

The Power of Feng Shui for Your Life



*The Power of Feng Shui
for Your Life*

LIVING A FULFILLED LIFE

MARSHA CHEUNG GOLANGCO

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by Marsha Cheung Golangco

Edited and Printed by:

Jazmin A. Jocson and Trixie J. Villaraza
9 Don Doroteo St. Don Enrique Hts.,
Commonwealth Ave., Quezon City 1119
Philippines

Cover Design by Arnel Medina
Illustrations by Wilbert Bautista
Author's Logo by Cedric Cheng

Dedication

To all the Empowered Women in the World

and especially

My late mother,

Cheung Lee Sui Yee

for her courage, generosity and strength

and

My late mother - in - law,

Agnes Uy Golangco

for her grace, beauty and compassion

Thank You ...

To my Husband Eric and my children Madeline, Elaine and Wesley – *they are the foundations of my success*

To the Cheung Family in Hong Kong and my ancestors from China *who gave me my life*

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*Special acknowledgements to my cousin **Wendy** and her late husband **T.S. Lo** who welcomed me in their lives and who gave me the opportunity to look at their profound way of living.*

Foreword

I am eager to share with you the Ancient wisdom of Feng Shui that can be applied powerfully and effectively in your modern-day living. My knowledge came from my traditional Chinese family in Hong Kong.

Feng Shui has been a natural part of my life since childhood.

FENG SHUI AND MY FAMILY

I grew up in Hong Kong in our family home at number 8 MacDonnell Road in a family involved in real estate development. There, I was introduced quite naturally into the old Chinese discipline of Feng Shui. My father, the late Master Cheung Yuk Kai, was the eldest son of Cheung Chuk Shan, patriarch of the Cheung Chuk Shan Family in Hong Kong. He grew up in a beautiful small village called Xinhui, 50 miles south of Guangzhou, in the province of Guangdong in China. People who lived there were known to have the innate talent and knowledge of Feng Shui. My father brought along that knowledge with him when he went to Hong Kong after the Second World War, and integrated this ancient Chinese wisdom into his work as a land developer and builder. As he settled down in Hong Kong after 1949, he used his Feng Shui knowledge wisely, designing and constructing quality buildings to ensure harmony and prosperity for his home-buyers.

When I was a little girl, I used to follow my father to his construction projects. I was accustomed to seeing my father with a *Luo pan* (an ancient Chinese compass) together with some Feng Shui experts as they

checked out building locations. I was very curious and asked him what it was all about. He said something about checking out the land for favorable Feng Shui. I still didn't understand, and so, he explained that Feng shui means wind and water. He explained that good Feng Shui puts one in the most desirable environment to grow and make life successful.

My father used the analogy of growing a tree from a seed. "Imagine a seed. How should you take care of it? How do you provide the best possible environment for it to grow and prosper? If it is in a favorable and desirable environment, that is, it is planted on good soil, it is watered and given plenty of sunlight and care, it would most likely grow into a robust tree and bear fruit.

"In a similar manner, if you live in a favorable and desirable environment you will be strengthened, you will be productive and prosper. The whole point of Feng Shui is to create a favorable environment so that your life would be successful."

My father's motto in life was "unity and harmony as a source of success." His teachings of Feng Shui had carried me through thick and thin, for better or for worse. I found myself overcoming many challenges throughout the years, but these did not stop me. I was able to achieve and accomplish much, regardless of the circumstances. When I encountered difficulties, I applied Feng Shui wisdom to make the situation better. On the other hand, when I encountered favorable situations, I maximized the potential and harnessed the benefits. Feng Shui helped me to heighten the awareness of the infinite possibilities in the universe. It calms my heart and clears my mind, uniting my body, mind and spirit.

I was able to make wise choices in achieving fulfillment in my life. Throughout the various stages of my life, I continuously and consciously create favorable environments, both external and internal, generating the positive, beneficial life force for me to grow and prosper.

In this book, it is my desire to share my Feng Shui knowledge and wisdom with you for the transformation of your life.

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Part I

THE SIGNIFICANCE OF FENG SHUI

FIVE IMPORTANT FACTORS FOR SUCCESS

There is an ancient wise saying that gave us good advice. It says that there are five important factors in bringing success into our lives. These are:

1. Destiny
2. Luck
3. Feng Shui
4. Doing good deeds
5. Education

As a human being, we can consciously do our best to make ourselves knowledgeable and useful by studying and learning new things. We can also do beneficial deeds for ourselves and others and keep on contributing to the world.

However, as human beings, we have no control over our destiny or our luck – good or bad. We are born with certain life paths, and physical and mental characteristics, and also our emotional beings. We would not be able to alter ourselves drastically. For example, if you were born a female, you cannot be a male physically. Although, you can behave like one. During our life spans, we recognize that there is a mix of good, bad and mediocre years. *As mortals, we have to accept the fact that we have to die one day.*

Feng Shui is a mystical and yet practical system that can effectively create a favorable environment for us to grow and prosper, leading to a fulfilled life. On one hand, it checks the quality of our physical environment, the structure to provide our physical well-being. On the other hand, it quality-checks our everyday life situation to give a clear picture of how we are doing.

- What kind of a life do you want to live?
- What is the quality of our life?
- What will make our life fulfilled?

Perhaps, Feng Shui will give us an opening for the fulfillment of our life.

WHAT IS FENG SHUI?

Feng Shui is an ancient philosophy which originated in China over 4,000 years ago. It is based on the idea that a universal life force or energy called *Chi* affects people positively or negatively depending on their physical state and surroundings.

The field of Feng Shui honors the *Chi*. It is the energy that exists in all living matter and that which binds us together in this universe. It is the utmost interest of Feng Shui to provide the beneficial *Chi* that helps to sustain life and to deflect the harmful ones.

HOW FENG SHUI WAS USED

Centuries ago, Feng Shui was used exclusively by the emperors, royal families, nobility and the upper class in society. Feng Shui masters were consulted primarily to ensure the prosperity, harmony and longevity of the emperor and his empire. In the past it was a well-kept secret — and only those belonging to the elite class of people could afford to apply such a practice into their everyday activities.

There are two types of applications of Feng Shui. Feng Shui, when applied to the dead, is called *Yin Feng Shui* and when applied to the

living is called *Yang Feng Shui*. The latter will be the focus of this book. We will look at how one can live in a favorable environment that results in a happy and successful life.

The power of Feng Shui for one's life means quality checking, not only the physical environment, but also the different aspects of a person's life — to check if they are balanced, harmonious and favorable to the person's physical, mental, emotional, spiritual and financial state — where every domain contributes something. This is a diverse network working together in unison, creating a harmonious environment. *Such is the essence of a powerful life.*

It is my intention to help everyone acquire such power to have the awareness of their own environment, be it external as in their physical world, or internal, as in their own lives.

ACQUIRING AND DEVELOPING YOUR OWN FENG SHUI POWER

From my own experience, Feng Shui is a natural wisdom acquired early on through family and cultural exposure. If you are not born into it, you can acquire or develop it within you through conscious awareness and practice. It is a very complex system of knowledge, a never-ending lifetime study. While you are practicing it, you acquire more experience and gain more wisdom — conscious learning and absorption through the being. Through this you can gain the *truth* and the essence of life. You also learn that everything changes — and the *truth* is the key, because through it you can learn to adapt to the changes. Thus, you do not resist change — you learn to accept it and deal with it. You also learn to generate positive changes or attitude and deflect the negative ones.

FENG SHUI APPLICATION IN HOME & LIFE

This book will give simple and easy to follow Feng Shui techniques that you can use immediately. You don't need to understand or believe in them, all you need to do is to follow the way and it will do the work for you. Trust your own instinct and intuition, for this is your own personal power that will be unleashed in a new realm of possibilities.

There are different stages of learning Feng Shui. *The power of Feng Shui is in the ability to adjust and improve on a situation.* Common Feng Shui terms used to describe situations are favorable or unfavorable, desirable or undesirable, positive or negative, auspicious or inauspicious. The first step is to identify all these qualities, and the next step is to improve on them.

In real life, there is no perfect environment. It takes some intentional creative design to adjust the living environment to be in harmony with our surroundings. We are all connected to each other through the earth and atmosphere; we all share the ground we walk on and the air we breathe in. Therefore, the flow of the *Chi* and the quality of the flow are of primary concern.

For example, living in a cluttered or unclean environment is definitely unfavorable and negative, undesirable and inauspicious. We, therefore, improve and remedy this situation by simply cleaning up and removing all the clutter so that the positive energy *Chi* can move freely.

Part II

SIX IMPORTANT STEPS FOR POSITIVE LIFE TRANSFORMATION

STEP 1:

Remove the Clutter

There are simple and practical steps to follow in applying the principles of Feng Shui in order to effect favorable changes.

The common adverse situation in our living environment is clutter. We simply collect too many material belongings and are not willing to let-go of them. As a result, our space is occupied with too many things, taking away the “*life*” of the space and also limiting the flow of the *Chi*. Too many objects in our space create “obstacles” in life; it is just like carrying too much “emotional baggage” with us. Too many obstacles in our life create unpleasant thoughts and negative feelings, which will affect our health, and hinder our abilities to live an effective and productive life.

Over periods of time, it is natural for one to accumulate material goods. They occupy space and collect dust over time when they become old; they generate stagnant energies which will pollute the flow of the positive *Chi*. There is a need from time to time to dispose of anything that is no longer useful or valuable. These can be donated and shared with other people. Keep what you want to keep because of monetary or sentimental values. There is no need to display everything at once. Store them and display them on a rotational basis such as based on the seasons (Winter, Spring, Summer, Fall) or themes (Christmas, Easter, New Year).

Some family heirlooms can be kept to avoid the risk of being stolen or given away by mistake, so that they may later be passed on to future generations. The best way to preserve and honor ancestral things is to donate them to museums and heritage centers where they can be in a place of honor. This way, ancestors will be honored and appreciated. I have a friend whose ancestral grandfather was a historical figure and recipient of many medals of Honor during his time. After he passed away, the family he left behind kept the mementoes under lock and key for the longest time — until my friend decided to donate them to the National Library where they are now on display for the public to see, pay respect to, and appreciate.

To remedy the clutter in our environment, the first step is to clear up. This means to take away anything that is no longer useful or valuable to us. For example, the old magazines and books in your living room, the old pots and pans in your kitchen; the old clothes in your closet, all the junk piling up in your storage.

Take a good look inside every room in your house. Start from the entrance and then walk through the house, room by room, and collect all the useless items that are occupying that space for a long time. If you decide to keep something that is of value to you, make sure you clean them and they don't collect dust.

Clearing out and cleaning up should also include your exterior environment, which are the front and back yards. Make sure your yards are cleared of unwanted objects such as junk cars and old appliances. You need to clip all the dead branches and uproot dead plants to allow new growth. In places where there is overgrowth of vegetation, you need to clear out, trim and remove unhealthy ones. In barren places, place fresh plants to remedy the lack of growth. And be sure to prune all vines that are winding their way into or around other plants

or objects or the structure of the house, as this represents entanglements in your own life. Do not ever let vines grow to attach themselves to the house.

The basic steps of clearing out and cleaning up of our physical environment are in accordance with the powerful concept of awareness in our own life. By being aware of the situations of our physical environment, we become aware of the situations in our life. We can now make changes to improve our life situations by improving our physical environment. By removing the clutter in our living environment, we naturally clear up the “garbage” in our own lives — messy situations — whether they involve our personal relationships, financial aspects or health concerns.

Let us start a powerful transformation by providing ourselves a clean and clear space to live in.

STEP 2:

Clean-up

A clean space speaks of a clean life. Get rid of germs, dust and toxins. Promote a healthy house by getting rid of toxic materials and dirty matters. Daily mopping and vacuuming is a must though it is hard to accomplish with our busy lives. At best, clean the spaces where we eat and sleep. Rooms and walls should be given a fresh coat of paint annually, if possible. In the kitchen, clean-up the dirty dishes and throw away the garbage daily. In the bedroom, make the beds daily and wash sheets regularly.

In much the same way, we not only clean up our surroundings but we should clean up our body and mind and promote self-health as well. By keeping our body and mind healthy and clean, we harness good energy.

The following are some general tips on achieving a healthier lifestyle.

- Maintain a clean body — DON'T: smoke, take prohibited drugs, over-drink alcohol, over-eat or eat unhealthy food, etc.
- Breathe clean air.
- Drink clean water.
- Take daily baths before going to bed, preferably use aromatic scents.
- Avoid pollution in the environment such as traffic noise and jams.
- Avoid living close to freeways or major streets.
- Detoxify your body of chemicals and toxins that make you sick; drinking green tea everyday will help.
- Exercise and meditate (such as Tai Chi and Yoga)

STEP 3:

Organize Space

Organization is a process of creating order and harmony in a space. When a space is full of objects that are scattered all over, it generates scattered energies that affect the physical stability and balance of a person. As a result, a person is less focused mentally and more agitated emotionally.

To better manage one's life, setting priorities and scheduling one's time are effective tools in organization. In Feng Shui, the act of organizing a given space, whether it's a garage, a desk or a closet, harmonizes that space and helps to organize a person's thoughts or emotions as well.

Here are some simple Feng Shui methods in organization:

- Put things away when not in use either in drawers or in storage.
- Arrange actively-used items into groups. They can be grouped by function, size, color, or by their order of importance.
- Place items in their proper places with actively-used items in an area where they are easily accessible and the least-used items in less accessible areas.
- Put things in order where they belong. Books, for example, should be in the library or home office; food in the kitchen; clean clothes in the closet; dirty clothes in the laundry.

Organization helps clean up and keeps a space uncluttered. Placing things in order eliminates scattered energy. People can be more focused, and when they are, they can acquire clarity of mind and make wise choices. Disorganized space creates scattered energies and cause

mental and emotional disharmony.

I was once requested by my sick neighbor to come and take her blood pressure reading. As I entered the bedroom, I was met by disarray — empty and dirty soft drink bottles stacked in plastic cases from floor to ceiling; old newspapers piled up in one corner of the room. There was no place to sit on as the chairs were filled with dirty clothes hanging on the back and arm rests. Her bedroom was a mess. No wonder her blood pressure was elevated!

STEP 4:

Proper Placement of Furniture, Fixtures & Home Accessories

For the best Feng Shui effect, furniture, especially beds, sofas and office desks should not be placed at the entrance of the room as they become obstacles upon entry into the room. Ideally, they should be placed away from the door. That is, not next to the door and not in front of the door. This is because there are too many disturbances at the point of entry to the room. Placing yourself in this area of disturbance will greatly affect the quality of your peace and harmony while you are sleeping and the clarity of your mind while you are working.

Never sit with your back to an opening, such as a door or a window, because you are in a very vulnerable situation where you are not aware of the happenings behind your back. In this arrangement, you cannot fully concentrate on your work since your back is not protected. A solid wall is preferred.

The best place to place an office desk or a bed is at the corner diagonally across the door where it is away from the area of disturbance. Place the furniture against a solid wall for support and protection. Align the furniture along the walls so that the energy flows smoother and hence, gives a more stable environment for better concentration at your place of work, as well as a more serene resting environment for sleeping when at home. Also, beware of not sitting, or sleeping, underneath overhead exposed beams, ceiling fans, or heavy light fixtures, as you put yourself in an unsafe situation. Sharp wall corners or pointed

objects facing in your direction are also considered particularly harmful, as they generate the “dangerous” *chi* going your way and will eventually affect your overall well-being.

STEP 5:

The Proper Use of Colors

Colors and color combinations are very important factors in enhancing the Feng Shui of a space. The proper use of colors helps to harmonize the dynamics of an area and results in a positive mood and attitude for the people who reside there.

There is a traditional color system you can follow. Each color is associated with a certain meaning that will affect people emotionally. The most auspicious color is red and a combination of red and gold. Red symbolizes happiness, warmth and power. Many people wear red to festive events such as celebrating a New Year, birthdays and other special occasions. Red envelopes with money enclosed are usually given to children and relatives during these happy occasions. Red is very often used in Feng Shui to stimulate the flow of the positive *Chi*. This may explain why some homeowners prefer to paint their front doors red, believing that it will bring good luck to them.

Gold or yellow, resembling the color of the sun, is the color of longevity and royalty. It is a traditional imperial color for the emperors and the royal family members. Orange-gold is also a common color used by Buddhist monks. The combination of red and gold are used extensively to create prosperity.

Green is the color of nature and signifies youth, growth and freshness. Jade is the most precious gem in the Chinese culture because of its green color and smooth texture. Green is a favorable Feng Shui color used to create vitality for health and opportunities in business. For ex-

ample, green fortune plants placed at the entrance of a business establishment or an office help to generate positive *Chi*.

White is traditionally a Chinese funeral color, which symbolizes sickness, death and sorrow. Black on the other hand is the funeral color from the western influence and has an association with darkness and misfortune. In Feng Shui, both white and black colors will take away the “power” from a place, rendering a weaker *Chi* level in that space. A place that is too white or black can be remedied by adding red, yellow or green colors.

A combination of the colors red, green and yellow is considered to be the most powerful color combination. On the other hand, both white and black are considered as inauspicious colors and any of their color combinations.

There is a traditional Feng Shui way of color usage according to the Five Element Theory influencing the dynamics of the exterior and interior or the home. **Below is the chart.**

FIVE ELEMENTS	Water	Wood	Fire	Earth	Metal
DIRECTION	North	East	South	Southwest Northeast	West
BEST COLORS	Black, Blue and White	Green and Blue	Red and Green	Yellow and Red	White and Yellow
WORST COLORS	Green and Yellow	Red and White	Yellow, Blue and Black	Green and White	Red, Blue and Black

In using this, you can consciously use the color scheme to generate positive energy. For example, we can place a green plant, representing the wood element, in the east corner of the house to welcome the positive, beneficial *Chi*. This will improve the dynamics of the physical environment.

**Here are Some Examples of a Traditional Color Scheme
that Empowers the Environment**

Red	-	Happiness; Good Luck; Nobility
White	-	Mourning; Purity; Cleanliness
Green	-	Life; Youth; Growth; Money (Western Influence)
Black	-	Money; Mourning (Western Influence)
Blue	-	Sadness; Mourning; Scholars
Yellow	-	Imperial Color; Bright and Cheerful
Purple	-	Royal Family

EXAMPLES OF FAVORABLE AND UNFAVORABLE GIFTS

Favorable	Unfavorable
Candies	Clocks
Food Baskets	Candles
Evergreen Plants	White Flowers
Lamps	Knives
Crystals	Guns
Paintings with Good Meanings	Sharp Objects
Red Envelopes with Money	Lanterns
Gift Certificates	Wreaths

These examples and other Feng Shui techniques have been used by the Chinese people for centuries to adjust their physical environment to come into harmony with nature. Combining art and science, the essence is in the proper placement of objects and the proper utilization of colors and other specifics, to channel the *Chi* to a person, building and/or surroundings.

STEP 6:

Energy Empowerment with Auspicious Objects

Placement of auspicious and spiritual objects, such as art pieces with positive meanings, precious stones, crystals and plants help to attract the positive, auspicious, beneficial *Chi* and deflect the negative, inauspicious and harmful *Chi*. This stabilizes a space, creating balance and harmony.

Some Examples of Auspicious Objects:

- Turtles / Crane - for longevity
- Goldfish - abundance
- Flowers - harmony
- Horses - health and vitality
- Dragon and Tiger - power
- Swans/Birds - good relationships/love
- Gold coins/Bullion - wealth
- Flowers - beauty
- Peony flower - prosperity
- Green plants with broad leaves - life energy
- Sailboat - safe travel

Placing family pictures with ancestors are also encouraged because it shows the continuous love from our ancestors and it honors their contribution to our life.

We can deflect negative energy by wearing or using precious stones and metals like platinum, gold, jade, ruby, pearls and emeralds, for these will give us natural power for beauty and protection.

In summary, transformation naturally occurs after you apply all these steps to create a favorable environment for yourself, resulting in creating a positive impact on your life.