

风水与健康

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说起风水，很多人联想到的恐怕是趋利避凶。日常的风水之术是有助于身心健康、生活美满的。

风水学研究的是日常起居中的“气”和“势”，讲究聚集生气、化解凶煞。风水学学派很多，但都致力于研究无形气场的位置、吉凶和强弱。

在八卦风水学中，每人都有生卦，即“生辰八字”。根据出生时间，会对应乾、坤、坎、离、震、艮、巽、兑之一。每个方位“气”的吉凶强弱，所主的祸福各有不同。比如，最强的“生气”方位主宰权威力量，次强的“生气”方位影响和谐健康，而最强的“煞气”方位是灾祸之

源。风水师的职责就是通过布置调整日常居室周围的气场，帮助人们趋利避害。例如，1970年出生的女子是“震”卦。若想改善健康，可将睡床置于卧室北端；或门朝北开，睡床南北放置，朝北而卧。简单来说，是通过分析不同时间内某一住所的气场分布，根据建筑朝向，来推断生、煞两气的具体方位与强弱，从而抑凶扬吉。

有趣且奇妙的吟诵数字保健方式

八卦养生系统综合运用数字、人体、自然之力和八卦五行，通过吟诵与八卦相应的数字，求得祛病保健之功。

如图所示，八卦中任一方位皆对应一阿拉伯数字与人体脏器。当身体不适时，在特定时间，反复吟诵某些数字(数字顺序及吟诵的遍数需视病情而定)，便可达到祛病的疗效。

以腹泻为例，吟诵70.38000可以止泻，再吟诵70.380.60可以加速身体恢复。数字7对应艮位。艮卦，是一阳在二阴上方，阳已上升到极点，所以停止。又，艮卦是一阳，在象征地坤卦的最上方，形如山，也有“止”意。3为木(《洛书河图》中三有木之意，所谓天三生木)，木可竭水(腹泻)；而8为坤，坤即地土，土克水，可进一步止泻。数字0用于增强八卦之数的能量，用于平衡阴阳。止泻后，在原本数字中加入“6”(6为坎水)，可补充人体流失水分，恢复身心平衡。吟诵之余若能与传统中医相结合，可使治疗事半功倍。

另以高血压为例，交替吟诵6400.030与530.80，每次吟诵一小时，每日两次，一个月后即能见效。6为坎水，指血液；4为震雷，代表“苏醒”，0用于加强与平衡；3为离火，指心脏；5为巽风，意指3(心脏)的搏动，8为坤土，可给予滋养，加速身体恢复元气。

信不信？试试看！



Feng Shui that Heals

The first thing that comes to mind when one mentions Feng Shui is wealth, as in making money. However, the definition of wealth used in Feng Shui covers both monetary and non-monetary components. Health and harmony are parts of wealth, because one cannot fully enjoy wealth without health.

Feng Shui is the science and art of locating Qi in everyday spaces. Good Feng Shui is all about avoiding the harmful and harnessing the auspicious Qi. Because Qi is invisible, many different schools of Feng Shui have evolved for the sole purpose of determining its location, identifying the quality and strength of malevolent and benevolent Qi, and understanding the process of their manifestation. This is the science component. The practice of Feng Shui requires artful application in the ability to find good Feng Shui solutions.

In the Eight Mansions School of Feng Shui, each person is assigned a Life Gua from the moment of their birth. For each of these Eight groups of people, there are four compass directions/sectors where auspicious Qi resides and four other compass directions/sectors where inauspicious Qi is found.

These Qi have different qualities and strengths. For example, the strongest auspicious Qi sector carries the energy that can evoke power and authority, the second strongest Qi sector carries energy that engenders good health, while the strongest inauspicious Qi brings total disaster to everything that one does. The objective is to avoid the inauspicious and harness the auspicious Qi by orienting oneself in relation

to the Qi. A female born in the year 1970, for instance, belongs to the Life Gua Zhen. If we wanted to improve her health, I would choose a bedroom located in the northern sector of her house with a door that faces north and position her bed so that her head aligned towards the north. Wherever necessary, use countermeasures and timing to optimize these conditions.

Another school of Feng Shui can identify the location of different energies at different times. Depending on how a building is oriented during a particular period of time, one can 'calculate' where different energies reside. For instance, there will be a certain sector where sickness' energy resides and another sector where invigorating energy can be found. The idea is to avoid activating the negative energy that brings sickness and to activate energy that invigorates.

Feng Shui is a very complex system that is highly specified to each individual. When the energies in our environment are properly "diagnosed" and appropriate action taken, Feng Shui is the most powerful and effective long-term strategy among the Five Skills, not only looking after our health but as an all-encompassing system for enriching our lives.

BaGua Healing

This system utilizes the numbering system, body parts, natural features and the five elements that are represented by the Eight Trigrams. It generates a series of numbers that relate to the condition that one wants to remedy and evokes healing energies by repeatedly chanting the numbers.

Typically there will be a prescribed number of times and durations for repeating particular series of numbers and a certain period for time in which the healing process will take effect. We must first be familiar with each trigram and all that they represent. The following are a couple of examples how to apply this system.

Take for example a common problem such as diarrhea. The numbers to chant are 70.38000 to stop the purging and 70.380.60 to improve the healing process. The number "7" symbolizes the natural features of mountain and signifies cessation, so we use "7" to stop something. Number "3" represents the element wood, which exhausts water, and implies the diarrhea process. Number "8" denotes the element earth to overcome water, i.e. the diarrhea. The "0"s emphasize a number to amplify its strength, and it also provides balance between yin and yang. After the diarrhea has stopped, "6" is chanted, representing water to replenish the loss of fluids. To be even more effective, this system is combined with other aspects of TCM.

Another common health problem is high blood pressure. The number to chant is 6400.030 then 530.80 each time for an hour twice daily and will take a month begin taking effect. The "6" represents blood, "4" represents thunder or "awakening", "0" adds emphasis and balance and "3" represents the heart. The "5" represents the movement of "3", the heart, and the "8" represents earth and symbolizes nurturing.

Doubt it? Why not give it a try? You have nothing to lose.

Trigrams, Numbers and Anatomy

8	7	6	5	4	3	2	1
坤	艮	坎	巽	震	離	兌	乾
Kun	Gen	Kan	Xun	Zhen	Li	Dui	Qian
							
spleen belly	hand stomach	ear kidney	thigh gut	liver feet	eye heart	mouth lung	head colon