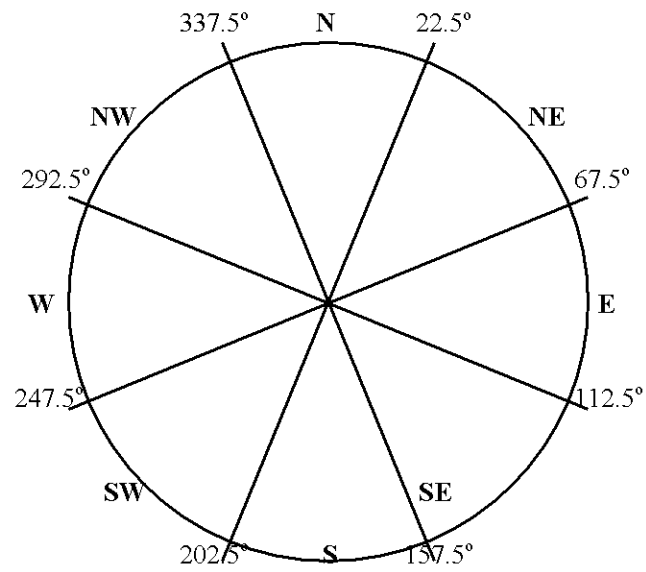


If we divide 360° into eight equal parts, then each part will be 45° . The North will not only be limited to 0° , but a region containing 22.5° to the left and right.



FSRC1N2 Correspondence Course

Thus if you measure the facing of a house to be anywhere within the range 337.5° to 22.5°, the house is said to face north. Similarly when we say that a house faces northeast, it means anything in the range 22.5° to 67.5°. The other directions are given in the diagram, below.



Use of the Compass

