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博览

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WELLNESS, BEAUTY, AND LUXURY LIVING

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新西兰之完美体验
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笃信风水的科学家
A Scientist with a
Passion for Feng Shui

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笃信风水的 科学家

访风水师、科学家兼商人叶慧文

风水并非迷信，而是一种知识，一种宇宙的力量，它存在于现实的物质世界

陆孜犁 文

壹 些人相信冥冥中有种无形的力量主宰着宇宙。这样，很多悬疑的事情就似乎有了着落。风水仿佛就属于这种无形的力量。

在华人圈子里，风水普遍有其一定的权威。在中国，因为文化大革命的缘故，风水曾一度完全被列入迷信的范围，人们对风水的态度也因人而异。很多人解释，之所以看风水是希望通过风水先生的指导，能够心情舒畅，心安理得地追求自己理想的事业和生活。从这个角度讲，未尝不是件好事——只有有信心，才能成功。

信风水的人很看重婚姻男女的八字相合，以求幸福长久，福荫子孙；开业、乔迁、婚丧等也要找个好日子，就连给小孩起名字也要配合其生辰年月来取个“五行”俱全的名字，以求得顺利的人生。一些明星改名之后，事业也似乎突飞猛进，展翅鹏程。例如王菲改成王靖雯，刘福荣改成刘德华，更传言麦当娜都在某佛国胜地有指点自己人生迷津的世外高人。SpaChina为此寻访了一位风水大师。

**您父亲叶清海先生是国际著名的风水师，他
对您日后学习风水有怎样的影响？**

风水自小便是我生活中的一部分。父亲是一位很著名的风水师，因而年幼时，每天都有络绎不绝的客人来家中与父亲聊天或咨询风水。常会有朋友向父亲抱怨说最近诸事不顺，父亲便会仔细询问详情，若发现是风水不佳，就会直言告之并授以化解之法。通常几天后，那位朋友就会再度登门拜访，感谢父亲的建议帮助自己消了一灾。父亲在自家的风水上也用了不少心思，他特地在家门前挖掘了一个水龙阵，

象征流动的活源。记得小时候我还曾偷偷跑去玩乐，现在想来也是受益不少的。

**您当初为何会选择生物医学这个专业？作为
一位科学家，您又怎么会想到要成为一位风
水师？**

我从小很喜欢亲近自然，成为一名自然科学家是我儿时的梦想。兴趣之余，当时也希望自己早日独立，日后能找到一份满意的工作，因此在填报志愿时就选择了探究万物起源的生命科学。毕业后我如愿从事生物科学领域的工作，参与了血液制品、干细胞疗法等多项前沿研究。有了一定的积累后，我于1998年开设了一家生物医学的咨询公司“APac BioMed Solutions”，帮助各大跨国生物医药公司将最新设备引进亚太地区。

10余年前，我完成了企业管理硕士的课程，当时APac BioMed Solutions的运作也步上了正轨，因此我有了更多时间与精力，就想请父亲系统传授我风水之术（之前也有断断续续地学习一些，这也是我的文化之根吧），父亲也欣然答允了。2000年时，我在生物学领域已做出了一番成就，觉得是时候追求自己的另一梦想——风水学和道家思想，便成立了风水咨询公司Feng Shui for Enriching Lives，同时在父亲的风水学院任客座讲师。近两年来，风水学院的事务日益繁忙，我渐渐觉得自己分身乏术，就决定将工作重心转移到风水学与道家思想的研究上，授课之余也能有更多时间反省自己的内心，活得更潇洒些。

**您觉得哪份职业对您而言更为重要，科学家
还是风水师？**

很难说哪份职业更为重要，因为它们对我而言有不同的意义。生物学家的身份使我



可以通过与相关领域的专家合作，以间接的方式造福人类。在一个庞大医学项目中，我是中间的一环，每发表一篇论文、每促成一项合作，帮助一种新疗程或仪器投放市场，都会对整个项目都有所帮助，也都会给我莫大的满足感。目前，我的生物医学咨询公司也在正常运作中，若有合适的项目，我想我会考虑接受的；而作为一名风水师，我对别人生活的影响更为直接。我可以通过咨询、讲座等形式使人们了解这门古老的东方艺术，这样他们就能继而去帮助自己、家人和朋友。对我而言，最大的幸福就是能以自己的所学所知，为人们的生活带去一些有利的影响。

**您平时会如何运用风水来帮助自己改善运
势，通常效果如何？**

长期以来，我一直运用风水来帮助自己改善运势，而每次的结果也正验证了父亲多年来传授与我的知识。自十多岁起，每次



叶慧文，摄于美国科罗拉多州中西部的阿斯彭市

在太极老师的指导下练习武术 (摄于泰山)



在美国的工作室内与朋友一起研讨风水



落基山脉的美景



在家中就餐时，我都会选择坐在某个特定的座位，因为那个方位可以更好地帮助我思考。念大学时的住宿也是我练习看风水的用具之一，每当我将书桌和睡床的方向稍微调整来增强学习运、保证睡眠时，不少同窗都投来了好奇的目光，然而不久她们就习以为常，甚至会来咨询我自己近来的运程。数年前我准备在墨尔本安家置房时，更是花费了大量时间精力勘察房子四周的风水。我们一辈子有三分之二的时间都在房子里面，如果其中有不好的气，对我们的影响非常大。更何况人的一生，花费最大的也是那幢价值百万的房子，与其花大钱在装修之上，倒不如多了解风水所能带来的好处。

如今国内不少人认为风水是种迷信，您如何看待？

风水并非迷信，而是一种知识，一种宇宙的力量。它存在于现实的物质世界，而非如

人们所想得那般虚无缥缈，只是我们不懂得去运用。风水并非十分深奥，它不只可以学习，还可以透过科学的计算方法来验证(我曾尝试着搬动某些东西，等两三个月之后察看整体有什么变化，然后做记录)；风水也是一门艺术，它并非简单到单凭看书就可以成为专才，只有累积了足够的经验，才懂得利用不同的方法来解决许多不同的状况。我常会拜访那些曾向我咨询风水事宜的客人，询问他们近况，他们的回答也一次次更坚定我对风水学的尊崇。举个例子，我曾经遇到过一位罹患唐氏综合症(一种较常见的因染色体变异而引起的疾病)的幼童，当我调整了他卧室的朝向和摆设后，他竟奇迹般地有了治愈的希望。

文革时期的动荡使国人忽视了这拥有五千年历史的文化，不能不说是一大憾事。虽然国内许多年轻人受到父辈影响，认为风水不过是种迷信，然而在讲课时我也发现，他们对此仍很好奇，也很乐意多接受或探讨这方面的信息。与国人相比，大部分海外华侨反而从未淡忘这部分文化传统，会经常利用风水改善自己的生活。

您目前在美国教授风水学，国外总体而言对中国风水的接受程度如何？

近年来，我一直在澳大利亚、亚洲、欧洲和北美各国开设风水讲座，发现国外不乏对中国传统文化颇感兴趣之人，有些甚至对孔孟之道、中医针灸等还很有心得。然

而在讲课的过程中，我也发觉他们对中国风水学仍有不少误解，不过近年来，已有越来越多的人逐渐接受并愿意了解风水学。

曾经有一位澳洲籍的室内设计师找上门，希望我可以为她转运，因为她自从入住新房子后就诸事不顺。到她家看过之后，发现她虽然花费了400万澳币来装修房子，其中却犯上太岁、衰婆和三煞三种坏运气。当这名设计师了解状况后，居然流下眼泪，担心以后她为其他人设计房子时会重蹈覆辙，于是决定开始学习风水。

国内并不乏优秀的风水师，可惜他们往往很难与西方人进行沟通。因此我希望今后能继续通过咨询、讲座，将风水学与更多人们分享。

您有什么养生哲学可以与大家分享？

身心灵的和谐方是幸福，而快乐方能健康，这也是道家所提倡的养生之道。

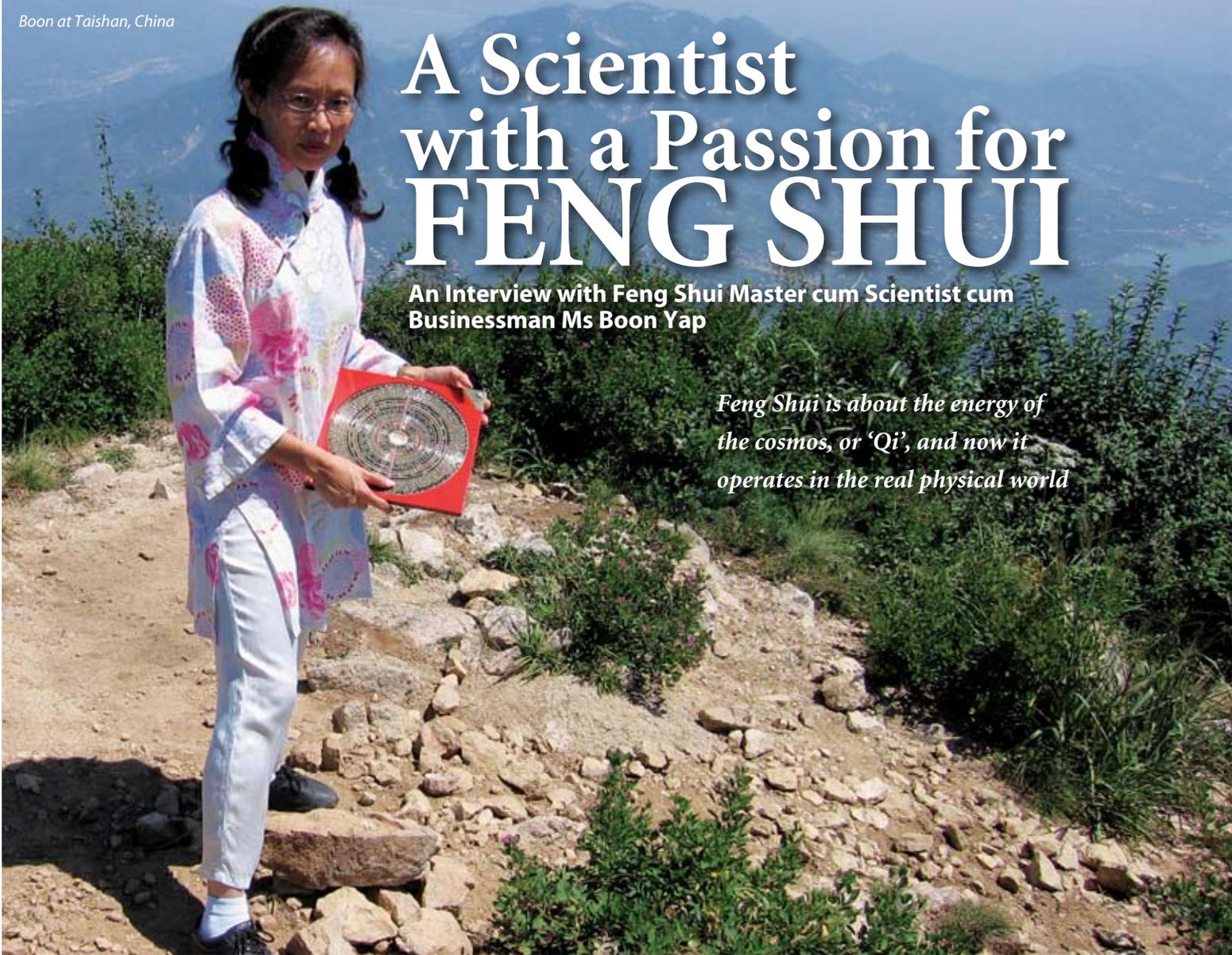
平时偶有闲暇时，我喜欢各类户外运动，日常出行情愿以步代车，也偏爱爬山潜水。我从小就练五祖拳和五梅拳(中国南少林派的拳法)，近年来开始学习太极和形意拳，这对我保持身心健康也很有帮助。此外，我自从小就尝试着将道家、儒家的思想融入自己的日常生活中。我一直努力去真正了解自己的内心，这样方能更好地与周围环境进行互动，并使我懂得欣赏身边一切的人、事、物。

Boon at Taishan, China

A Scientist with a Passion for FENG SHUI

An Interview with Feng Shui Master cum Scientist cum Businessman Ms Boon Yap

Feng Shui is about the energy of the cosmos, or 'Qi', and now it operates in the real physical world



Some hold that there are intangible powers at work in the universe that can explain the unexplainable, and Feng Shui is one such power.

Because of the Cultural Revolution, attitudes toward Feng Shui differ among Chinese people. Some discount it as merely superstition, but others contend that you feel safer and more tranquil after consulting with a Feng Shui master, allowing you to devote more time and energy to your career and life.

Today there are still many Feng Shui adherents. They emphasize eight Chinese characters and eight numbers when looking for significant others and naming babies. They are also very careful about dates when for moving house, launching a business and getting married. Celebrities have even changed their names for greater prosperity, like singer Faye Wong and actor Andy Lau. Madonna regularly visits a Feng Shui master. SpaChina spoke with Ms Boon Yap, a

Feng Shui master and scientist to glean insights on this unique aspect of Chinese culture.

Your father is a Feng Shui grandmaster. How did he influence your attitudes towards Feng Shui and life when you were a child?

Feng Shui was very much part of our lives, as were the other aspects of Chinese culture like Daoism, Confucianism, martial arts, etc. Our home was like a highway where my father's friends would drop by at all hours to chat or seek his counsel. My father's friends would tell of their troubles and father would explain the changes that would occur with Feng Shui realignment. We constantly benefited from father's alignments in the home.

Why did you choose to major in biotechnology and, as a scientist, why did you choose Feng Shui as your profession?

I have always had a deep regard for nature. In

my early childhood, I dreamt of being a naturalist. But I also needed to be independent and self-sufficient, so I decided to enter the exciting world of biotechnology. After graduation, I began my career conducting R&D for multinational biopharmaceutical corporations, writing papers and standards for the blood products industry as well as participated in pioneering work in the area of stem cell therapy.

About 10 years ago, after completing a grueling MBA degree while working in the biomedical field, I suddenly found myself with time and energy to spare. I called my father to ask for formal training, which coincided with his decision to share his knowledge internationally. I founded my own Feng Shui consultancy, Feng Shui for Enriching Lives, eight years ago when I felt it was time to help spread this invaluable wisdom. After achieving success in my more conventional professional life (my 'yang passion'), I felt a yearning for another satisfying life



Boon Consulting on Feng Shui in Aspen



Teaching Feng Shui in Asia



Boon and her Tibetan friend

challenge more attuned to my love of nature and Daoism. Around 2 years ago it became impossible to lead two equally demanding lives, so I decided to take Feng Shui more seriously (my 'yin' passion).

Which career matters more to you, bio-scientist or Feng Shui master?

It is difficult to say which career matters more, as they mean different things to me. My biomedical consultancy was beneficial to mankind in an indirect way, while my Feng Shui work has a more direct impact. What gives me satisfaction is positively influencing many people's lives at once. In biomedicine, I can introduce a new therapy or device into the market. In Feng Shui, I can perform consultations for large property development projects or teach to enable others to help themselves, their families, their friends and others.

How do you use Feng Shui to solve your problems and improve your luck?

As a teen, I would sit at the family dining table in a favorable location that faced my clear-thinking direction. At university in Australia, I would arrange my room in favorable orientations. This raised curiosity among my classmates, since it changed the standard room arrangement. Some of them gradually accepted my philosophy and consulted me when they faced problems, and that began my life in Feng Shui! When I was ready to purchase a home in Melbourne, I took considerable care to check the Feng Shui, since it was the largest purchase I was about to make and a home holds a major influence on one's well-being!

In mainland China, many people believe that Feng Shui is mere superstition. What is your view on this?

Feng Shui is not superstition. Its value has stood the test of time. From personal experience, the results are consistent and supported by my knowledge of the methods passed down from my father. Because Feng Shui is about the energies of the cosmos, or 'Qi', it operates in the real physical world, yet it cannot be measured by modern instruments. I have logged the Feng Shui outcomes obtained for myself and my clients. They are consistent with my expectations and they reinforce my respect for this tradition.

It is unfortunate that the Cultural Revolution caused many Chinese mainlanders to disregard a rich and wise tradition. Overseas Chinese, in general, continue to hold this heritage dear and widely practice it. Many Chinese mainland youths that I've met do think it is a superstition, perhaps because their elders have told them that. I find that they are inquisitive, though, and want to learn more, indicating openness and critical thinking.

As you teach foreigners Feng Shui, how do they react to this traditional Chinese wisdom?

I have many non-Chinese clients and students in Australia, Asia, the EU and North America. They are not only open to Chinese traditional wisdom, but quite knowledgeable about many aspects of our culture. My current trip to the US, however, has confirmed concerns that it is being misrepresented. On one occasion, when I explained to my interior designer client that her

misfortunes were due to her designs and the timing the renovations were conducted, she cried and decided to learn Feng Shui to avoid this when designing houses for others. The problem is that the keepers of this wisdom reside within the Asian Chinese community and cannot readily communicate its complexities to the West. Therefore, I plan to learn more of my culture's ancient wisdom and pass it on by expanding my consultation service and teachings on an international scale.

Do you have any advice to share with our readers on how to live happily and healthily?

My way of handling the negative aspects of my life is by trying to regain my 'balance'. On the physical side, I try to be an active person, preferring to walk and cycle rather than drive a car. I hike or trek in mountains and scuba-dive or snorkel in the sea as much as I can. Since childhood I have also practiced Wuzhuquan and Wumeiquan, part of the southern Shaolin school of martial arts, and more recently Taijiquan and Xingyiquan.

For the mental component, I try to understand the workings of the human mind by exploring philosophical thoughts and teachings. I try to incorporate those for which I have a particular affinity for into my everyday life, such as Daoist philosophy and Buddhist teachings. Being self-aware helps us to understand our interactions with ourselves, other people and our environment. This invariably alerts us to an appreciation of the goodness in ourselves, other people and the world we live in, for all their beauty and flaws.