

# Feng Shui Today: Design and Living with Nature

## Introduction

Feng shui is an ancient Chinese philosophy that seeks to harmonize the flow of energy, or qi, in our environment. By arranging our living and work spaces according to feng shui principles, we can create environments that are more conducive to health, wealth, happiness, and success.

In this book, you will learn the basics of feng shui and how to apply them to your own life. We will cover everything from the five elements and the yin-yang balance to the bagua map and the command position. We will also explore how to use feng shui to improve your sleep, your relationships, your career, and your overall well-being.

Whether you are a beginner or an experienced feng shui practitioner, this book has something for you. I will share my own insights and experiences, as well as the wisdom of other feng shui masters. I hope that this book will help you create a more harmonious and fulfilling life for yourself.

Feng shui is not about superstition or magic. It is a practical philosophy that can be used to improve the quality of our lives. By understanding the principles of feng shui, we can create environments that support our health, wealth, happiness, and success.

I believe that everyone can benefit from feng shui. I hope that this book will inspire you to explore feng shui for yourself and to experience the many benefits that it has to offer.

Feng shui is an ancient art and science that can help us create more harmonious and fulfilling lives. By understanding the principles of feng shui, we can create environments that support our health, wealth,

happiness, and success. I hope that this book will help you on your journey to a more harmonious and fulfilling life.

## Book Description

Feng Shui Today: Design and Living with Nature is a comprehensive guide to feng shui, the ancient Chinese philosophy that seeks to harmonize the flow of energy, or qi, in our environment. By arranging our living and work spaces according to feng shui principles, we can create environments that are more conducive to health, wealth, happiness, and success.

In this book, Pasquale De Marco shares her insights and experiences, as well as the wisdom of other feng shui masters. She covers everything from the five elements and the yin-yang balance to the bagua map and the command position. She also explores how to use feng shui to improve your sleep, your relationships, your career, and your overall well-being.

Whether you are a beginner or an experienced feng shui practitioner, this book has something for you. Pasquale De Marco provides clear and concise

instructions, as well as beautiful illustrations and photographs. She also includes case studies and examples to help you apply feng shui principles to your own life.

Feng Shui Today: Design and Living with Nature is the perfect resource for anyone who wants to create a more harmonious and fulfilling life. By understanding the principles of feng shui, you can create environments that support your health, wealth, happiness, and success.

Feng shui is not about superstition or magic. It is a practical philosophy that can be used to improve the quality of our lives. By understanding the principles of feng shui, we can create environments that support our health, wealth, happiness, and success.

Pasquale De Marco believes that everyone can benefit from feng shui. She hopes that this book will inspire you to explore feng shui for yourself and to experience the many benefits that it has to offer.

# Chapter 1: Feng Shui Principles

## The Five Elements

The five elements are the building blocks of all matter in the universe. They are wood, fire, earth, metal, and water. Each element has its own unique characteristics and energy.

- **Wood** is associated with growth, new beginnings, and creativity. It is the element of spring and the color green.
- **Fire** is associated with passion, energy, and transformation. It is the element of summer and the color red.
- **Earth** is associated with stability, grounding, and nourishment. It is the element of late summer and the color yellow.
- **Metal** is associated with strength, clarity, and precision. It is the element of autumn and the color white.

- **Water** is associated with flow, adaptability, and wisdom. It is the element of winter and the color blue.

The five elements are in a constant state of interaction and balance. When the elements are in balance, we are healthy and happy. When the elements are out of balance, we can experience illness, misfortune, and unhappiness.

Feng shui is the art of arranging our environment in a way that promotes balance and harmony. By understanding the five elements and their interactions, we can create spaces that support our health, wealth, happiness, and success.

For example, if you are feeling stressed and overwhelmed, you might want to add some wood elements to your environment. Wood is associated with growth and new beginnings, so it can help you to feel more positive and optimistic. You can add wood

elements to your home by bringing in plants, using green colors, or displaying artwork that depicts nature.

If you are feeling tired and sluggish, you might want to add some fire elements to your environment. Fire is associated with passion and energy, so it can help you to feel more motivated and inspired. You can add fire elements to your home by using red colors, displaying candles, or burning incense.

The five elements are a powerful tool that can be used to create a more harmonious and fulfilling life. By understanding the five elements and their interactions, you can create spaces that support your health, wealth, happiness, and success.



# Chapter 1: Feng Shui Principles

## The Yin-Yang Balance

Yin and yang are two opposing forces that complement each other. Yin is the feminine principle, associated with darkness, cold, and stillness. Yang is the masculine principle, associated with light, heat, and movement.

The yin-yang balance is essential for health and well-being. When yin and yang are in balance, we feel healthy, happy, and productive. When yin and yang are out of balance, we can experience a variety of problems, both physical and emotional.

There are many ways to bring yin and yang into balance in our lives. One way is through feng shui. Feng shui is the ancient Chinese art of placement, and it can be used to create environments that are harmonious and supportive of our health and well-being.

When we apply feng shui to our homes and workplaces, we can create spaces that are both beautiful and functional. We can also create spaces that promote relaxation, creativity, and productivity.

Here are some tips for creating a yin-yang balance in your home or workplace:

- **Use natural materials.** Natural materials, such as wood, stone, and bamboo, have a calming and grounding effect.
- **Incorporate plants.** Plants bring life and energy into a space. They can also help to purify the air.
- **Use soft colors.** Soft colors, such as blue, green, and lavender, have a calming effect.
- **Avoid clutter.** Clutter can create a sense of chaos and overwhelm.
- **Create a focal point.** A focal point, such as a fireplace or a piece of art, can help to create a sense of balance and stability.

- **Pay attention to the flow of energy.** The flow of energy in a space should be smooth and even. Avoid placing furniture or objects in a way that blocks the flow of energy.

By following these tips, you can create a home or workplace that is harmonious and supportive of your health and well-being.

# Chapter 1: Feng Shui Principles

## The Bagua Map

The bagua map is a tool used in feng shui to divide a space into eight different sections. Each section represents a different aspect of life, such as wealth, health, relationships, and career. The bagua map can be used to determine the best placement of furniture, objects, and colors in a space to improve the flow of qi and create a more harmonious environment.

The bagua map is divided into three main sections: the upper, middle, and lower sections. The upper section represents the spiritual realm and includes the areas of heaven, wisdom, and intuition. The middle section represents the physical realm and includes the areas of family, wealth, health, and fame. The lower section represents the material realm and includes the areas of career, travel, and helpful people.

Each of the eight sections of the bagua map is associated with a specific element, color, and shape. For example, the wealth section is associated with the element of wood, the color green, and the shape of a rectangle. The health section is associated with the element of fire, the color red, and the shape of a triangle.

To use the bagua map, first, determine the front door of the space you are working with. The front door is considered the "mouth of qi" and is where the energy enters the space. Once you have determined the front door, you can overlay the bagua map on the floor plan of the space. The front door will be located in the career section of the bagua map.

Once you have overlaid the bagua map on the floor plan, you can begin to determine the best placement of furniture, objects, and colors in the space. For example, you might want to place a water feature in the wealth section to attract more wealth and abundance. Or you

might want to place a red rug in the health section to improve your health and vitality.

The bagua map is a powerful tool that can be used to create a more harmonious and balanced environment. By understanding the principles of the bagua map, you can create a space that supports your health, wealth, happiness, and success.

**This extract presents the opening three sections of the first chapter.**

**Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.**

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