



House of Light & Harmony

Timely Tips

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UNDERSTANDING QI

Qi is a form of energy that permeates the material universe. It is sometimes spelled Qi, Ch'i or Ki, although it is always pronounced "chee." Qi is what animates, what distinguishes between living and dead matter. Where Qi has gone stagnant, life energy has dried up. Qi can be visualized almost as a curling vapour rising off a morning pond. In fact, the top of the Chinese character looks like layers of mist floating over a liquid. The full meaning is reflected in the original translation of the word as "cosmic breath."

Qi is an easy concept to understand as science proceeds to understand more through Quantum Physics. Ancient wisdom and modern science are now finding common language and application in the 21st century. In our world, we accept all kinds of invisible forces like radio waves, microwaves, cell-phone transmissions, TV waves, X-rays, ultrasound and cosmic and infrared radiation without question. Nobody has ever seen or touched any of these forces, and yet they are more and more part of our everyday existence. Like these energies, Qi can be appreciated by its effects, yet cannot be seen.

Qi also manifests itself in the physical body. It flows through acupuncture meridians. Where it is congested or blocked, illness or disease follows. Martial artists in disciplines like Qi Gong and Tai Qi have learned to concentrate it in various parts of the body so it

can be felt, to enable the practitioner to do almost superhuman feats.

Qi acts at every level. Plants and animals need Qi. On the human level, it is the energy flowing in meridians, organs, and systems. At the agricultural level, Qi energy brings forth fertile crops.

Regarding weather, it is the hydrological cycle which ensures the falling of rain for crops, the filling of streams to irrigate and fill reservoirs, and evaporation as water vapour to continue the rain cycle.

Qi naturally flows in a meandering course. Where it flows gently and accumulates, abundance follows. Where the flow becomes stagnant, these life energies and abundance dry up. Conversely, where Qi is forced to flow rapidly in straight lines, it becomes destructive and dangerous. If you visualize it like water, you will understand its effects - neither a stagnant pond full of rubbish and ugly smells nor a roaring rapid are ideal living environments. Home, office, life, relationships, a child's growth, agriculture and trade - and in turn, prosperity and wealth - accumulate along mature, slowly flowing, meandering rivers.

Qi goes through cycles like every other natural thing - it is born, it becomes strong, it decays, and it dies. The essence of Feng Shui is to accumulate the right sort of Qi at the right point in the cycle. Qi can be positive, strong, and energizing. If so, it is called **Sheng Qi**. **Sheng Qi** is to be encouraged. On the other hand, stagnant energy is called **Ssu Qi** (or torpid Qi) and is to be avoided at all costs, just as stagnant water should not be drunk if you value your health. Bright **Sheng Qi** is yang or active Qi, and decayed, dark **Ssu Qi** is yin or receptive Qi.

When yang Qi travels along straight roads, rails, driveways, paths, hallways, or other alignments, it gathers too much speed. When it finally strikes a building, it is called **Sha (sometimes Shar) Qi**. Such **Sha Qi** is too yang, too energetic, and by the time it hits its target, it is destructive and undesirable. There are many conditions of Qi.

These are the three most important to identify from a practical Feng Shui perspective.

(You may want to consult the KISS Guide to Feng Shui by Stephen Skinner.)

TIP #1

The game of life is not so much in holding a good hand as playing a poor hand well. H.T. Leslie

TIP #2

God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me.
Unknown

TIP #3

All things are difficult before they're easy. Thomas Fuller

TIP #4

Even if you are on the right track, you'll get run over if you just sit there. Will Rogers

TIP #5

As Qi can grow stagnant over time, it is necessary and essential to stimulate positive Yang Qi and get rid of stagnant Ssu and destructive Sha Qi at least once every month.

TIP #6

There are specific Feng Shui techniques for energizing for good health and longevity. Four important guidelines are:

- a) Counter excessive yin energies by bringing in yang energies through natural light, plants, bright colours, sounds, smells and other facets
- b) Deflect the Sha Qi of poison arrows or “killing breath” with Bagua mirrors, windchimes and other remedies; consult a professional first for these
- c) Display longevity symbols that symbolize good energy flow, health, harmony and longevity
- d) Sleep with your head pointed towards your health direction.

TIP #7

The first principle to bear in mind when redesigning your home and office interiors is to keep an eye on the way the invisible Qi energy moves around your spaces and rooms.

TIP #8

Tips for enhancing your Home’s Qi:

- a) Go for a meandering flow rather than a straight line flow
- b) Don’t have doors in a straight line
- c) Let the Qi from the outdoors flow freely in; open your windows and doors often
- d) Block off unsightly views from your flow of Qi
- e) Throw out dying plants
- f) Don’t let Qi energy stagnate in corners, storerooms or in closets
- g) Let the Qi energy move diagonally across rooms
- h) Let external breezes and sunlight bathe the home in fresh Qi

- i) Let all the spaces inside the home get activated occasionally; with rooms that are unused, open the windows regularly, turn the lights and fans on; this will balance the Qi
- j) Identify parts of the garden that may be ignored and activate the Qi there too.

For a Feng Shui consultation for harmony, balance, energy revitalization and peace for home and/or office, or for Prepping™ (Advanced Staging) a house for an easy, quick sale, please contact Joseph at

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