

The Spiritual Feng Shui newsletter
Issue 31
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Busted! Feng Shui Myths

Trusting Your Instincts

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for July 2009; we hope you're well and truly in the swing of spring! This month we examine Feng Shui myths. Every practitioner has their own ideas on what is right and wrong - we look at some common misconceptions as well as giving you a framework for understanding what is correct, and what is not. There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in July!

- 0x Feature Article: Busted! Feng Shui Myths
 - Blow them wide apart, and set yourself free from non-truths in Feng Shui

- 0x Q&A: Developing Feng Shui Instincts
 - A foolproof system for deciding on a case by case basis what makes sense in Feng Shui ... and what is gibberish

- 0x Feng Shui Tip
 - Using Affirmations

- 0x Inspirational Quotes

Enjoy!

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Main Article: Busted! Feng Shui Myths

You'll find almost as many different opinions on Feng Shui practices as there are different practitioners. This is understandable, considering that practices have been handed down from generation to generation. The orally based tradition has created a sort of 'Chinese whispers' game, where 'I'm going to the store to buy milk' is heard 'I'm stealing the neighbor's cow'!

So, should we trust the Feng Shui practitioners that have the most 'authentic' knowledge of the old ways? This is where it gets a little complicated, and you may need to dust off your critical thinking skills. While there is obvious value in ancient wisdom (it was part of the path to bring us to where we are today), just because something is old, doesn't mean that it is truth. In addition, the true meanings of words can be easily lost in translation (just try the Babelfish re-translator tool if you doubt this!). The Spiritual Feng Shui strips back the practice to its birthday suit, then applies its fundamentals to the problems of 'modern' life. Not to life thousands of years ago!

With this in mind, today we are looking at some of the more far-out beliefs that have been propagated in the name of Feng Shui. We are also looking at what advice you can safely ignore!

Myth #1: Paint your door red to be lucky

There are quite a substantial number of people in the world who do not like the color red. It is too bold, too full, and too forceful for them. Coming home to a red door every day for these people would immediately put them out of their comfort zone. You'd feel like your home was bossing you around, with a big chalk pointer in its hand!

Enhancements like this should always be run past your internal filter of 'What feels right for me?'. In many homes where the Chi doesn't suit the owner, it is due to either simply not thinking about the design, or by designing according to someone else's ideals.

Myth #2: Your birthday affects your Feng Shui practice

There is an entire subculture of Feng Shui that says that your birthday determines which directions your Guas are placed in, and what sectors are 'lucky' for you. According to the Spiritual Feng Shui, the Bagua map is much more universal. Just as Feng Shui itself works whether you believe in it or not, your Gua placement is made according to a system that is base to all humans, and not birthday-dependent.

Myth #3: You must arrange your home according to the geographical direction everything faces

In some interpretations of Feng Shui, there is a belief that there is a particular lucky direction for every Gua. Some schools go so far as to think that you should arrange your furniture facing these particular directions, depending on what result you want to achieve.

This myth is based on the ancient practice of building with certain directions in mind. For example, homes that face towards the poles rather than the equator get most of the winter sun, and the summer shade. Heating and cooling is much easier, and the house is more comfortable. However, this principle should not determine anything as specific as your furniture placement in Feng Shui. In fact, your home will end up looking like a tornado blew through it if you do this!

Myth #4: The number 4 is unlucky

As I was writing this tip, my roof collapsed around me.

Kidding!

The number 4 is no more unlucky than any other. There are many notable persons born on the 4th of the month, or in the 4th month. These people have also achieved great deeds in their fourth decade of life, and I'm betting that in at least a significant percentage of cases, they were the fourth child in the family. This myth originates from the fact that the number four is a homonym for the word 'death' in Chinese. Both are pronounced 'si', but with different intonations. In much the same way, and for reasons just as arbitrary, the number 13 is considered unlucky in some parts of the West. However, this is a superstition and simply untrue.

Myth #5: Various ultra-specific beliefs, including 'Having an audit done in the 7th month during Chinese Hungry Ghost Festival is bad luck', 'Goldfish in the bedroom will drain your wealth', 'Black fish in the aquarium absorb negative energy and if they die, it means something bad will happen'.

Feng Shui has broad principles, which can be applied to all homes, but nothing as specific as these. In many cases, these superstitions were invented by people and have simply spread through the power of the internet and the power of fear. Be wary of anything which mentions anything as being 'lucky' or 'unlucky'. It is better to think of things in terms of enhancing energy for a life area, or drawing it from a life area. And learn to laugh at these sorts of ultra-specific beliefs!

Q&A: There is so much information out there on Feng Shui, and it all says different things! How do I know what to believe?

I think look at the basis of the Spiritual Feng Shui is the most useful guide for you to understand what to believe. It has certainly worked for me, and we have helped so many people understand their lives better and take action to change them.

The Spiritual Feng Shui combines what we know about universal psychology and the power of the mind, with the ancient practice of Feng Shui. We understand that rather than having a definite, magical effect, any enhancements or cures you use are a signal to your mind, indicating that you are going to focus on a particular area. Like putting up a red flag, and saying 'Hey! Look at me! Now!!!'

This is the power of intention, and when we combine it with universal psychological conditions like the effect of color on mood, the refreshing effect of outdoor life and plants, and the mental influence that a clean, organized space has, great things are possible.

We get out our shovels and dig right to the core (Phew, I'm hot!). The we use what is at the very center of Feng Shui to create a practice that has an effect in everybody's lives, whether or not you believe in it. And best of all, there are almost no hard and fast rules in the Spiritual Feng Shui! If an enhancement doesn't feel right to you, you are advised not to do it ... simple as that. Sounds like a philosophy you would have loved in high school, doesn't it?

By contrast, Feng Shui practices that are based on superstition often dictate that something is 'always' good or bad luck. Certain colors or numbers of goldfish, different species of plants, particular colors in particular placements in 'every' home are some common themes in Feng Shui myths.

In many cases, Feng Shui practitioners shy away from the fact that Feng Shui cures work on a psychological level. They want you to believe that harmony comes only from a certain ancient energy system, and has nothing to do with your mind. One easy way to tell, if something being touted as an enhancement will be mostly myth, or mostly truth, is whether it acknowledges the power of our own minds in the practice. This power is real and scientifically proven. It's the elephant standing in the corner of the Feng Shui room!

If somebody tells you that you must buy something that they are selling to avoid bad luck, put your mental running shoes on! Feng Shui in most cases is above money - you just need to learn the principles for yourself. You don't need Chinese coins, dragon ornaments, mandarin ducks, cacti, or Fu dogs to avert disasters in your life. You only need the power of your mind and a framework in which to use it!

Feng Shui Tip: Starting at the Start - How To Use Affirmations

Affirmations are a wonderfully specific way to tell your mind exactly how it is going to improve your life for you! You just need to show who is boss.

Affirmations are usually phrased in the present tense "I am...", "I have...", etc. The theory is that if you phrase your affirmation in the future, it will never eventuate. You should always display your affirmations. If you don't want to put them up on your walls, set them as a reminder in your cellphone or your email program. You could also have an affirmation as your computer desktop wallpaper.

Affirmations shouldn't stay the same over time - every month or two, review your affirmations and decide if they are still relevant, or if you'd rather achieve something else.

And besides, they are just a great way to escape that black hole of negativity, and come to the life we all deserve!

Inspirational Quotes

Trust your own instinct. Your mistakes might as well be your own, instead of someone else's. ~ Billy Wilder

You don't get harmony when everybody sings the same note. ~ Doug Floyd

The mind I love must have wild places, a tangled orchard where dark damsons drop in the heavy grass, an overgrown little wood, the chance of a snake or two, a pool that nobody's fathomed the depth of, and paths threaded with flowers planted by the mind. ~ Katherine Mansfield