

INSPIRATION & ENERGY | 精神食粮

寻觅水晶之旅

一位风水大师跋山涉水，寻觅天然水晶的旅程

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简 单地说，风水研究的是自然环境对个人吉运的影响。“风水”一词最初见于晋代郭璞所著的《葬书》，书中云：“葬者乘生气也。经曰，气乘风则散，界水则止，古人聚之使不散，行之使有止，故谓之风水。”风水不仅用来占卜祸福，更可以通过调整来趋利避害，增加运势。

众所周知，经典风水理论认为方位和朝向是影响个人吉运最主要的因素。古时，人们的生活起居与自然更加亲近，因此，山水树木的方位和住宅的朝向就显得格外重要。现今风水术中著名的“三合”、“三元”及“易经八卦”学派也都沿袭了这一思想，致力于探寻自然环境具体方位对个人运势的影响。风水师们看来，一栋住宅的地理位置，住宅正门的朝向，住宅周围山脉或河流的方位都可能会影响个人的运势，善加利用可以为主人家带来吉运，若处置不当则会招致灾祸。

我所在的风水学派不仅关注外部环境（宏观风水），也同样研究内部环境（微观风

水），因此自然形成抑或人工雕琢的山水都属于我们的研究范围，这也体现了风水术随着时代变迁产生的变化与进步。根据客户的实际情况，我会建议他们购买一块象征山脉的水晶石以及一个象征河流的室内微型喷泉来组成能够带来吉运的三合局。其实，一块造型精美的岩石即可用来象征山脉，只要不是由聚合体或混凝土制成的假山就行了。然而与一般的矿石相比，水晶不仅能改善风水，它独有的能量对人体也多有益处，可谓一举两得。

但是，在我工作的城市很难购买到精美优良的水晶，因此我的任务并不仅仅是给客户咨询建议，跋山涉水寻觅天然水晶也成为了我工作必不可少的一部分。去年十二月，我和一位从事地质研究的朋友一起深入中国南部毗邻越南的内陆寻觅天然宝石。在15天逾8000公里的旅程中，从较为多见的石英到璀璨珍贵的水晶原矿，我们欣赏到了许多晶莹剔透的宝石，这些都来自于自然的鬼斧神工。

各类列车之旅也是很有意思的，从干净

清洁、服务优良的特快车，到隆隆作响，速度缓慢且散发着一股味道的硬卧车厢。不可否认，出行的交通与过去相比已经便捷了很多。我喜欢在火车卧铺上休息一晚，既省时又省力。当火车在乡间穿行时，还能欣赏到当地宜人的美景。

我从北京出发，隔夜抵达距北京有1600公里的湖南长沙，在那里与我一位从事地质研究的朋友会合。接着我们从长沙再坐火车前往西南部的广西桂林，与另一位探寻水晶原矿的朋友会合。人都到齐后，我们再度启程往南来到了南部小镇桂林南宁，那里不仅翠山叠嶂，景色旖旎，而且地广干净，现代化设施也十分齐备，是一处绝佳的旅游胜地。

然而我却无心观景，在南宁稍作逗留后，就再度启程深入云南，继续我们的寻觅水晶之旅。我第一次乘坐长途客运大巴，也一定是最后一次。大巴上都有上下铺，被褥却许久没有见过阳光，散发出一股霉味。客车的管理员出于好意要求我们人人脱鞋，而这真是一个错误的决定。



接下来逾800公里的旅程中，我们不得不与阵阵令人窒息的恶臭为伴。所幸我在常年的旅行中已经锻炼得几乎百毒不侵，经过一路的颠簸倒也安然无恙。晚餐是一条池鱼，鱼肉中夹杂着丝丝池水的腥气。

整整16个小时的煎熬后，我们终于抵达了目的地云南省文山县，离开大巴的一刻我们终于呼吸到了久违的新鲜空气。文山县共有50,000人口，在中国算是一个小城。我们见到了其他几位搜寻宝石原矿的专家，在他们家中欣赏到了一些造型独特，色彩各异的天然水晶。红宝石的璀璨、祖母绿的亮润、蓝宝石的剔透，这一切都让我们惊叹不已。

我们下一个目的地是一个山下的边境小镇麻栗坡，在那里，另一位以搜寻水晶为生的朋友向我们展示了他的珍藏。由于这一带独特的地壳运动，每一个地区出产的水晶都不尽相同。在这里，我们见到了如拳击手拳头般大小的紫玉、绿玉，还有我从未见过的蓝玉。诸多宝石中有一块格外夺目，其中嵌有五至六种不同的精美

宝石，有黄玉，电气石、绿玉等等，每一块都有一个椰子般大小，堪称珍品。

欣赏了一番后我们踏上归程，小巴在崎岖陡峭的山路上蜿蜒前行，夜间冰冷刺骨的山风冻僵了我的脸，经历150公里的旅程后，我们终于回到了南宁。晚饭我们享用了一顿以椰汁和山间草药熬制成的鸡肉火锅，这是云南当地的名菜，味道鲜美不说，火锅的热气也驱散了一夜的寒意。

第二天醒来，我们继续上路。天空中乌云密布，这是当地最典型的天气，云南也正是因为这种多云的气候得名。我们的小巴顶上扎满了装着活鸡的麻布袋，鸡的啼声伴随了我们一路。由于位子不够，几位当地的苗族居民只能坐在小板凳上，随着车子的颠簸勉强保持平衡。大部分乘客似乎并不适应乘坐巴士，三分之二的人都出现了晕车的症状。我的那位搜寻宝石的朋友见状立刻身手敏捷地窜到了前排，而我则仍旧待在靠窗的座位，靠着不断的开窗关窗来驱散车内的烟味。整个车程长达六个小时，不过显然在这样的条件下，小

睡一会几乎是不可能的。

一路上，一川清澈的瀑布闪现在丛林背后，小巴沿着瀑布蜿蜒行驶，瀑布的水流最终流入跨越中国、越南的红河。红河流域多红色的沙页岩地层，水呈红色，故而得名，它也是云南和越南之间的天然分界。随着车子驶近毗邻越南的小镇河口，稻田逐渐由香蕉园所取代，香蕉树郁郁葱葱的枝叶与远处的青山交相辉映，别有一番景致，装满香蕉的驴车悠闲地行驶在通往集市的路上，几乎堵塞了狭窄的山道。

我们到达河口时夜色已深了，在红河河畔装饰奇特的空地上，一群当地居民正在兴高采烈地跳舞。两边的小店出售各式各样的越南特产，吸引了不少像我这样的游客。从绵延数千里的偏僻荒芜之地突然来到这热闹繁华的小镇，我心中不禁有一种奇怪而温馨的感觉。在河口，我还勇敢尝试清脆鲜美的蜂蛹作为午餐，蛋白质含量很高，可以给我添加能量了吧。

因为我持有马来西亚护照，进入越南时不需要另行签证，方便了不少。于是，



我成为了大家的传信鸽，每天两次往返于云南与越南，帮助我的同伴将行李带过边境。由于不想再忍受州际客车的恶臭，我们一致决定回程时另觅途径。

穿越越南北部边境，我们来到了一个苗家的集镇，恰逢当地的周日集市，附近的居民纷纷从数里外的村落前来赶集，场面热闹。这里一共有五个苗族部落，每个部落都有他们独一无二的服饰，很好区分。集市上可以购买到衣服、拎包、被褥和各种精巧细腻的手工织品。除此之外，自家酿的美酒，各种当地的特色美食也是一应俱全，甚至还有缩成一团，簌簌发抖的幼犬，它们嘶哑的叫声让我不禁心生怜悯。用餐时，我们与两个苗家妇女一起聊天，她们是一对姑侄，分住两地，每周都会来卖衣服和佳酿。我们邀请她们一起用餐，她们只是吃了点豆腐，却没有碰肉。

之后我们来到了一个曾是法国殖民地的破落山城，当我们刚进入越南时就看到了不少具有法式风格的建筑，十分新奇。周围的乡间点缀着不少黑苗的村落，他们

的耕田遍布山野。我们参观了他们的村落、学校，购买了一些他们的手工织品。接着，我们继续启程前往列入世界遗产名录的下龙湾。下龙湾中的小岛都是石灰岩的小山峰，造型各异，景色优美，如绿玉般碧蓝的海水清澈平静，海天一色。离开下龙湾，我们换乘了不少交通工具，火车，出租车，巴士还有摩托，随着离中国边境越来越远，在前往越南首都河内的一路上，我们遇到的当地居民几乎没有人会说中文或英文，语言交流成为了一大问题。由于是临时决定去河内一游，我们对沿路的地名一无所知，经历了重重的困难，我们最终还是来到了河内这个美丽的城市，也是我们旅行的最后一站。

经历了漫长的旅程，终于到了返程的时候了。尽管在穿越中国靠近萍乡的边境时耽搁不少时间，不过最终我们还是顺利过关，在夜深前离开了荒芜的越南边境。在南宁过了一夜后，我们搭乘30个小时的火车，回到了北京，结束了这次的寻觅宝石之旅。

水晶之国

中国地广物博，不少地区都是群山叠嶂。正是在这些偏僻的高山上，我们时而能找到精美稀有的宝石原矿。在云南省的山间，最精美的宝石通常出现于洞穴的深处。地壳中碳元素在热量和压力作用下形成宝石，然后被埋在地壳几乎最深的地方。在合适的条件下，宝石会慢慢增长，在经历数百万年后，最后随着火山爆发，地壳深处熔岩的上升或者山体风化而被带到地壳表面。由于宝石增长需要很久的时间以及一定的地壳运动，所以要找到一块完美的宝石原矿并非易事。在中国，拥有丰富地质知识和经验的搜寻宝石的专家可以帮助您寻觅到这些大自然赐予人类的珍宝。

最近几年，一些博物馆、研究机构和个人收藏家开始热衷于寻觅并研究宝石原矿。有些在收藏家市场上出售的宝石可以卖到上万美金，那些经过雕刻大师之手造型精美的宝石更是价格不菲。尽管如此，一些热衷于宝石收藏的人们还是不惜重金将其收为己有，随着珍稀宝石在市场上越来越少，它们的价格也变得日益昂贵。

水晶原矿

水晶原矿是含有结晶矿物的矿石，它们通常出现在地质运动较为频繁的地区，由矿物成分慢慢冷却凝结形成这些水晶原矿。水晶的形状取决于其含有的矿物成分的分子结构，越大的水晶需要越久的时间才能成型（通常水晶成型的时间都是以百万年来计算的）。

石英是我们比较熟悉的一种水晶，它主要矿物成分是硅石，还夹杂着一些其它化学元素，赋予石英变幻神秘的色彩。紫水晶中含有铁元素，黄水晶、绿玉髓、缟玛瑙、绿长石和玉髓里也分别含有不同的化学元素。其它一些珍稀水晶的原石，如黄玉、绿玉、蓝宝石、红宝石、翡翠，电气石，石榴石，也可以在它们的原矿中找到。

在我的风水实践中，我更喜欢用水晶来象征山脉，这是因为水晶中规律的分子排列可以产生一种独有的波动能量，这是普通的岩石所没有的。这种水晶本身具有的能量和风水融合能产生更好的效果。

In Search of Crystal Mountains

Mountains are vital feng shui elements and peak-shaped rocks are used for interior placements, but feng shui master Boon Yap insists on crystal because of its vibrational energies. She went in search of magic crystal mountains in rugged Yunnan

Simply put, feng shui is about how the environment affects a person's luck. In other words, how a person is oriented to his environment can impact his or her fortune. Still, the beauty of feng shui goes beyond reading a person's fortune within a confined space. It is about the knowledge of orienting a person to the environment, thus harnessing beneficial energies and avoiding the harmful ones in order to bring good fortune.

In ancient times, where man lived closer to nature, orientation to environmental features such as mountains and water were of particular importance because mountains carry energy in the land and water collects this energy. It is common knowledge that location and direction with reference to these features (mountains and water) are key factors in classical feng shui. This holds particularly true for the *San He* (Three Combinations) school of feng shui, which requires an understanding of man (home) with

respect to surrounding mountains and water.

Typically, depending on the location of the property itself or the direction of the main door of a property, there are certain prescribed positions for a mountain or a body of water that can bring good fortune or misfortune.

With my feng shui school, we not only consider the external environmental features of macro feng shui, but also "bring" these features into the internal environment of micro feng shui to generate good fortune. In a typical suburban home, we often do not have natural landscape features to draw from, so we create these features within our homes. This is part of the practical evolution of feng shui to keep up with the times.

I usually ask my client to acquire a crystal rock to symbolize a mountain and a little table fountain as a water feature when a *San He* formation is called for to enhance a client's feng shui. A beautiful rock that looks like a mountain will usually suffice, as the aim is to get something that resembles a mountain, but please do not

use something that is made out of polymer or papier-mâché. Also, crystal is much preferred to ordinary mineral rock because it tends to combine the placement concept of feng shui with the beneficial effects of crystal energy.

However, my work often does not end there because it is not so easy to purchase these crystalline rocks in the different cities and countries where I consult, especially those that are beautiful and worthy of the interior of my clients' properties. Thus began my hunt for rock crystal mountains.

Last December, I traveled with a geologist friend into the interior of southern China, Yunnan province, near the border with Vietnam to source Mother Nature's jewels, ranging from the ubiquitous quartz crystals to the precious gemstones – a journey of 8,000 kilometers in 15 days.

We saw breathtaking scenery and breathtaking crystals, and returned with some noble stones, some of which would be carved into Laughing Buddhas, Money Toads and Taoist deities.

China's train service has improved a lot in



recent years (if one knows which train to take). Trains range from modern express trains that are well serviced and clean to those that crank along at a snail's pace with narrow hard bunks squished one above the other and filled with unpleasant odors. I prefer trains because I can travel through the night in sleepers, thus saving time. Furthermore, the view from an elevated train track snaking through the countryside is always much more interesting and picturesque than highways, and the passengers give one the flavor of the place.

My journey began from my base in Beijing to Changsha, the capital of Hunan province, an overnight journey of 1,600km to meet up with my geologist friend. From Changsha, we traveled southwest by train to Guilin, in the Guangxi Zhuang region, to rendezvous with another rock hunter friend. Together, we headed south to the southern crossroad town of Nanning. Guilin, with its limestone scenery, remains one of the more unspoiled cities; Nanning, by contrast, is

very modern, spacious and clean. Beyond Nanning, we journeyed back in time.

Our journey into the remote parts of Yunnan started from Nanning on a different mode of transport (which was my first experience and I promised myself that it would be the last!) The familiar air-conditioned coaches were fitted with double-decker beds. However, the bedclothes had probably never seen the light of day for years. With good intentions, the owner-operators required passengers to remove their shoes upon entry – a huge mistake!

The resulting foul stench on the 16-hour, 800km trip into the heart of Yunnan's Wenshan prefecture defies description. We barely survived with mandarin peels stuck up our nostrils. With cast-iron stomachs developed from much travel, we bumped through the night without any mishaps, having had a meal of pond-fish cooked with water from the same pond, no doubt. We couldn't exit the bus fast enough on arrival at a small provincial town of about 50,000 inhabit-

ants (a tiny city by Chinese standards). It was here that we visited other rock hunters and took a look at their precious collections of rubies, emeralds and sapphire crystals and enchanting rock crystals of every form and color - just an inkling of what was to come.

Our next destination was to a hilly border town with a name that conjures up "slopes of hemp and chestnuts", where another crystal hunter showed us his treasures. Due to the different geological activity in the vicinity, each location offered different crystals. Here, we saw purple and green jade as big as a boxer's clenched fist, and blue jade that I had never come across before. But the most intriguing piece was a boulder that proudly held out five to six different precious gem crystals such as topaz, tourmaline, aquamarine crystal clusters, with each cluster the size of a coconut.

The return journey wound through 150km of treacherous mountain roads in the freezing night air. My frozen face eventually thawed out with a



local delicacy of chicken hotpot cooked with coconut milk and mountain herbs that Yunnan is famous for.

Onward we traveled, in cloud-laden weather typical of this province which has been known as “Southern Clouds” since the days of Genghis Khan. Our minibus was fully laden with live chickens in gunny-sacks strapped on the roof and local Miao minorities balanced on tiny stools where seats were not available. They were obviously unused to bus travel, as two thirds of our busload ended up being sick. My experienced rock hunter friends were quick to jump to the front at the first sign of trouble but I was very much dependent on a window under my control. Between opening the window to escape the cigarette smoke and closing the window to escape the backflow, it was not easy to doze on this six-hour journey.

Along the road, a clear sparkling waterfall appeared from the jungle, and we followed its meandering course until it joined the reddish-brown silt-laden river called the Hong He (Red River) that forms the border between this stretch of Yunnan and Vietnam. As we neared Hekou, the border town with Vietnam, the rice fields were replaced by banana plantations for as far as the eye could see, their lush-green fronds set against a backdrop of blue mountains. Mule

carts laden with bananas for the market blocked the narrow mountain roads.

We arrived at Hekou in the evening to the bustle of a lively night scene of stalls and people dancing in the quaint esplanade that ran along one side of the Hong He. Here were shops selling all sorts of Vietnamese goods. It was rather strange traveling through kilometers of seemingly deserted country, then suddenly stumble on a busy township with trade crossing the borders at all hours. Here, I sampled crunchy bee larvae for lunch.

Traveling on a Malaysian passport in this region has its advantages, for I didn’t need a visa to get into Vietnam while everyone else did. So I ended up being the carrier pigeon for our purchases. I crossed the border twice a day to help take the rest of our luggage across when two of us decided we would rather tackle the unknown alternative route back into Nanning than to suffer in the sleeper bus again.

Across the border in North Vietnam, we went to a Miao market town. The Sunday market in Bacha, where villagers from miles around gather to socialize and shop for the week, was in full swing. There were five Miao groups to be found, easily recognizable from their traditional clothes. The market offered clothes, bags, bedding, all handmade with extremely intricate needlework,

home-brewed alcohol, all kinds of food for sale, including the heart-wrenching sight of crying puppies huddled and shaking, plus almost anything that is required for their simple lifestyle.

We ate and chatted with two Miao women who were aunt and niece from two different villages who come weekly to Bacha to sell clothing and alcohol. They shared our meal of horse meat and tofu, although I noticed they didn’t eat the horse meat.

We then ventured to Sapa, a rather rundown French colonial hill resort. As soon as we entered Vietnam, this French influence could be seen in the buildings. The countryside around is dotted with villages of the Black Hmong, a Miao minority group, set among mountains with terraced fields. We visited their villages, saw their schools and bought their handicrafts.

We then made our way to Ha Long Bay, a World Heritage site of the most beautiful and tranquil setting of limestone karst islands rising from the turquoise seas for as far as the eye could see. Our journey there and back out by train, taxi, local bus and motorbike was an adventure and challenge because beyond the Chinese border and outside the suburban reach of Hanoi, no one spoke any of the southern Chinese dialects or English. And as this trip was impromptu, we never learnt the Vietnamese names for these plac-



es. To make things more difficult, many people tried to take advantage of our lack of familiarity with the place. Through sheer determination and travel wiles, we made it to this magnificent spot.

My return to Beijing was at a record pace. We were almost stranded on the border crossing into the Chinese part of Pingxiang, but we graced our way through. We were glad to leave the deserted pitch-black border area and spent the night in Nanning. A 30-hour train ride then took me back to Beijing with my prize of crystal mountains.



Master Boon, The Building Whisperer, is a Feng Shui Master of note.

Already well known in Malaysia her country of birth, and Australia her country of Residence, as an effective teacher from a prominent lineage, a consultant and writer, her services are more and more sought after around the world.

Master Boon grew up steeped in the ancient wisdom of Chinese Philosophy, where the traditions and practices of Feng Shui, Taoism, Confucianism, Buddhism and Wushu were part of everyday life. In this environment Feng Shui became part of her, because she

saw the benefits it brought.

Her early calling was to science, becoming a leading researcher in blood plasma science and subsequently a corporate leader introducing life-saving technologies from the West to Asia and ANZ.

Now she is fulfilling her vision to enrich people's lives by spreading Chinese wisdom reinterpreted for our modern times.

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FINDING MOTHER NATURE'S MASTERPIECES

Rare and beautiful rock crystals, some of them Mother Nature's masterpieces, can be found in the high remote mountains of Yunnan province. The most exquisite crystals tend to be found in caves. These were typically formed millions of years ago from liquids that escaped from the magma flowing through the fractures and cavities deep within the earth. Eventually, these crystals are brought to the surface during volcanic eruptions or other geologic action, such as the formation of mountains and erosion.

It can be difficult to find a good piece of crystal. In China, knowing the right rock hunters can be very helpful as we managed to find extraordinary gorgeous pieces of handiwork from the earth's forge.

In recent times, crystal rocks have become popular with museums, academic institutions and private collectors. Some of the pieces we saw would sell in the collector's market for hundreds of thousands of dollars, particularly after they have undergone intricate carving by master craftsmen. Eventually, these treasures go into the collections of those who value their beauty and have the means to acquire them. They become progressively more expensive as they become rarer.

ROCK CRYSTALS – ROSE QUARTZ TO RUBIES

These are rocks with crystallized minerals found in areas that once were geologically active. They are formed by the very slow cooling and solidification of minerals. The crystal shape they take reflects the molecular structure of their major chemical component -- the larger the crystal the longer (in millions of years) it would have taken to form.

We are familiar with quartz crystals that are essentially silica with traces of chemical impurities that lend it myriad colors, such as trace iron in amethyst (purple) and citrine (yellow). Some contain gem materials like chrysoprase (green), onyx (ranging from cream/tan to black and other colors), amazonite (mottled green), and chalcedony (blues, and other colors). Other semi-precious and precious crystals such as topaz, aquamarine, sapphire, ruby, emerald, tourmaline, garnet, green and red beryl (lesser-quality emeralds and rubies) in their raw forms can also be found clustered to the rocks from which the crystals grew.

I prefer to use crystals to ordinary rocks as the mountains feature in my feng shui placements. This is because crystals, being a uniform solid material with a regular lattice of atoms, can have vibrational energies that ordinary rocks lack. The crystals' vibrational energy complements the energies evoked from my feng shui placement of the mountain.