

LESSON 2

FENG SHUI 101:  
WHAT IS  
CHI?



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## What you need to know:

Feng Shui smooths out the rough edges of life. It is about aligning your own energy with the chi that circulates in our spaces, homes and in nature.

## Guess what?

- Chi (qi) is an energetic force, a life force that powers all living organisms
- To have strong chi is to have a strong life force and vitality
- You can improve the chi in your home and body

## The Skinny:

Chi (qi) is an energetic force, a life force that powers all living organisms. Feng Shui, meaning Wind and Water, is a metaphysical art that works with the unseen forces the ancients called "the breath of cosmic life" or chi. It has been called many things by many cultures: Ki, Prana, Pnuema, Aether or simply the breath of life.

To have strong chi is to have a strong life force and vitality. You are able move easily and freely, and you have an energetic resistance to negative forces and situations that could comprise your health and wellbeing. You have created a protective source of stamina, confidence, and capability. To strengthen our life force, we need to improve the quality and amount of positive energy in our environment. This is Feng Shui.

## Did you know that Feng Shui works with both the home and body?

### Your home: The chi of a space

In Feng Shui we focus on nurturing the chi of the earth. This is the chi of nature and our surroundings, the environments we live in, and the spaces we create. We choose our homes, lots and residences by examining the flow and quality of the chi of the earth. We correct, adjust and enhance the environments we live in to improve the flow of energy so we can feel supported by our homes.

### You: The chi of the body

Personal chi is that which flows through an individual. It is expressed in both physical qualities, as well as in mental states such as thoughts and emotions. Your own chi should flow smoothly and without resistance through all the meridians of the body. Chinese medicine specifically examines the flow of chi in the body to reveal symptoms, illness and deficiencies caused by energetic blocks and imbalances.



## How to increase the flow of chi:

| YOUR HOME  | YOUR BODY   |
|--|---|
| <ul style="list-style-type: none"><li>● Remove useless clutter</li><li>● Reduce heavy furniture</li><li>● Make sure doors are not blocked</li><li>● Clean your windows</li><li>● Open the blinds</li></ul> | <ul style="list-style-type: none"><li>● Meditation</li><li>● Tai chi, Qi Gong</li><li>● Energy based body work: yoga</li><li>● Get outdoors</li><li>● Feng Shui rituals</li></ul> |

### Watch the Video:

We will chat about clearing and boosting the chi in your home.

### Your Homework:

Practice your own space clearing - watch the video for more info!