



## **Feng Shui Express Audiobook**

[\(TRACK 2-2\) Beginning with Bagua](#)

[\(TRACK 2-3\) Self-Assessment: Western or Traditional](#)

[\(TRACK 2-4\) Answer Key](#)

[\(TRACK 3-2\) Step-By-Step: Basic Feng Shui](#)

[\(TRACK 4-2\) Step-By-Step 1: Advanced Feng Shui](#)

[\(TRACK 4-3\) Step-By-Step 2: Advanced Feng Shui](#)

[\(TRACK 5-2\) Feng Shui for Love](#)

[\(TRACK 5-3\) Feng Shui For Money](#)

[\(TRACK 6-2\) The Five Chinese Elements](#)

[\(TRACK 6-3\) Adding the Enhanced Elements to Your Space](#)

[\(TRACK 7-1\) Feng Shui Refresher](#)

## (TRACK 2-2) Beginning with Bagua

### WESTERN STYLE FENG SHUI

- Clear, simple steps
- Easy to understand
- Less religious in object placement
- Less artistic/elegant
- No math skills required
- Less precise in getting exactly what you want
- Less scientific about influences

### TRADITIONAL (OR CLASSIC) STYLE FENG SHUI

- Harder to follow steps that take practice
- Understanding takes a little time
- More spiritual outcomes
- More regal/beautiful balances
- Requires basic math skills
- Gets you EXACTLY what you need most
- More scientific backing to support it

## (TRACK 2-3) Self-Assessment: Western or Traditional

So how do you pick the one that's right for you?

Well most people decide right off the bat, saying 'simple to use – I'll take **Western Style please**,' while others will look at the **Traditional Style** and say 'bring it on.' However, for best results you want to make sure that you're picking something that really fits into your life.

To figure this out, we've made a quiz for you to take; the **answers** will be provided afterward.

1.) Why do you want to learn Feng Shui?

More Love, Money, Luck, etc.

More Inner Peace

Learning an Artform, etc.

2.) How well can you follow instructions?

Not to save my life.

Eh, I'm okay at it I guess...

To the letter, teach me!

3.) Do you like math?

Hate it like the Devil Spawn!

Well, I can do it if I have to.

Love it like cheesecake!

4.) Are you religious or scientific?

Spirituality, guide me.

Science.

I believe in what works.

5.) Are you often happy or do you need more cheering up?

Usually pretty good.

I could always use more sunshine.





6.) Do you understand things on a deeper level?

Peace Brother.

You mean like level in a video game?

## (TRACK 2-4) Answer Key

### ANSWER KEY:

Mostly Orange: 	You love the simple things in life and will do well with a clear and honest approach that, while not specific, will improve your home and lifestyle. We suggest the Western Style for you.
Mostly Blue: 	You are deep, thoughtful, and precise. Scary things still frighten you, but not as much as they frighten others. You are more willing to take on challenges with success. We suggest the Traditional Style for you.
Mostly Purple: 	You are clever, but don't have specific goals. You can clearly follow whatever path you choose in a given moment. We think you can follow either practice.
Any Color Combo: 	You are a complicated tangle that needs balance in your life and quickly. In order to get fast, effective results without adding to the complications of your current life we would suggest the Western Style for you.

## (TRACK 3-2) Step-By-Step: Basic Feng Shui

STEP 1: Obtain a **blueprint**, or other layout, of your space. You can get one from your landlord or find it inside a copy of your lease agreement. If you own a home, most county court houses will have some record of your space, and if it's still new enough some real estate agents may have blueprints as well. If you can't find a blueprint, or if you like sketching, you can also *draw the layout yourself*. Just be sure that the measurements are as accurate as possible.



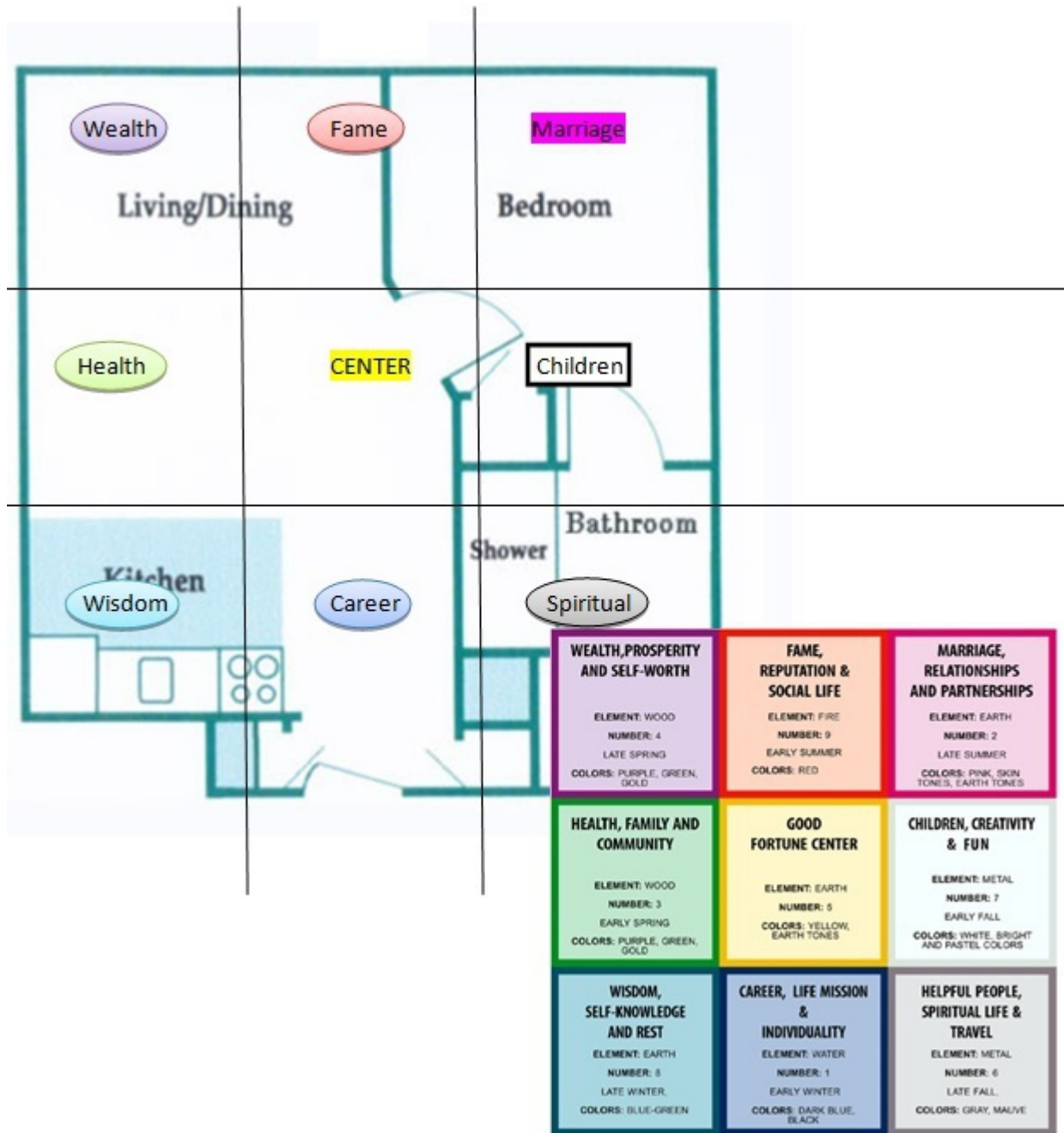
STEP 2: Make absolutely sure that the **front door** is *facing downward* or towards you as you set this up, otherwise your entire Bagua will be upside down.

STEP 3: Obtain a **Western Style Bagua Layout Chart**. You can get them pretty much anywhere off the web. You can even use the one below; they're all pretty much the same. Please note that some of the following charts will have wood, fire, metal, etc., as well as wealth, fame, etc. Ignore those elemental sections for now; we will get to them later on.



STEP 4: Carefully aligning the **blueprint** and the **chart**, with the purple square entitled “WEALTH, PROSPERITY AND SELF-WORTH” in the *top left-hand corner* of the layout. If it helps, you may simply want to draw four lines on the layout to create the nine boxes above and label the boxes in the same order as above.

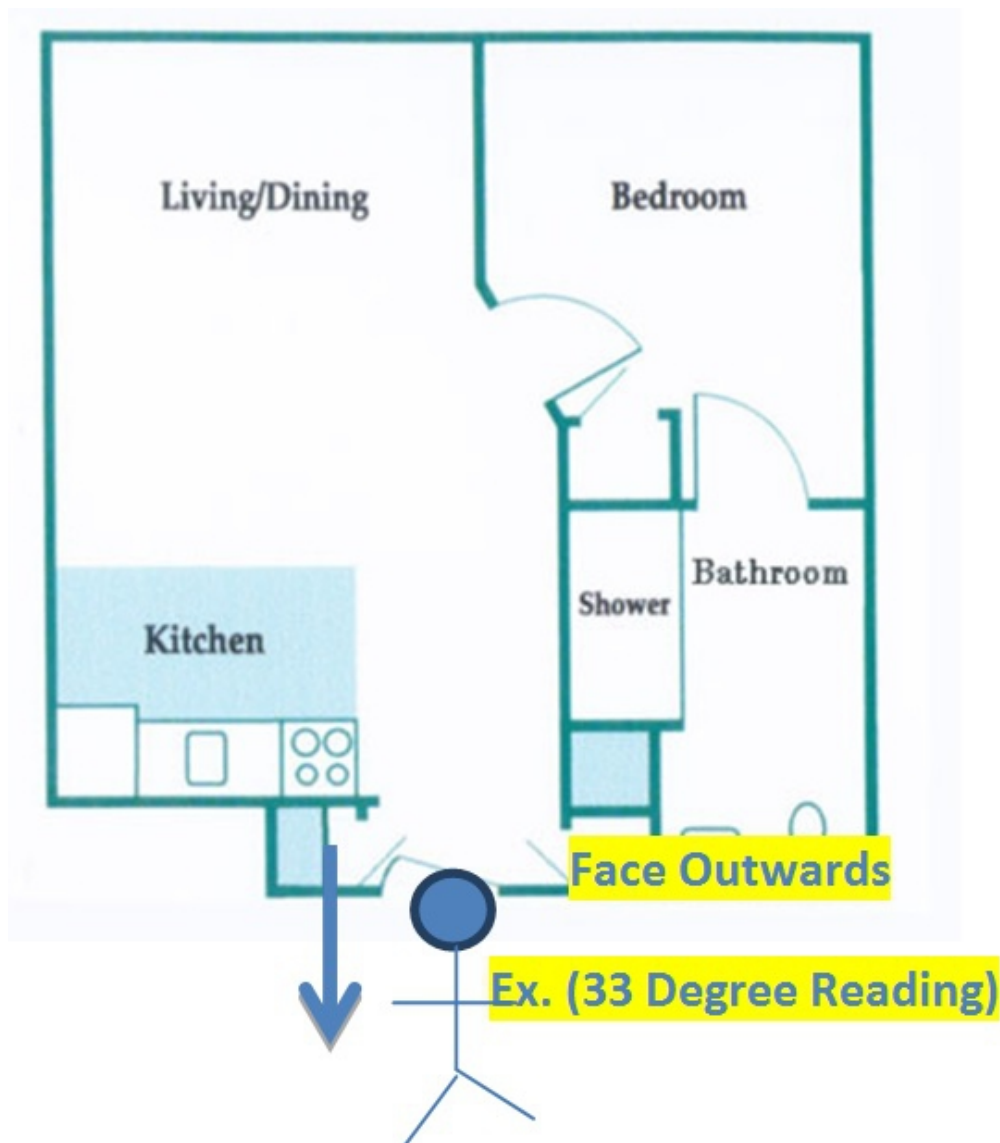




## (TRACK 4-2) Step-By-Step 1: Advanced Feng Shui

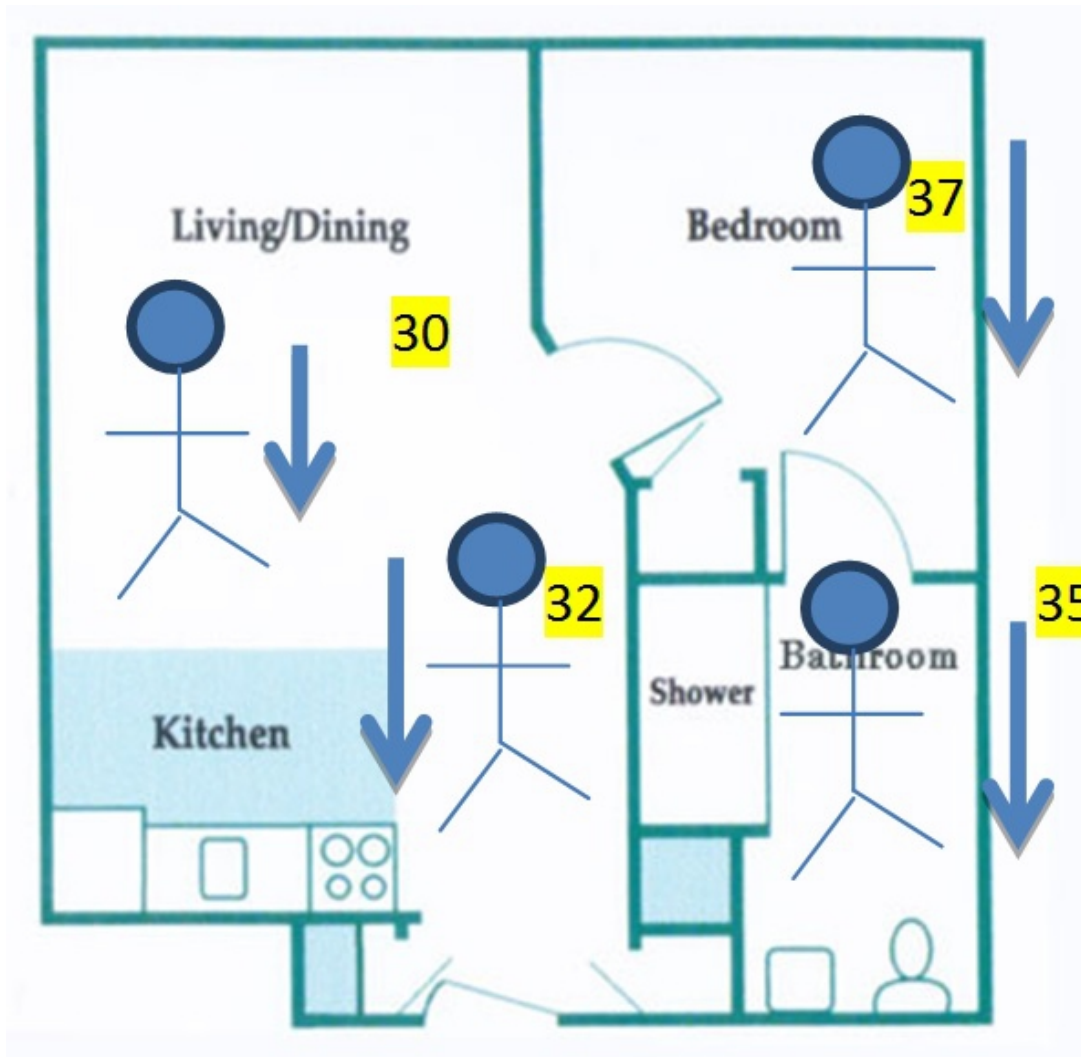
STEP 1: Once again, you'll need to obtain a layout of your building or draw one yourself. Also locate a compass, a protractor, paper, and a pen or pencil (and a calculator if you feel like cheating a little).

STEP 2: Stand outside your front door with the compass and take a reading facing away from your front door, as illustrated below. Remember to write it down both on the layout next to the door and on the extra piece of paper.





**STEP 3:** Repeat the *previous step* inside your home or office 3 to 7 times. Go anywhere in the house you feel like and face the same direction you were before: the front of the house or the wall of your office with the door. You will need several readings of the compass; three to seven is ideal. Write your readings down on the extra paper, not on the layout itself. Don't worry, we'll tell you what to do with them.



**STEP 4:** Calculate what is considered the Feng Shui median number\*. It's no problem at all if you never followed along in math class, the example below will show you what to do. Remember to include the front door reading (33\*)!

**Median Example:**

30*
32*
37*
35*
33*

1. Add all the numbers together:  $30+32+37+35+33 = 167$  degrees
2. Now count how many readings you have: 5
3. Take the answer to the first part, 167, and *divide it* by the second,  $5 = 33.4^*$ . This is your median reading: 33.4.

\*SIDE NOTE: Technically in mathematics, this is known as a "mean," but in Feng Shui we'll do it this way to determine our median number. You can, however, also determine your median number by ordering the numbers from *least* to *greatest* (30, 32, 33, 35, 37), then choose the number in the middle (in this case 33 which is basically the same as 33.4 rounded down). If there were an even amount of numbers (30, 32, **33**, **35**, 36, 37), add the **two numbers** in the *middle* then divide it by two to get your median ( $33+35=88 / 2 = 34$ ). The way we're doing it ensures its accuracy. Take for instance if the five numbers were **23**, 24, 29, 38, **42**. Notice the huge discrepancy from the **smallest number** (23) to the **biggest number** (42) with the middle number (29) closer to the left-side 20th range, thus throwing your accuracy off contrasted to adding them all up and dividing by the total of numbers.

STEP 5: *Find the direction* of your front door. In Feng Shui there is a defined group of numbers for each direction, as listed below. Take the median of your readings and use it to find which direction your space faces.

**North** = 337.5 to 22.5

**Northeast** = 22.5 to 67.5

**East** = 67.5 to 112.5

**Southeast** = 112.5 to 157.5

**South** = 157.5 to 202.5

**Southwest** = 202.5 to 247.5

**West** = 247.5 to 292.5

**Northwest** = 292.5 to 337.5

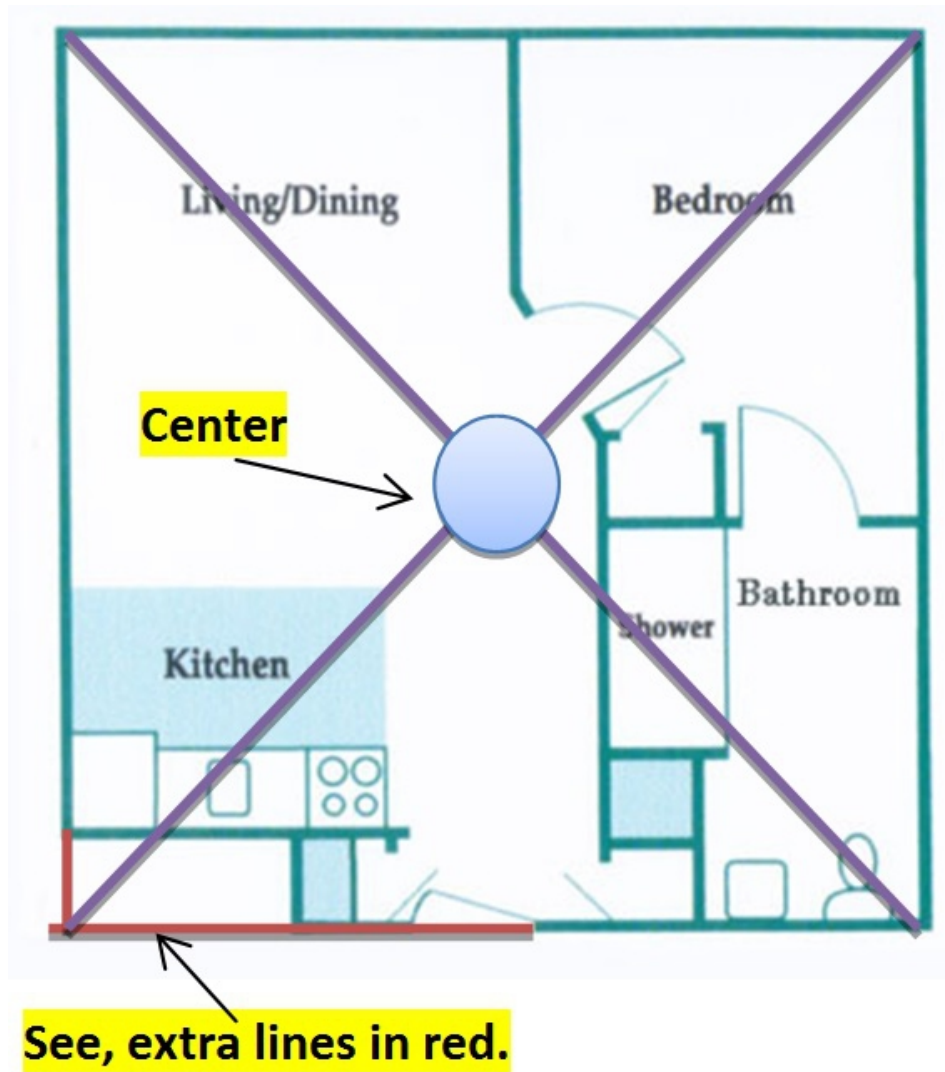
Therefore, our example, 33.4<sup>\*</sup>, is in fact a **northeast**-facing house.

## (TRACK 4-3) Step-By-Step 2: Advanced Feng Shui

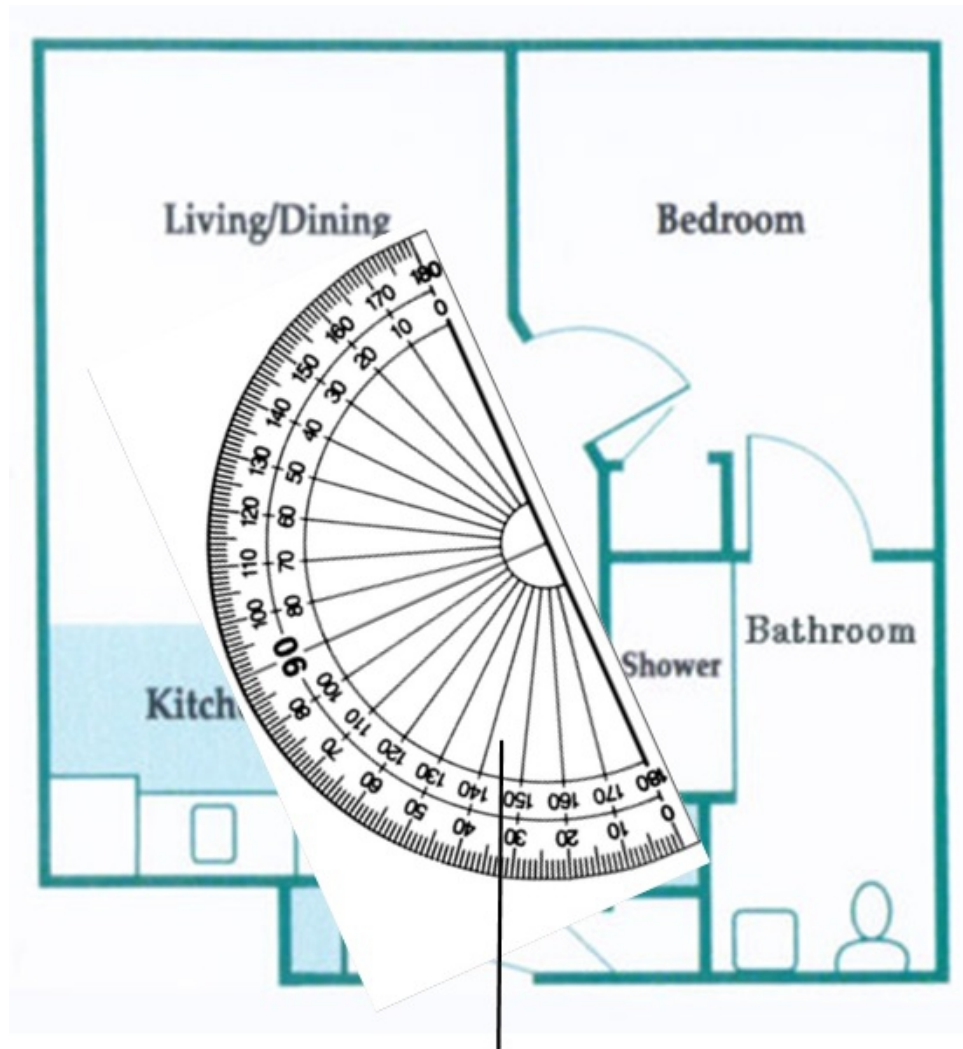
We're *half-way* done; you're doing great! Make sure you've completed all of the **previous steps** before proceeding.

STEP 6: Now put your layout flat on a table and assemble your protractor, pen/pencil, and the paper you've been writing on.

STEP 7: Find the center of your floor plan or layout. In a rectangular or square plan this is rather easy: you just cross two lines from corner to corner like below. However if your blueprint has an uneven bottom edge, you'll need to add two lines first to compensate. (**Tip**: to really make your Bagua look nice, use a ruler for this step.)

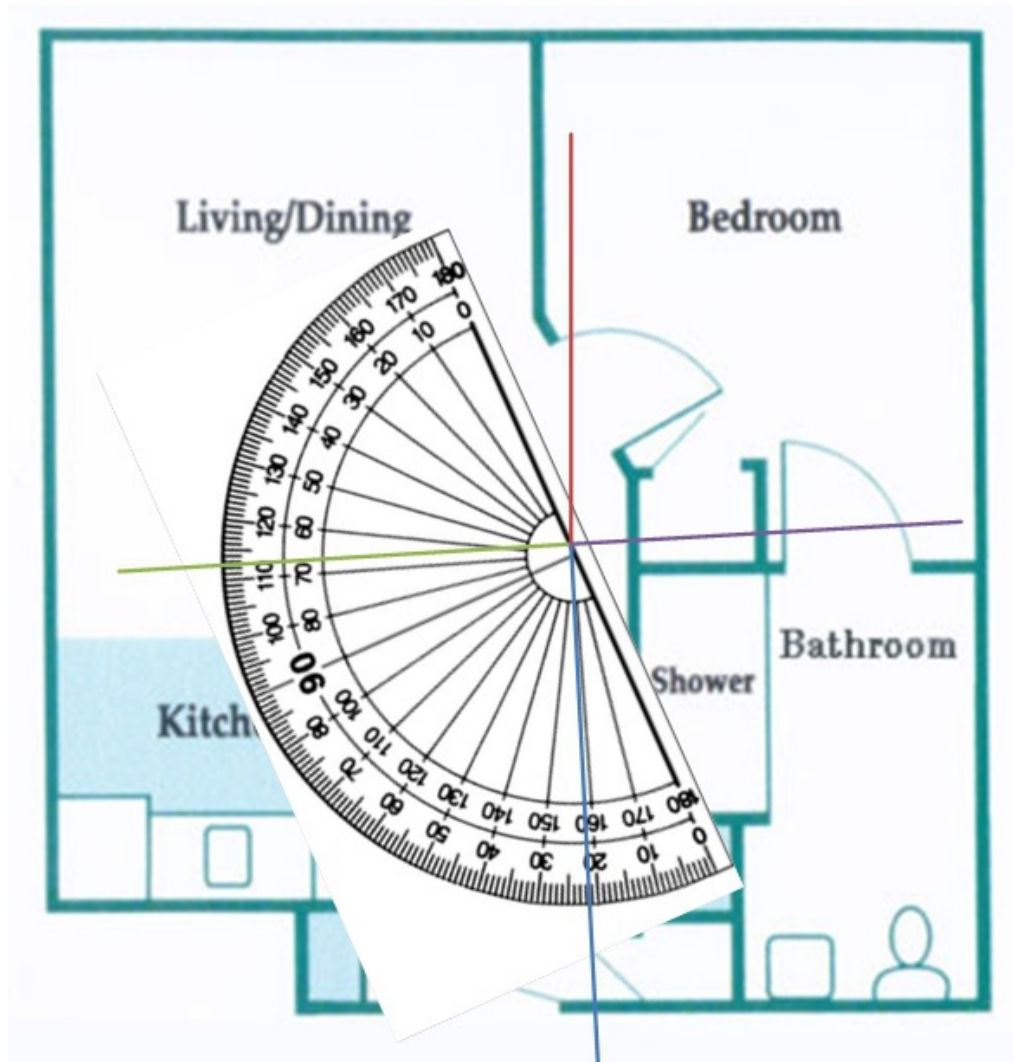


STEP 8: Align the **protractor** with the center of the layout. Then turn the protractor until the number matching your median (33.4) is lined up with the doorway. Take a look at the figure below: there is a little black line pointing to both the 33.4 mark and the front door, while the **center of the protractor** is at the center of the layout.



STEP 9: Find the degrees for each of the eight directions on the compass given back in STEP 4 (reprinted below, for your convenience). Find the beginning of each direction and draw a line from that number to the center of the protractor. To save time and space we'll only do four of them, but you should do all eight. The colors of the text match the colored line on the example.





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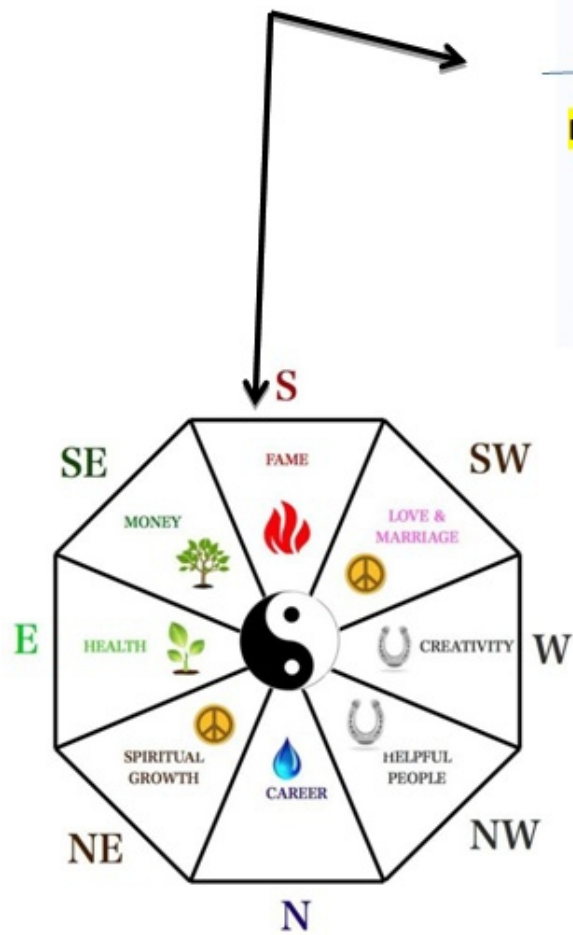
**Northwest** = 292.5 to 337.5

You may notice that *some of the lines* are not actually on the protractor. That's because all of the directions together form a **whole circle**, or compass, whereas most protractors are half of that.

But if you use a ruler to draw a line from 22.5 (the beginning number of northeast) straight across the whole layout, the opposite end of the line will eventually cross where the number 202.5 would be (once you turned the protractor). This, of course, is the beginning number of southwest. Likewise, the line that crosses the first number of southeast (112.5) also crosses the first number of northwest (292.5). You can check this by adding 180 degrees ( $112.5 + 180 = 292.5$ ).

The same is true for north and south, east and west. Once you have used the protractor and these numbers to find all of the compass points and drawn the lines that connect them all together, you're ready to move on to the last step.

Step 10: Define Your Bagua! Your layout should look something like the figure below. In this visual you'll notice that each space created by the colored lines is labeled with a letter. This is the letter of the direction that it faces. North, south, east, etc. Below that is a chart that shows you what areas are in each of the directions.



## (TRACK 5-2) Feng Shui for Love

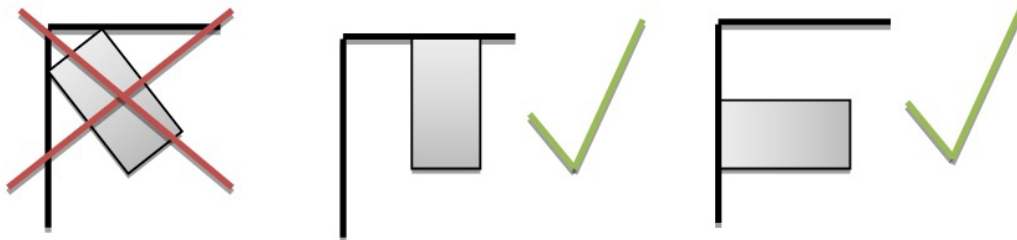
**Love** is the most common reason *besides money* that people want to Feng Shui their house.

Remember, Baguas are only maps of the spaces that we are intending to Feng Shui, and individually or collectively you can create a Bagua for, or Feng Shui, literally any space.

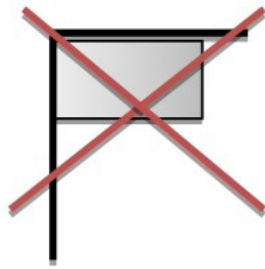
So for this kind of cure what you really need is to Feng Shui the space where this is going to help you the most: the bedroom.

Here are some fast and easy cures that will help you on your way to a happier love life:

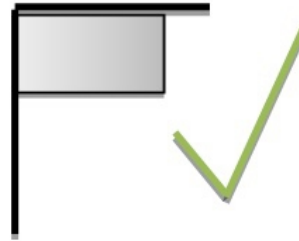
- 1.) Placement of the bed is very important. If you want to feel grounded in your love make sure that the headboard is placed solidly against a wall. Putting a bed in the corner disconnects it from anything of value and leads to a disconnected love life.



- 2.) You also don't want to put the bed up against two walls at the same time. This boxes in, or 'traps' the person seeking love. Feeling trapped in a relationship is never a good thing. Note that these two tips only apply to a lovers' room and not to that of a child or guest. For guests and children using both walls at once creates security.



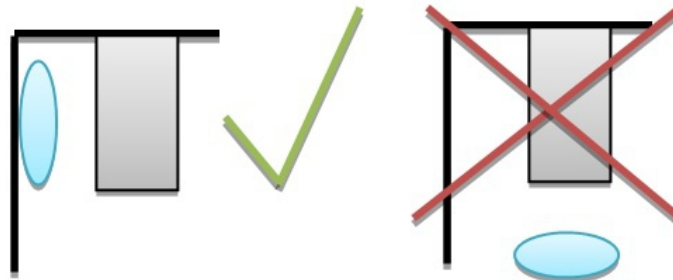
**Lover/Romance**



**Child/Guest Room**

3.) Scatter things around the room in twos. Furniture such as nightstands and dressers should come in matched sets to symbolize equality in a couple. However, items that you need only one of (a closet) are fine so long as you have more items in twos than as singles.

4.) It is *extremely unlucky* to sleep directly across from a **mirror**. It will only reflect your loneliness back at you and into the room you are trying to fill with positive energy. This is particularly difficult for those who think that vanities are best placed at the foot of a bed. In reality, that's the absolute worst place. Anywhere else is fine, as long as you're not looking past your feet into a reflection.



5.) **Art** in the room will *enhance the beauty and mood*, but again only if done in pairs. You don't necessarily need two pictures, but the subject of the painting should be something that *has more than one* in it, like a picture of two ducks or two trees next to each other. Don't hang a painting of a single woman or of a single boat. (Hint: pictures of two ladies or two men can be appropriate, but only if that's what you're looking!)

6.) One of the few exceptions to the pairs rule is for **flowers**. Placing flowers in your room will attract joy and thus a joyful partner. But *instead* of two flowers (bringing in

two potential loves) you only want one. Place it next to the empty side of your bed, as if inviting a partner to take up that space.

7.) Steer clear from anything **symbolic of death**. Otherwise you may suffer a death in your relationship. (So no skull bedspreads, rock band posters, etc.)

8.) *Colors* and *different aspects* of **nature** each say something different. It's impossible to tell you about all the symbols, but here are four of the most popular:

- a. **Fish** = a 'school' of possibilities
- b. **Ducks** = a mate for life
- c. **Red** = passion and romance
- d. **Pink** = maintaining romance

9.) **Lighting candles** for one hour every night before you go to bed will help set a romantic mood. However, the candles you pick can represent what kind of partner you want. For example, two equal candles mean *equal partners*, but one smaller candle means that you want a partner who can *care for you and support you*.



## (TRACK 5-3) Feng Shui For Money

Perhaps the most common reason for Feng Shui, **money**, can be a touch easier to find than love, but the cures are as numerous as the people who want them. Here are just a few:

1.) **The Lucky Money Cat.** One of the most common place cures is the *Lucky Money Cat*, or 'maneki-neko.' It's so popular, in fact, that many people see or own them without knowing what they are. For those of you who don't know what this lucky kitty is, here's an example for you:



This cute kitty comes in a variety of styles, all of which show its paw up in the air with the claws facing downward. This has come to symbolize the Lucky Cat calling for money to come in to your space. The **gold one** especially represents *wealth and prosperity*. (There are other colors of maneki-neko as well: **white** for *good fortune and happiness*, **black** for *health and protection*, **pink** for *love and relationship*, and **green** for *education and knowledge*.) Most of these cures are piggy banks of some kind that also allow you to 'feed' the kitty with coins through the hole on the top of its head for more effect.

2.) **Chinese Money Symbols.** The Chinese were the original creators of Feng Shui. Therefore, items from China will have more 'power' over your space. But don't fret, most

are non-expensive, simple, and easy to find. Two of the most popular money cures for your home are the following: **red envelopes** and **decorations**.



*Red Envelopes*








*Chain Decorations*

These cures work pretty much the same way:

- Chinese people give **red envelopes** to children on Chinese New Year's as a special treat (it's the Chinese version of giving children wrapped gifts on Christmas), while also helping them to learn a bit about economics. However, giving money is also a great way to receive it; thus, placing money in something and putting it next to your door will attract money to that door. This is also why placing money in the Lucky Cat cure works so well. Give money and you will get it back.
- The money chain decorations follow the same principle. However, if you have no money to give in the first place you can hang this by your front door instead. The coins on the chain have no value, but they imitate a traditional form of money used as decoration.

3.) **Front Door Decorations.** Placing money by the **front door** is one of the fastest ways to call more money into your house or space. This is because the FRONT door (not a side or back door) is where all the new energy of the world comes inside. Therefore, using this space calls fresh money into your home instead of recycling the money you already have. Little touches can help enhance this, by welcoming or calling new energy and money forward. Things like a welcome mat, wind chimes, or even a brightly colored door or entry way can also help (green, like dollar bills, is always a nice choice).

## (TRACK 6-2) The Five Chinese Elements

-  **FIRE:** the element of fire means strength, persistence, and restlessness. A little touch can bring passion, creativity, and warmth. But too much will cause aggression and impulsive or impatient behavior.
-  **WATER:** the element of water means intelligence, wisdom, and flexibility. Too much can create a difficulty in picking something and then sticking to it. While it is soft and reflective—it's the birthplace of all thoughts and ideas—it can also become powerful if used in the right ways, just as a pool is deep and a flood is strong.
-  **EARTH:** the element of earth means patience, hard work, and fertility. There isn't really a wrong that comes from too much Earth, however if left alone it will cause selfishness and stubbornness to take root in the space you want to Feng Shui.
-  **METAL:** the element of metal means respect for others and yourself, including self-worth. It can, however, overpower other elements and in so doing will bring rigidity and forcefulness.
-  **WOOD:** the element of wood means strength, flexibility, and generosity. Wood can help you find leadership in yourself or those around you. Like earth, it is hard to have too much, but don't leave it alone or you will find anger replacing the strength you wished for.

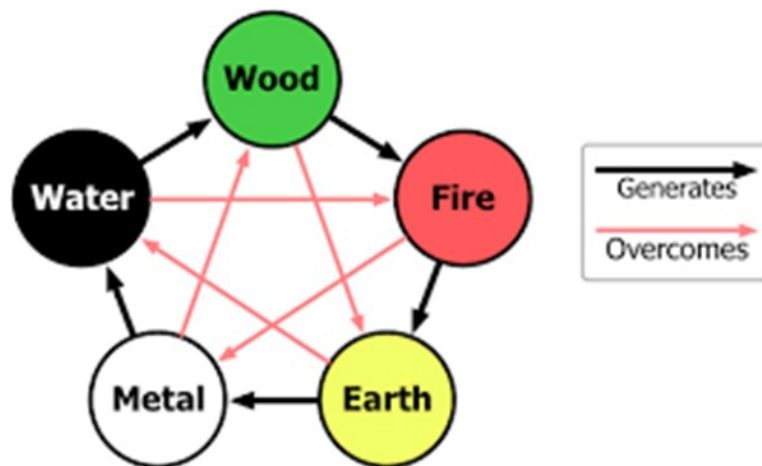
## (TRACK 6-3) Adding the Enhanced Elements to Your Space

There are a lot of ways to represent each element in your space. Of course, there's always the literal representation—a fireplace, water fountain, or plant—but these things aren't always good or practical for your space.

So there are alternatives such as color. Red (or occasionally pink) can add the power and suggestion of fire, while brown can be both earth and wood. Gray reflects rock and metal, and green can scream wood (when it's not attracting money).

Now how do these go together?

Here's a handy little chart to give you the general idea of what elements go where with what. The lines going around the outside tell you how they build each other; the lines in the middle show how they overcome the others.



## (TRACK 7-1) Feng Shui Refresher

We have now covered all that you need to know to get started right away with Feng Shui and have immediate results.

Nevertheless, let's go back over the important points.

There are TWO schools of Feng Shui practice, and although you have to have at least 50 hours of training to know enough to do this professionally, you can easily get started on your own right now.

Here are the pros and cons of *each style*:

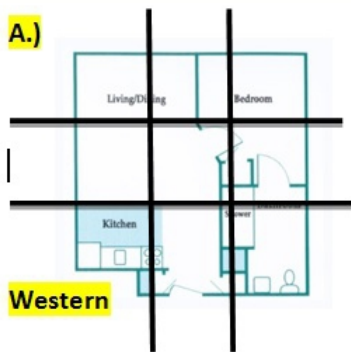
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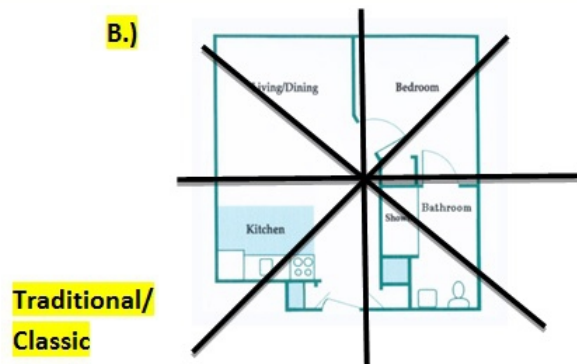
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- Harder to follow steps that take practice
- Understanding takes a little time
- More spiritual outcomes
- More regal/beautiful balances
- Requires basic math skills
- Gets you EXACTLY what you need most
- More scientific backing to support it

Any space can be Feng Shui-ed, however you first need to first create a Bagua in one of the two styles to coordinate your efforts.



OR





Once you've selected a school and created your Bagua, there are three cures, or basic improvements, to get started on immediately.

- **LOVE:** bedroom arrangements, pairs, paintings, candles, and colors
- **MONEY:** Lucky Cat, give money to get money, and focusing stones
- **LUCK:** no known cure without a goal in your luck, but bamboo and Koi are generally helpful

Knowing and understanding the five elements will help you decorate and balance your space. Work with your Bagua to get the Chi you want.

