



House of Light & Harmony

Timely Tips

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***"We shape our buildings, and afterwards our buildings shape us."
Winston Churchill***

Have you ever spent time in a building that embraced and nurtured you ... body and soul, one that awakened and delighted your senses? Imagine being in a forest, near a gently flowing clear mountain stream. In order for us to be truly natural and healthy, our homes need to supply us with adequate opportunity to rest and relax, they need to nurture, as it is only through that, that we can truly recuperate at the end of the day and recharge with the strength to deal with the next day's emotional and physical stresses.

Bau-Biologie®, a term coined in Germany, is a word used to describe a movement promoting the use of healthy building principles as a means to improve living and work spaces and the health of people who occupy them. Bau-Biologie® literally means, "Building Biology™." Both terms are now used interchangeably and both have exactly the same definition - "how buildings impact life and the living environment."

While Green, Healthy Building is the anatomy and physiology of building and renovating homes these days, Feng Shui is the life force, blood and food that flows through our home and office to keep us healthy, balanced and in peaceful harmony.

Everything is energy, so it makes sense to use Feng Shui to bring the right balance of Yin and Yang energies to your home to create all that you need to stay alive, emotionally stable, strong, creative and loving in your life.

The Eight Timely Tips for this month concern our Health and its restoration and maintenance. This is a field I am very familiar with given my 38 years of clinical work with Eastern Medicines and teaching Medical Anthropology at several Canadian Universities.

TIP #1 LONGEVITY AND A HEALTHY LIFE

If human Qi is strong and vibrant, the health of the physical body is excellent. When this Qi is blocked, illness and disease come. When Qi is extinguished altogether, death results.

To bring Qi to flow through the body, sets of movements like Tai Qi, Qi Gong and other martial arts were established. Here Qi is moved through the muscles, nerves and the five internal organs of the body. Through classical breathing exercises, Qi flows through the invisible meridians of the body, giving life force and strength.

Feng Shui is related to engendering an atmosphere conducive to achieving good health, and creating circumstances for a long life.

TIP #2 YIN AND YANG ENERGIES IN ILLNESS

Classical Chinese Medicine Textbooks explore how too much or too little Yin or Yang energies create illness. Outer parts of the body comprise Yang energies, while inner organs are Yin with respect to the outside. Among these inner organs, they are subdivided into Yang and Yin organs.

Hostile energies in the environment are considered atmospheric and can be in opposition to the human body's energies. For residents of a space to enjoy good health, the energies of that space must be in harmony with those of the physical bodies occupying that space.

Feng Shui balances the Yin and Yang energies of the environment, home and the family.

TIP #3 HOSTILE YANG ENERGY

Wind is a hostile Yang energy. It is regarded as the major cause of many different types of illnesses including the common cold. Wind oil or Tiger Balm around the nose and navel can alleviate this.

Wind water is a more severe form of hostile Yang energy. This occurs when wind has reached into the internal organs and body. Herbal and other medicines have been capable of dealing with this for thousands of years.

Feng Shui can destroy these hostile Yang energies before they affect the individuals, pets and plants.

TIP #4 TOO MUCH YANG FOOD

Hostile Yang energies also result from too much Yang food being ingested, or from the environment because of unbalanced Feng Shui. It is most common through the hot summer months when a combination of heat and dampness play havoc with the vital balance of Yin and Yang in the atmosphere. Too much Yang food can cause over-acidity in the body's tissues which is a breeding ground for various illnesses and microbes.

The value and importance of Feng Shui in your health is to balance and complement the various excesses of Yin and Yang energies in your food, and the atmosphere in your home and environs.

TIP #5 PLACEMENT OF THE BAGUA MIRROR

The use of the Bagua with its concentrated circles, eight sides, and colours is a valuable asset to establishing good physical health in your home. These powerful symbols, each designating a trigram from the I Qing or Chinese Book of Changes offer an abundance of meanings for pinpointing best locations for good luck health.

TIP #6 EAST DIRECTION

The trigram which represents good health is the growth trigram Chen, and mostly is placed in the east. This is the corner of any home or room which indicates good health for the family. To some degree it suggests the new light of day from the Sun's arrival.

If this corner has bad Feng Shui, all kinds of illness can befall the family. Feng Shui for good health thus examines the east sector of the room, house or office and the meaning of the trigram Chen. The use of the five elements to balance and enhance the east is one method that is implemented, in particular the correct placement of the wood element.

TIP #7 DISPLAYING SYMBOLS OF LONGEVITY

There are various means to enhance the health and longevity of the family, pets and plants. One is to use the carved image of Sau, the Chinese God of Longevity.

The peach features prominently in all the stories and legends of immortality and is often depicted in paintings for auspicious health luck.

The deer is almost always featured with the God of Longevity, although beautiful individual wood carvings are available.

The cranes of longevity have red foreheads and are almost always depicted in a flock, either flying or standing in water with one leg tucked under their bodies. Cranes are drawn beside pine trees, another symbol of longevity.

The magical turtle is one of the four celestial animals of Feng Shui cosmology, along with the white tiger, crimson phoenix and green dragon. The turtle is important for bringing the Lo Shu square and symbolizes good health, good fortune and a pleasant life.

TIP #8 RELAXED DRAGON HEALTH EXERCISE

The relaxed dragon exercise helps overcome anger, anxiety and hostility. Hold the pose as long as you can and repeat several times.

- stand still with your feet apart shoulder width
- take a few deep abdominal breaths, visualizing yourself as a dragon
- bend your knees very slightly, keep your spine straight, pull your tailbone in
- let your arms hang loosely by your sides, palms facing inward; breathe deeply
- relax your mouth and let your tongue touch the top of the palate

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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Welcome to your increased energy, prosperity, health and happiness!