

# EVERY THING IS ENERGY

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## EVERYTHING IS ENERGY

Even though there are some people who reject the notion of the power of the mind to influence health and wellness. They are the same sorts of people who yelled from the rooftops that the Earth was flat despite the overwhelming evidence that it was a sphere. These are the enlightened people who jailed Copernicus for reviving the notion that the earth revolved around the sun.

There are those of us who put our hands up and say "*I know I am an energetic being and I know that I influence my experience of **my** physical environment, and accept responsibility for the nature of my thoughts, my*



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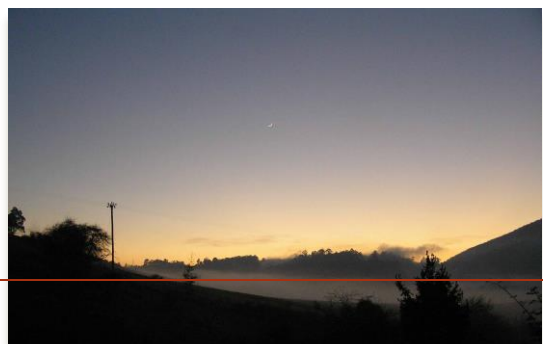
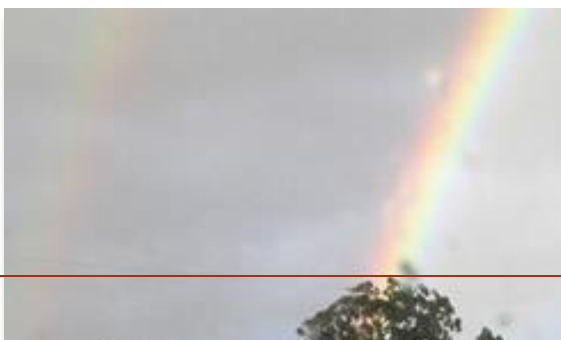
*actions and therefore my physical surroundings.* We are still few in number but that number is increasing. If you come on the journey of Feng Shui, it is inevitable that you will come to this conclusion. Taking charge of your physical surroundings and what you say about them is imperative to a fuller understanding and appreciation of energy flows.

We know that no amount of "stuff" will change that relationship. No "thing" can transform our thoughts and our belief patterns – that is, other than personal experience. However we are being influenced by our surroundings whether we are aware of it will not. In the same way that so much of the organisational things that happen in our body occur without us consciously directing it – just imagine being responsible for your next breath for the next heartbeat! No distraction now – get it wrong, start thinking about the kids school lunches, or that fight / argument we just had, and voila, we just forgot to breath, or churn the contents of the stomach, or lubricate our eye, or neutralise the organisms that just came in on that last breath. Oh bugger! It is a good thing that these things happen beyond our conscious awareness isn't it.

## UNIVERSAL ENERGY AND FENG SHUI

Feng Shui is able to bring us into a better understanding and awareness of the unseen, imperceptible energies. Sometimes we can bring them into our conscious awareness on our own, but like all those things that are happening in our bodies which are not part of our conscious awareness, so the myriad of things that make up universal Qi, exist outside the consciousness and awareness of most human beings.

Some of us are very good at detecting the flow of Qi and others are not. Sometimes we know something is wrong but just can't figure out what that is. Sometimes we get a feeling of unease, a feeling of great relaxation, when we go into **that** room, or into **that** building. It is not because of the "stuff" in the environment but because that Qi is in those rooms/buildings and is discernible to the sensitives. Some people are plain overwhelmed by their sensitivities and sensibilities.



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## UNIVERSAL CYCLES

There are many universal cycles that we can become conscious of. Such as an awareness and attunement to the monthly cycles of the moon and the sun. The movement of the sun through the seasons, the equinoxes, the hunter's moon, the harvest moon, and the solstices (very powerful times all of them).

When was the last time you looked at the night sky and saw Venus, or Saturn or Jupiter up there in the firmament? Are you aware of what the moon cycle is today? Do you know when the next new moon or full moon is? Some will say yes but the vast majority of people say no – no idea. Whether we know about these cycles or not we are **BEING INFLUENCED BY THEM**.

## SOME CYCLES IN TRADITIONAL FENG SHUI

There are many cycles in Traditional Feng Shui which play a part in a human being's experience of the universe. Some of these cycles are important for what Qi or energy might enter a building. Some are important for determining when to do certain projects. Some years, months or double hours are more favourable for a person born in the year of the tiger for example 2010 or 1962, or 1974 – all years of the tiger.

The Monkey is in clash with the Tiger all the time. The dominant energy of the 2010 was the Tiger. Therefore a person born with a Monkey well placed in their chart, will be under pressure in 2010. This can even be a person born in the Year of the Tiger.

Whether you subscribe to it or not, when you are aware of it you are being influenced by these energies. In fact, when people are in a clash year they often



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seek help as they are being pressured and just can't figure out what is wrong. They just know it 'ain't right'!

## TRADITIONAL FENG SHUI

Traditional Feng Shui (TFS) is a system for analysing the universal energy and the energy of the individual who interacts with the universe.

TFS is a method of codification or classification and then interpretation of the energy that flows in, through and around any environment and when and how this energy impacts the consciousness of an individual human being. TFS consultants have the skill to classify, interpret and "harness", as much as we are able, these energy forces. We can more directly influence the quality and direction of qi flow in relationship to the client's individual energy pattern, the universal energy patterns, and the energy patterns of the building(s) and the environment.

## SEVERAL CYCLES

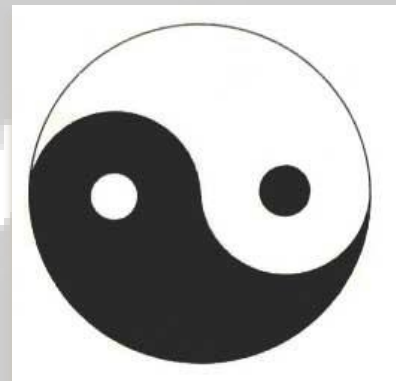
### YIN AND YANG

Many people have heard about yin and yang but have a rather superficial understanding of it in most part.

These two cycles or energy forces are constantly interacting with each other. The yin has, contained within it, the genesis of yang, and yang also has the genesis of yin within it. They are constantly interacting with each other. Neither of these cycle prevails for all

time, or longer than the other. Neither are they able to dominate one or the other.

They are neither created nor destroyed. They have always been and they will always be. It is best to see these cycles as a three-dimensional model, moving through all planes and all realms at all times. A common frame of reference is an apple – the apple has in its core, the potential of a multitude of apple trees contained in one seed. Even though the apple seed grows into another apple tree, and when the fruit ripens and falls to the ground (a yin phase) the potential for the natural yang phase



Yin Yang or Tai Chi symbol



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is contained within the many seeds contained in the apple. None is released into the yang phase until the right conditions are present.

## YIN

Yin is quiet, it is cold, it is in water, it is the moon, it is the season of water (winter), it is the downward motion (as water moves down), it is the receptive, it is midnight.

## YANG

Yang is active, it is hot, it is fire, it is the sun, it is the season of Fire (summer), it is the movement upwards (as fire moves upward), it is the creative, it is midday.

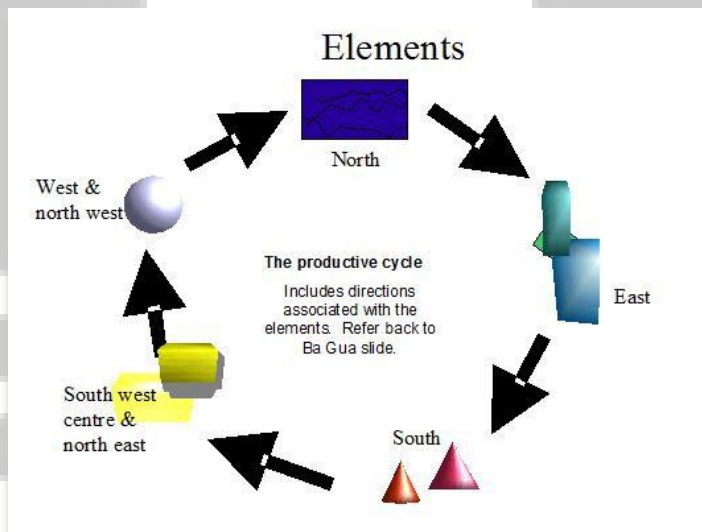
These above-mentioned qualities of Yin and Yang are but some of the myriad qualities or aspects of Qi.

## 5 ELEMENTS

Yin and yang are then further analysed using the system called the five elements.

The five elements are:

- Wood
- Fire
- Earth.
- Metal.
- Water

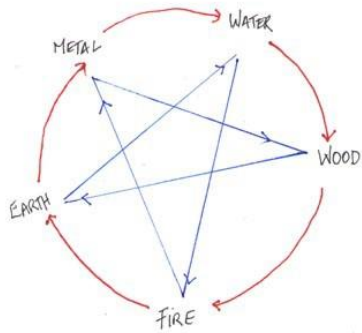


5 elements in productive sequence



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These five elements are held in a cycles with three sequences. The productive, the exhausting, and the controlling cycles. The tension that exists between the elements underpins things Feng Shui, Traditional Chinese Medicine, even some aspects of traditional culture such as tai chi, Qi Gong, calligraphy etc. All systems were interlinked as they shared several common principles – yin and yang and the five elements to name but a few.



5 elements in their 3 cycles

## STEMS AND BRANCHES

As well as the yin and yang and the five elements there are the stems and branches. Every year is governed by a certain quality or Qi. It is generated out of the cycles of the stems and branches.

### 10 STEMS AND 12 BRANCHES.

The 10 stems are paired aspects of the five elements.

They are:

1. Yang wood, yin wood.
2. Yang fire, yin fire.
3. Yang Earth, yin Earth.
4. Yang metal, yin metal.
5. Yang water, yin water.

Thus we have 10 sequences before the cycle starts again.

The 12 branches are also considered yin and yang. The branches start at the Rat and finish with a Pig. The Rat is a Yang branch, (there are deeper levels of examination for more for more advanced students), followed by the Ox which is a Yin sign. For a deeper examination of the stems and branches get a copy of [Understanding your Chinese astrology chart.](#)

It takes 60 years for the stems and branches to finish their cycles. That is to meet up with each other again. This means that the last time we saw a year governed by the wood horse was 60 years ago (2014, 1954). Most people who live



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out their three score and 10 years will see at the least one cycle unless they live to 120 years of age, highly improbable.

When we are faced with the 1<sup>st</sup>, 6<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup>, 30<sup>th</sup>, 36<sup>th</sup>, 42<sup>nd</sup>, 48<sup>th</sup>, 54<sup>th</sup> and 60<sup>th</sup> year from birth we will be experiencing A YEAR WITH VERY STRONG KARMA for us. They are times to take stock of our situation, our motivating forces and how we have been proceeding along this path of consciousness and conscious interaction with our environment.

2010 was the year of the metal tiger. The metal and the tiger have elements and buried elements. The tiger is essentially wood but with some fire buried below (as well as some small earth), metal controls wood.

The stem governs the first half of the year and the branch governs the 2<sup>nd</sup> half of the year. Metal is contracting qi moving TOWARDS the greatest yin. Wood is EMERGING qi, moving towards greatest yang. This is a tension of opposites.

In addition to these energies the Tiger is a travelling sign. It can therefore be a year when people make radical decisions about moving, about leaving relationships, about leaving their region or their friends. When there is environmental pressure to do these things we must consider very carefully if this is what we want to do or are we BEING DRIVEN BY UNSEEN FORCES. I always recommend that people do NOT make hasty or pressured choices in these years. If you sit still and contemplate the bigger picture and the lessons it can bring great opportunities if we are willing to reflect and nurture our wisdom.

If you are in one of the years of either pressure because you are having a 'return' of your animal sign or, more particularly, if you are in clash with the annual qi it is a time to go on 2 or 3 retreats through the year. To enter into an honest and meaningful dialogue with yourself. Look carefully at the things that drive and have driven you in the past.

Are these still useful, are they conscious decisions or habits and attachments? Just to add another curved ball to your emerging awareness of the universal qi we have these same stem and branch cycles repeated every month, every day and every two hours. In addition to all this we also have direction associated with both



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the stem and branch. Whilst each of the stems has a LOCATION it is the branches that have DIRECTION.

In 2010 (when this article was first written) the dominant energy was coming from the north east. Very specifically from 52.5 degrees through 67.5 degrees. The universal qi flow in 2010 arrived from this direction and flowed out through the position directly opposite. That is the position of the monkey in the south west 232.5 degrees through 247.5 degrees. In 2010 these directions MUST NOT be VIOLATED. This means that if there is Sha Qi (broken energy / ugly buildings / dead trees / power poles / intersection) it will bring very great challenges to the tiger. This means that if your door is oriented to this direction AND you are born the year of the tiger or the monkey they it is a time for great challenge.

Equally, in the direction of the monkey it is also important that you do not do any renovations or earth moving that lasts more than 3 days in that DIRECTION OR LOCATION for the whole of the year of the Tiger. If you must violate these directions then ask for things to help protect the residents and a good date on which to start work – there are symbolic ways of starting work too.

## ANNUAL FLYING STAR

Every year the quality of qi or energy changes. There are 9 types of qi that arrive from different directions each year. They interact with the natal qi of the house or building. This energy is both DIRECTIONAL and LOCATIONAL. That is it flies in from one of the 8 directions and it arises from the earth and the heavens simultaneously. You can see it as qi that arises in that area and flows to it on the winds or the ethers.

These qualities of qi or energy are identified with the 5 elements. They are classified according to water, wood, fire, earth and metal.





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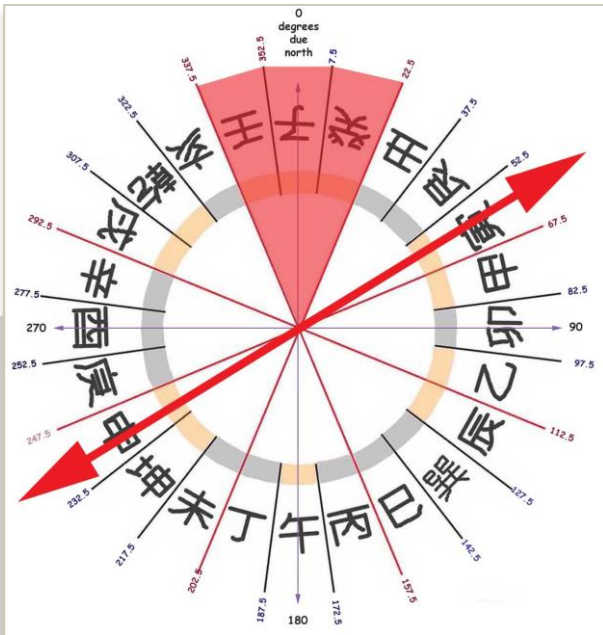


Figure 1 energy flows for 2010

There are:

- two metal's (yin and yang).
- two wood's (yin and yang).
- two earth's (yin and yang).
- One fire.
- One water.

They interact with each other in various ways – controlling, producing, exhausting. They fall into 3 categories - positive, negative and neutral. The neutral have potential to be positive or negative depending on their circumstances.

|              | Positive | Negative | Neutral         |
|--------------|----------|----------|-----------------|
| <b>Stars</b> | 1,6,8,   | 2, 5, 7  | 9, 3, 4         |
|              |          |          | In period 8 & 9 |

## MING GUA

This is a very simple formula which is easy to get one's head around for the novice. I use this formula sparingly, but it can be helpful for those with a simple knowledge of Feng Shui. It is based in the assumption that we have 2 spins of energy – one is called east life and one is called west life. It is based on your year of birth and moves backwards or forwards depending on whether you are male or female. There are 4 directions which vibrate at the east frequency and 4 that vibrate at the west frequency.

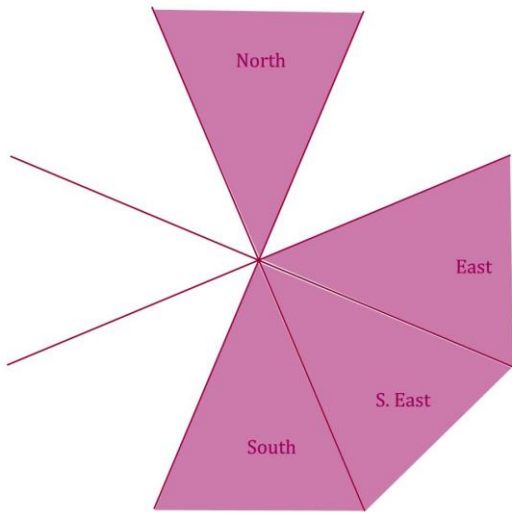
This formula has its limitations and can, when followed literally, have couples sleeping in opposite directions which is nowhere near the heart of Feng Shui – harmony and beauty!

If you are Ming Gua 1, 3, 4 or 9 you are an East Life person.



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If you are Ming Gua 2, 6, 7, or 8 you are a West Life person.



East Life Person

If your birthday falls from and including Jan 1<sup>st</sup> through Feb 3<sup>rd</sup> your Ming Gua belongs to the previous year. For example – you are a male and are born Feb 2<sup>nd</sup> 1959. Because your birthday falls before the 4<sup>th</sup> of Feb you belong to the year previous so you must look at the energy spin of a person born 1958 (Ming Gua 6).

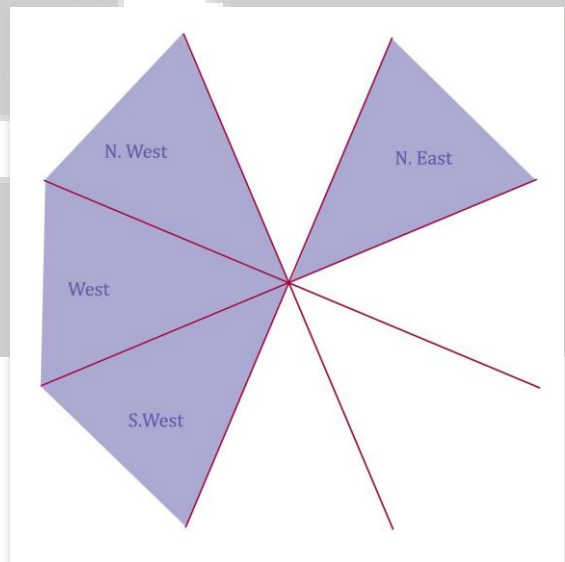
If your Ming Gua is 5 and you are a male then you take the life of Ming Gua 2.

If you are female then you resonate to with

Ming Gua 8. You both must pay attention to where the ANNUAL 5 LANDS to get the most from things. Once you master the rules this is a very simple formula to apply and you can do no harm! If you have deeper questions then you should consider doing a course or having a consultation.

If you are vibrating at the East life pattern then the north, east, south east and south are your positive directions and the North West, west, south west and north east are your negative directions. There are advanced formulas which can tap in to sub-directions.

If you are vibrating at the West life pattern then the North West, west, south west and north east are your positive directions, and the north, east, south east and south are your negative directions.



West Life Person

Every year we have the annual flying star which visits one of the 9 directions (4 cardinal, 4 inter-cardinal and the centre). These annual stars interact with these directions in predictable ways. If you want to learn more about that then we can



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put together an [on-line training for you](#). It is possible to quickly identify which of these energy patterns influences you. If you are female the numbers descend (fly yin).

If you are male the numbers ascend (fly yang). You can check out which one you are by looking at the chart available here. When you find your positive directions you can then match your Ming Gua with the flying star energy that is visiting this year.

## ming gua male

| 1    | 9    | 8    | 7    | 6    | 5    | 4    | 3    | 2    |
|------|------|------|------|------|------|------|------|------|
| 1936 | 1937 | 1938 | 1939 | 1940 | 1941 | 1942 | 1943 | 1944 |
| 1945 | 1946 | 1947 | 1948 | 1949 | 1950 | 1951 | 1952 | 1953 |
| 1954 | 1955 | 1956 | 1957 | 1958 | 1959 | 1960 | 1961 | 1962 |
| 1963 | 1964 | 1965 | 1966 | 1967 | 1968 | 1969 | 1970 | 1971 |
| 1972 | 1973 | 1974 | 1975 | 1976 | 1977 | 1978 | 1979 | 1980 |
| 1981 | 1982 | 1983 | 1984 | 1985 | 1986 | 1987 | 1988 | 1989 |
| 1990 | 1991 | 1992 | 1993 | 1994 | 1995 | 1996 | 1997 | 1998 |
| 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 |
| 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 |

changes  
to gua 2

## ming gua female

| 5    | 6    | 7    | 8    | 9    | 1    | 2    | 3    | 4    |
|------|------|------|------|------|------|------|------|------|
| 1936 | 1937 | 1938 | 1939 | 1940 | 1941 | 1942 | 1943 | 1944 |
| 1945 | 1946 | 1947 | 1948 | 1949 | 1950 | 1951 | 1952 | 1953 |
| 1954 | 1955 | 1956 | 1957 | 1958 | 1959 | 1960 | 1961 | 1962 |
| 1963 | 1964 | 1965 | 1966 | 1967 | 1968 | 1969 | 1970 | 1971 |
| 1972 | 1973 | 1974 | 1975 | 1976 | 1977 | 1978 | 1979 | 1980 |
| 1981 | 1982 | 1983 | 1984 | 1985 | 1986 | 1987 | 1988 | 1989 |
| 1990 | 1991 | 1992 | 1993 | 1994 | 1995 | 1996 | 1997 | 1998 |
| 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 |
| 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 |

changes to  
gua 8

## ORIENTATION OF DESK

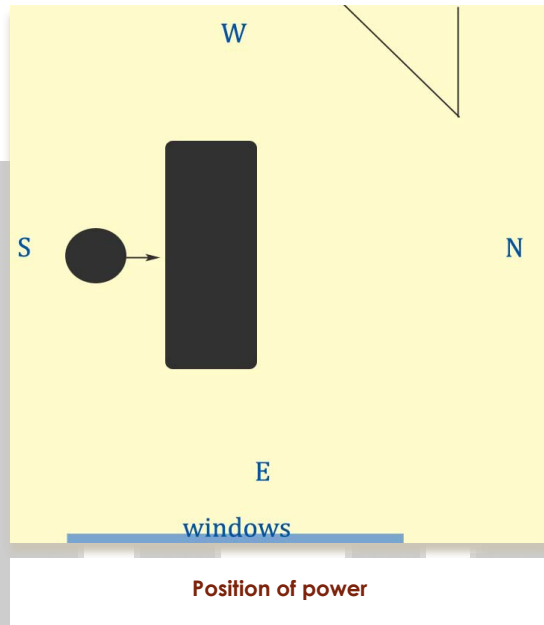
For example let's say you are a woman you were born 1955 on or before 31<sup>st</sup> of December and on or after 4<sup>th</sup> of February. This means you are Ming Gua 6. See the chart above.

If you orient your desk to one of your positive directions then you will improve your energy supply through the year.



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If you place your desk in, or face it towards one of the positive annual flying stars you will also get additional benefits.



Example: You are a female, born December 9<sup>th</sup>, 1980 - you are Ming Gua 4. You are an East Life person. The annual flying star in 2010 placed the 4 star in the north palace. The north is one of your favourable directions. It is therefore a very favourable direction for you to face this year. It is very favourable if your business is to do with advertising, with communication and engaging the attention of the public. If you sell beauty products and services. If your target audience is young women or youth in general.

If you cannot face your desk to one of these favourable directions then you can place your office in this sector.

Every year you should be looking at the energy pattern and how it will affect yourself and other key people in your household or business premises.

If you have any questions about this which is straight forward but can pose some questions for people then you can do one of two things. Have a brief one hour consultation working out what are the favourable directions for you and your employees.

## 5 HELPFUL HINTS

1. Orient your desk to one of your key directions
2. Make sure you are in a power position
3. Ensure you enter on the dragon side
4. Don't conduct meetings from behind your desk



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5. Try to match one of your favourable directions with the annual flying star energy.

## PRODUCTIVITY

For any business, productivity is a key indicator of the health and prosperity of your business. So improving the performance of firstly yourself, and then your employees or sub-contractors is very important.

There is a very useful strategy when productivity and insubordination are issues for you – if you want help in this area then you should contact me for a consultation – we can do a [brief one hour phone meeting](#) to improve the flow of energy for you.

## PERSONAL QI

Every person has a very particular resonance which is created at their time of birth. They have their own way of interacting with the environmental energy. Although many people on this earth are born on the same day, less are born at the exact same hour, even less are born in the same season AND hemisphere.

Even though there are many people who match your energy potential NOT ALL ARE AS RESPONSIVE or subject to the daily swings or rhythms of energy. Even though many people will have similar charts NOT EVERYONE ACTS on the strengths and weaknesses in their charts.

People are impacted by different environmental forces such as the Feng Shui of the building they live in and work in, and the energy patterns of the people around them. You have all had times when you meet people and you just zing – you are in harmony with each other and life is easy. There are others with whom you clash despite your and their best efforts to find a workable solution to your challenges.

You initiate and respond to the energies in your natal chart and the energies that surround you. There are points in our lives when we are responding to and others when we are leading the energy flow.



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For example – you are a teacher, you are born the year of the water dragon (1952). Each year your classes are filled with kids that are born in the same year by and large. 2006 was a fire dog year. All your kids were born (for this example) in the year of the dog (1994). The dog and the dragon are in clash. You are therefore in clash with the energy of the year AND WITH THE ENERGY OF THE WHOLE OF YOUR CLASS of kids! Now wouldn't it be useful to know when those times are coming up.

If this is your workplace or your business then it is useful to know if the new person you just put on is going to HARMONISE WITH YOU first up and then the rest of the team or if they are likely to be the straw that breaks the camel's back.

## OUR E-BOOKS

If you are interested in reading more then you should click on one of the files and purchase one of our very reasonably priced e-books.

