

The Energy of Places: Can You Feel It Now?



Energy: sometimes you have it, sometimes you don't. When you don't, everything is harder to accomplish. You just don't have the strength. Sometimes energy is strong and you may feel either overwhelmed or charged, depending upon your own energy levels. (Ever heard a screaming car sales commercial?)

Humans exude different energies, some comfortable, some not. Human energy can be expressed in emotions that others can actually feel: rage, hatred, frustration, sorrow, fear, love and joy. These emotions can actually fill the environment of the human who is exuding the emotional energy. Another human entering this environment can sense the emotion, even after the emotional incident has passed. A classic example of this is when one enters a room immediately after two others have been arguing. (Oh, did I interrupt something?)

This is not a spiritual or religious experience, at least not in the context of having to believe in a certain religion or any religion, for that matter, in order to have the experience. It is simply the awareness of humans that allows them to feel the emotion or energy. We can also choose to ignore what we feel or even *that* we feel.

We can feel the energies in places or environments. A trip to the forest may cause you to speak in whispers. A walk on the beach may cause you to shout with joy. A visit to someone's home may feel so comfortable that you to want to kick your shoes off and stay a while. Likewise, other homes may cause you to search your mind for the quickest good reason to leave. Offices can be overwhelmingly tedious, stores can be oppressively overdone, service centers can be so busy that you feel they don't have time for you. If we pay attention, we can sense

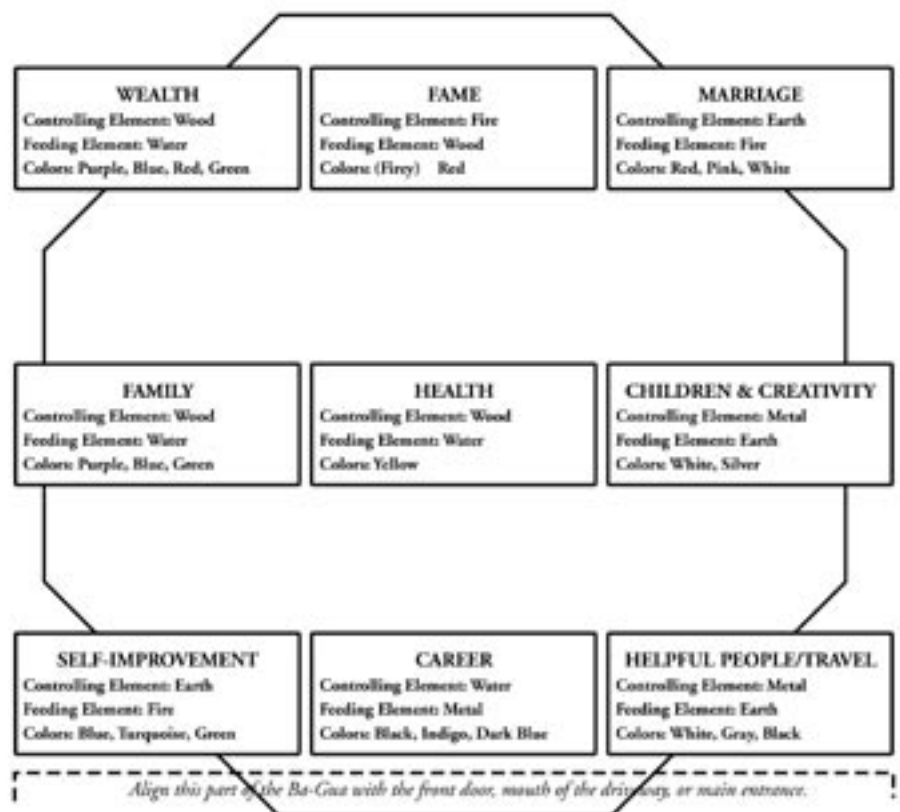
the energy in any environment we enter...including our own home or office

The energies in our environments have been analyzed for thousands of years. It has been determined which energies affect which parts of our lives and where their most powerful centers are. The map of these energy centers is called the "bagua." The bagua is similar to a tic-tac-toe board with nine energy areas.

Generally, this map is applied by aligning the double line at the bottom with the front wall of your home, where your front door is. Your front door will fall in either the Self Improvement gua, the Career Gua, or the Benefactors and Travel gua. Then the energy map stretches like a rubber band to overlay your entire home. The Wealth and Abundance gua, Fame and Reputation gua, and the Marriage and Romance gua will aligned along the furthest wall from the front door. All things under your roof must be included in the energy map. The bagua also overlays each room within your home, again aligning the double line with the main door to the room. It overlays your office the same way, your desktop (aligning with where you sit), and your property (aligning the double line with the mouth of the driveway).

When we use this map we often find that we have chosen to surround ourselves with in our homes and

THE BA-GUA



offices with things that block or enhance our goals in life. For example, if you never use your front door, your career may seem blocked. If your fireplace is in your fame area and you never use it, your reputation may not be as bright as it could be. Take a look at your Wealth area in your home - what is there? The trash? A broken television? A bathroom? What is in your Romance gua? Is there a painting of a person alone and crying? Are there 20 teddy bears? Is it your junk room? It is very interesting how well our environments reflect our lives.

In feng shui, energy is broken into five main categories: fire, earth, metal, water and wood. Each of these categories has its own characteristics. Each area of the bagua is affected by these energies, sometimes in a constructive manner and sometimes in a destructive manner. Always strive to create rather than destroy energy in your environment – it's better to go with the flow than to fight against it.

Be careful what you choose to surround yourself with—it will affect you. Clutter attracts chaos - in life, in your emotions, in your health. Where attention goes, the energy will flow. Where neglect abounds, energy stagnates and wanes. Without energy, nothing is growing in a healthy manner - not your career, your love life, or your business. The art and science of feng shui can help you to improve your environment and its energy so they will support your life and goals. You may want to read a book or two, explore the internet, or talk to a professional to learn a little more.

Trisha Keel of Tomorrow's Key has been practicing the art and science of feng shui since 1995. She was certified by James and Helen Jay, who were trained by Grand Master Thomas Lin Yun, the man who brought feng shui to the Western world. Email Trisha at trishakeel@tomorrowskey.com.

— # —

© 2005. Tomorrow's Key. All rights reserved. All unauthorized duplication is a violation of applicable law.