

Feng Shui & Healing Touch

Blending the Art of Healing



An interactive exploration of Feng Shui Ba Qua
and HT that teaches how the areas of your home
and healing room mirror the chakras in your
body.

What is Feng Shui?

- Literally translated, “Feng” means wind, and “Shui” means water.
- Feng Shui is the 4,000-year-old Chinese art of placement and a philosophy that supports living in awareness and harmony with our surroundings.
- It is a Chinese mathematical system developed by ancient scholars through observation.

Universal Energy - Ch'i

- Ch'i is the flow of Energy within an environment
- Wind
 - you can see your breath on a cold day / feel the breeze / smoke / dust storm
- Water
 - you can see ripple in water / waves / rushing water falls

Feng Shui

- **IS NOT A RELIGION / SUPERSTITION**
- **NOR WILL IT BRING YOU GOOD LUCK / BAD LUCK**
- **IT WILL NOT INVITE SPIRITS IN OR WARD OFF EVIL SPIRITS**
- **Feng Shui is a Life Style – a personal choice**
- **The practice of Feng Shui allows you to enjoy a positive and balanced environment**
- **Helps you recognize a fluid and flowing layout of your home using calm and inspiring colors, along with mirrors, plants and art objects to reflect a positive environment**

Feng Shui Guidelines

- **Nothing is Set in Stone.** Stand back and take a good look at your home to see what works feels right to you to bring your home in harmony and balance.
- **Use what you have as it already has your energy**
- **As with Healing Touch - Use your innate intuition**
 - what speaks to you / your heart / your life style / your sanctuary
- **As you grow / evolve / change – your environment will change as well**

Good Feng Shui

By achieving order in your environment, you will see a balance in your physical, mental, emotional, and spiritual well-being

Good Feng Shui creates a welcoming positive environment -
Not only in your home, but in all areas of your life:

Home

Work

Friends & Family

WHAT IS HEALING TOUCH?

- Healing Touch is a relaxing, nurturing energy therapy that uses gentle touch to assist in balancing physical, mental, emotional, and spiritual well-being.
- Healing Touch works with your energy field to support your natural ability to heal.
 - it is safe for all ages and works in harmony with standard or allopathic medical care.

Healing Touch Core Values

- Spreading Healing, Light and Love, Creating Wholeness on Earth through heart-centered service, education and professional development.
- Integrity
- Heart Centeredness
- Respect of Self and Others
- Self Care
- Service
- Community
- Unconditional Love

Healing Touch California Vision

- **United**, we are a field of consciousness that uplifts, energizes and radiates healing energy as we work together to fulfill Healing Touch founder Janet Mentgen's vision to "bring Healing Touch into every home."

How Feng Shui and Healing Touch join in Harmony

- The individual will:
 - experience greater sense of well being
 - have more energy, creativity, inspiration and clarity in their life
 - experience more harmonious relationships
 - have a sense of balance and support in their life.
 - have a sense of being more efficient and productive in their lives.
 - realize an increase in prosperity and good fortune

Energy that Blends the Art of Healing

- Both teachings are based on time tested principles of how we perceive and respond to others and our environment.
- Feng Shui and Healing Touch help identify positive and negative influences in the body and the environment.
- It then offers suggestions on how to correct the negative environmental influences as well as enhance the flow of positive energy to support good health and well being.

Energy Field

- The Process is called laying-on of hands, faith healing or spiritual healing.
- The procedure involves rebalancing the energy field (Human Energy Field)
- Every thing is living in a sea of energy

Barbara Ann Brennan

Hands of Light

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Universal Energy Life Force - Ch'i

- Each and every person and environment has it's own unique energy, opportunities, challenges.
- By increasing your awareness of your surroundings, connecting with the Universal energy source and using the innate wisdom within you, as well as calling upon the wisdom of nature, you can create surroundings that reflect your highest potential and support your personal and professional goals.



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Ch'i energy

- **Ch'i is the 'life force', 'life breath'** or energy that exists in everything. Everything: you, your home, your possessions. Everything (animate and inanimate) is alive with the vital energy called Ch'i.
- Ch'i is everywhere and in everything. All the people, places and things that surround you are alive with the memories you hold and are therefore 'talking to you' all the time.
- In the philosophy of Feng Shui, with the proper placement of your possessions, you are encouraging and enhancing the Ch'i energy in a space that creates a positive energy flow which supports your vitality and well being.

Yin/Yang

- A balance of the yin and yang energy is essential to creating a harmonious environment. The Yin/Yang symbol is universally known as the Tai Ch'i symbol. It is the balance between the male and female aspects of life. One cannot exist without the other.

Barbara An Brennan

- Love is the face and body of the Universe. It is the connective tissue of the universe, the stuff of which we are made. Love is the experience of being whole and connected to Universal Divinity.

Hands of Light

1987 Foreword

Five Elements

- Nature expresses itself through the elements of **Fire, Earth, Metal, Water and Wood**.
- Each of the five elements is expressed in your surroundings through color, shape, energy furniture, fixtures and objects.
- A balanced environment has all five elements represented as specific elements can be strategically placed to create even greater energy flow.

Five Elements

Fire

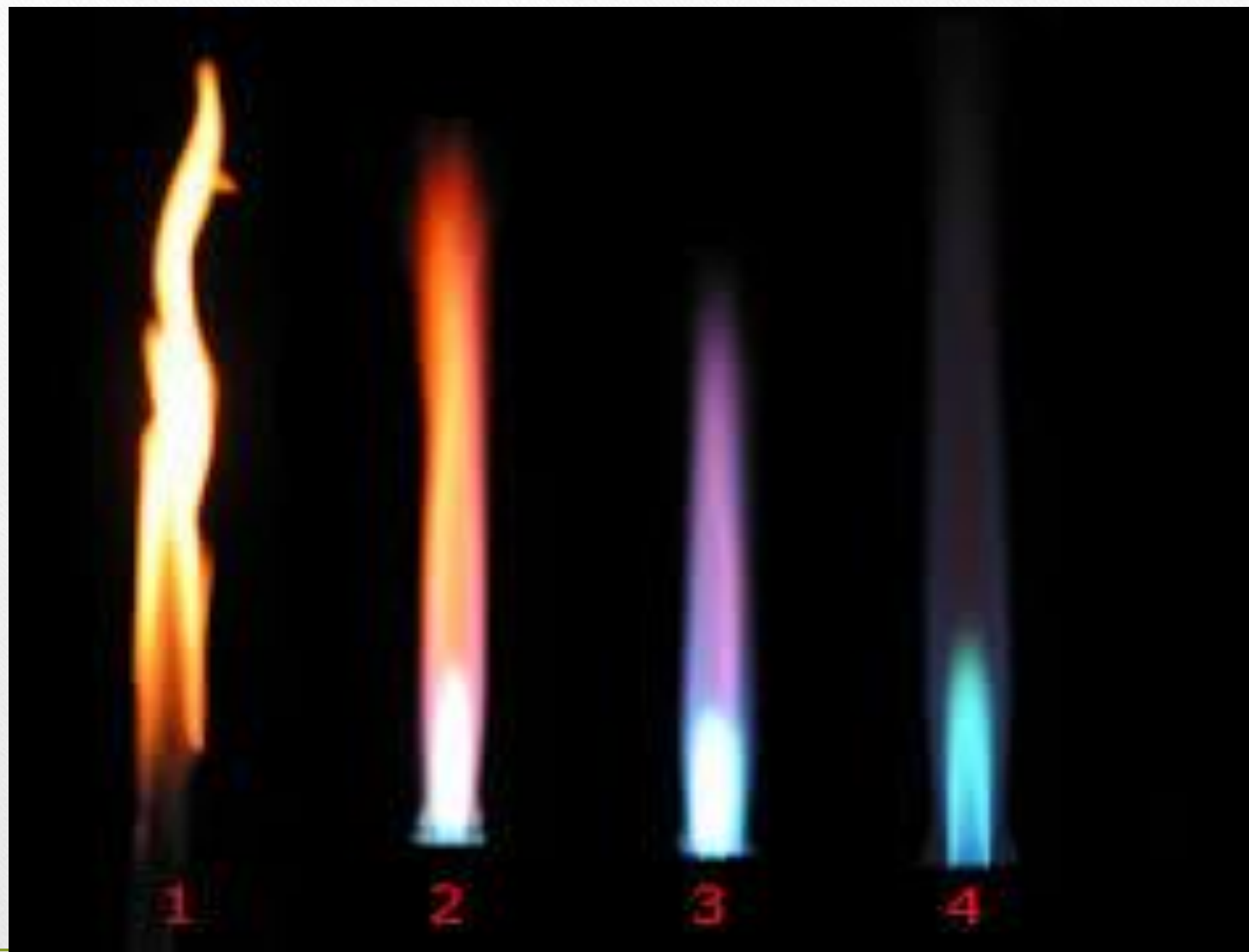
Earth

Metal

Water

Wood

AKA - Known as elementals



Fire

- Items include fireplaces, candles, lamps with red shades and natural sunlight
- Pets and wildlife are part of the Fire element, as are items found in nature that are made from animal and birds, such as leather furniture, feathers, wool.
 - Items do not necessarily need to be real they can be artificial that have the appears of real animals and birds.
- Any artwork that reflects animals, light, sunshine, fire or people
- Decorative items such as a pyramid, triangle or cone shaped
- Items that contain the red coloring



Earth

- Earthenware objects and ceramic. Stucco, brick, tile and adobe items
- Earth tone, tan and yellow colors
- Any item that is square, rectangle, long or has a flat surface
- Any art work that reflects the landscape



Metal

- Anything made of metal, iron, silver, gold, brass, copper, steel, aluminum, etc.
- Crystals, gemstones, precious and semi-precious stones. Rocks, granite, stone, etc.
- Any artwork made of stone or metal
- Items that are circular oval or have an arch shape



water

Water

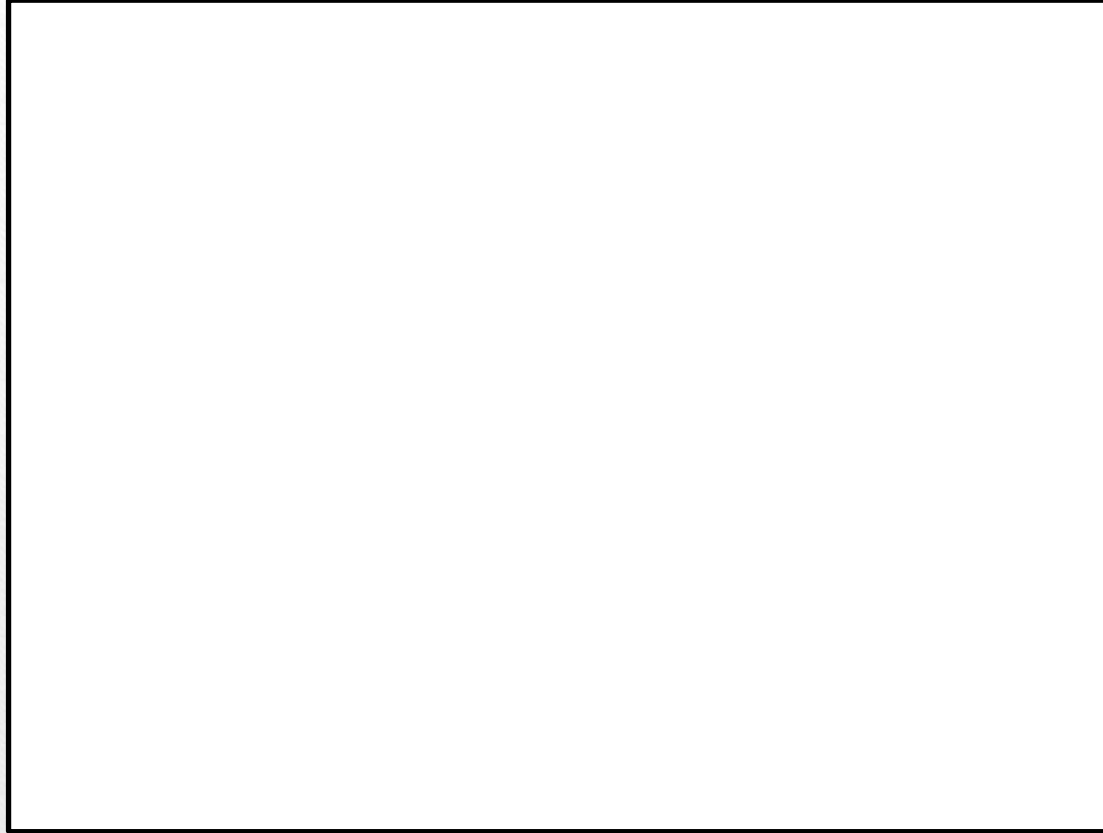
- Items could be in aquariums, clean running water fountains, pools, rivers or streams (be careful that the water element does not overwhelm the environment)
- Items that are reflective such as mirrors, crystals, glass, etc.
- Any artwork that gives the appearance of free-form and flowing or is asymmetrical in shape
- The darker tones of dark gray and blacks represent the water element



Wood

- Furniture made of wood, including live plants and trees.
- Artificial silk and plastic plants
- **dried flowers are acceptable, however they do have a short life span.**
- Any artwork that reflects plants, flowers, gardens, etc.
- Decorative items that are round such as stripes, poles, pedestals, beams, etc.
- Cloths items that contain a floral print used for furniture, table clothes, curtains, etc.
- Items that contain the blue and green colors.

Back of building



Left

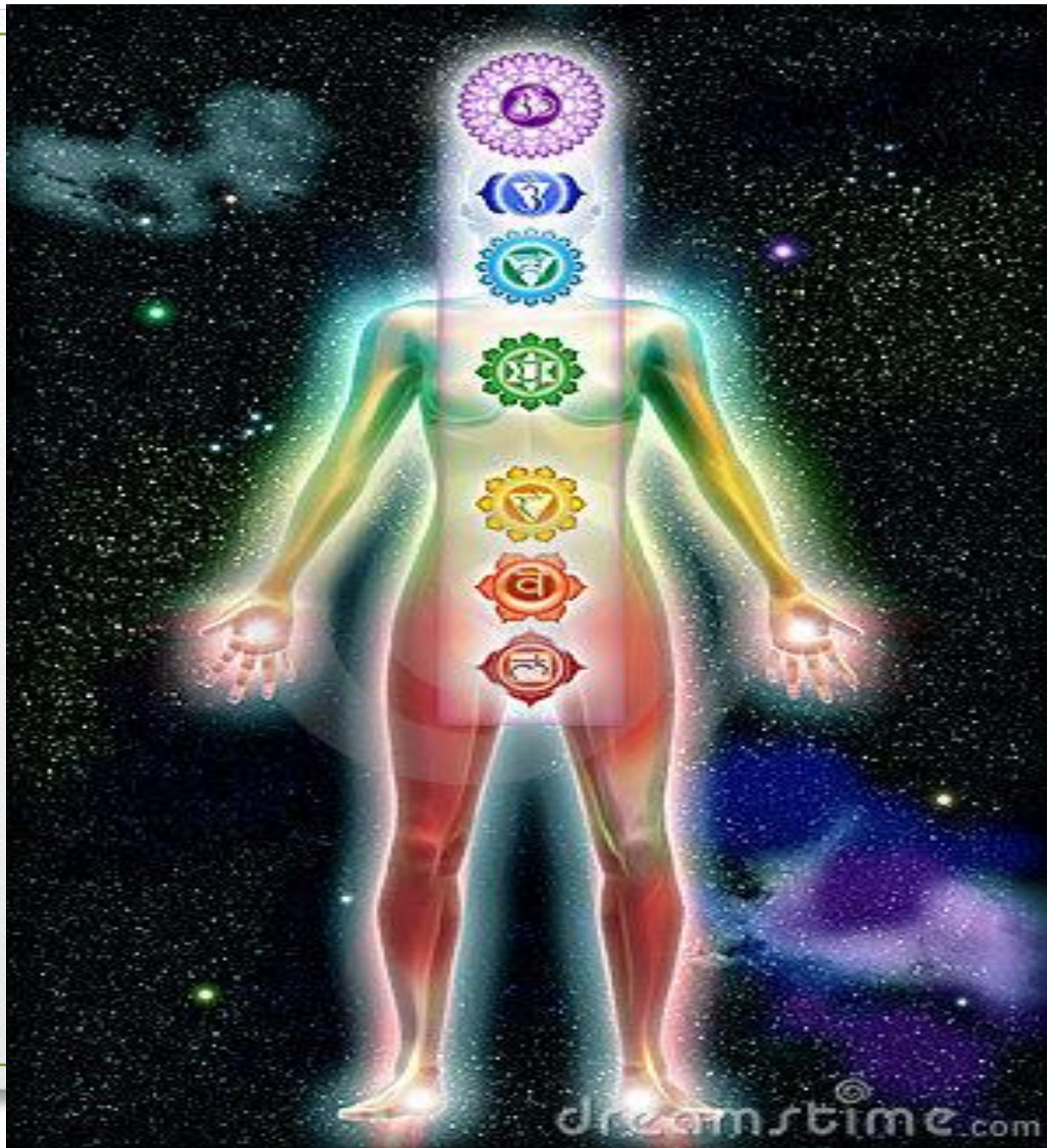
Front of building

Right

Ba Gua and Chakras flow in unison

- The Ba Gua map is a pattern of understanding how Ch'i (energy) manifests and moves through our homes.
- The Chakra system shows how energy moves and manifests in our bodies,
- As the energy flows in unison, the essence of Ch'i flows smoothly in our lives and our homes and **Blends the Art of Healing** throughout.



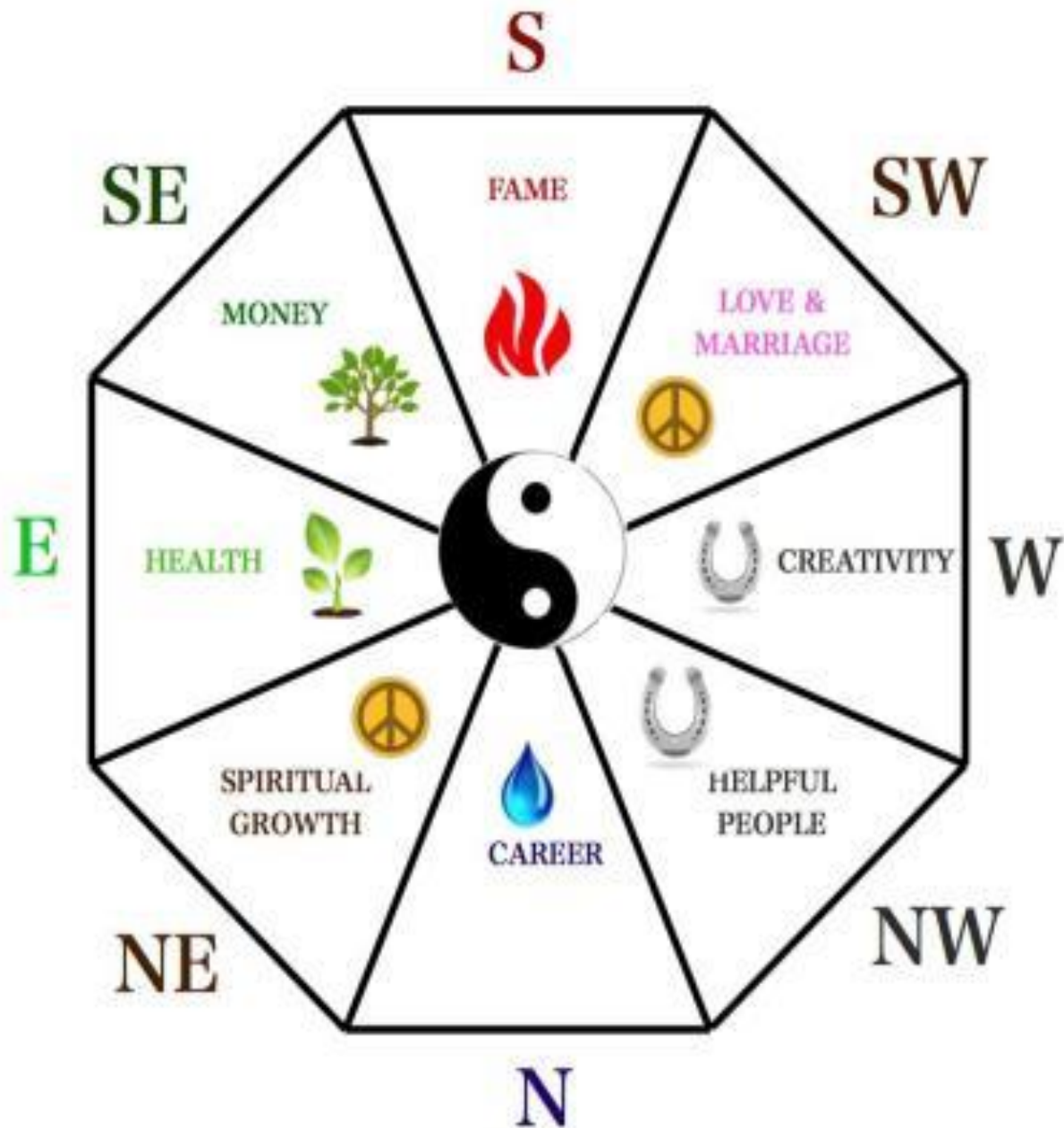


Ba Gua Energy Maps

- There are essentially 3 different types of Ba Gua energy maps
 - Form School
 - The oldest known teachings of Feng Shui - approximately 6,000 years old. Originally used to find suitable orientated tombs for burying ancestors that would have a direct effect on future generations wealth and fortunes.
 - Classic Ba Gua Map
 - Uses specific compass directions
 - Starting at your front door reading
 - Western - BTB
 - Black Sect Tantic Buddhist School
 - Uses square Specific foot print

Ba Gua Life Map

- **Also known as Pa Kua:** A mapping system called the “Ba Gua” identifies the 8 key areas of life, Wealth, Fame, Relationships, Children/Creativity, Helpful people, Career, Family and knowledge.
- When each of these 8 key areas are in the proper placement in a home or workplace, the people feel a sense of balance and harmony in their life.
- **Translated from Chinese, Ba Gua literally means "8 areas."**





Wealth
Blue, Purple, Red
Wood element



Fame
Red
Fire Element



Marriage
Red, Pink, White
Earth Element



Family
Green
Wood element



Health, Well-Being
Yellow, Orange, Brown



Children
White
Metal Element



Knowledge, Self-cultivation
Black, Blue, Green
Earth Element



Career
Black
Water Element



Helpful People, Travel
White, Gray, Black
Metal Element

<p>Wealth/Blessings Prosperity <u>Solar Plexus Chakra</u> "Gratitude" Wood Blues, Purples & Reds Number 4 Wind</p>	<p>Fame & Fortune Reputation <u>Crown Chakra</u> "Integrity" Fire Red / Violet Number 9 Fire</p>	<p>Love & Marriage Partnership <u>Sacral Chakra</u> "Receptive" Earth Reds / Pinks / Whites Number 2 Earth</p>
<p>Health / Family Life <u>Heart Chakra</u> "Strength" Wood Blues & Greens Spring Number 3 Thunder</p>	<p>Center Life Force - CHI <u>Heart Chakra</u> "Unity" Earth Yellow / Orange Earth tones</p>	<p>Creativity & Children <u>Heart Chakra</u> "Purity & Joy" Metal White & Pastels Autumn Number 7 Lake</p>
<p>Knowledge Self Cultivation <u>Third Eye Chakra</u> "Stillness" Earth Black, Blues & Greens Number 8 Mountain</p>	<p>Career Life Purpose <u>Root Chakra</u> "Depth" Water Black & Dark Colors Number 1 Winter</p>	<p>Helpful People Travel <u>Throat Chakra</u> "Harmony & Synchronicity" Metal Colors Number 6 Heaven</p>

Ba Gua Life Map

- The Ba Gua map is placed over a footprint of the home or a specific room or office.
 - Based on the goals of the individual – various design elements are recommended to support the goals.

Center Ba Qua

- The Heart of your home

Heart Chakra

- This is known as the Tai Chi of your home
- The basis central support system
 - Surrounded by Creativity & Children
 - Health & Family Life

Center of Home Life Force - CHI

- **Unity**
- **Heart of the home**

Career – Root Chakra

- The Career Ba Gua is your foundation
 - The solid base on which you build upon
- The energy flows in unison with the root Chakra, your grounding
- Your entry door to your home

Career - Life Purpose

- Seeking purpose in your life
- Change your current job – career
- Volunteer or do meaningful community service work
- Have water features – fountains – waterfalls – aquariums
- Art work reflecting a body of water (pool – stream – lake – ocean)
- Objects that symbolize your choice of career
- Books written by experts in your chosen field
- Items that are Free form – flowing – asymmetrically shaped
- Mirrors, crystals - glass items
- Black and dark tones
- Quotes related to courage and following ones path

Knowledge – Intelligence Self Cultivation

Third Eye Chakra

- You are a student - Engaged in self growth
- Cultivate wisdom and peace of mind
- Books, tapes and other material that you are currently studying or that spark your interest
- Art of mountain or a quiet meditation garden
- Pictures of people you consider to be accomplished and wise
- Items black – blue – green
- Quotes meditative inspirational

Health Family Life

Heart Chakra

- Fresh flowers
- Artwork depicting your concept of ideal health
- Posters / painting of gardens and landscape
- Floral prints and stripes – including linen, wallpaper and upholstery
- Anything made of wood - (table, chair, bowls vases)
- Pillars – columns – pedestals
- Photos of friend and family
- Blues greens
- Quotes / saying affirmation concerning honesty and forgiveness

Wealth & Blessings

Prosperity

Solar Plexus Chakra

- Generate money
- Enhance the feeling of gratefulness for the flow of abundance and prosperity into your life
- Water features promoting moving water
- Wind chimes – prayer flags – banners that symbolically call in wealth and prosperity
- Beloved possessions (antiques, art – crystals – coins)
- Blue, purples and reds
- Sayings – quotes

Fame & Fortune Reputation

Crown Chakra

- Crown Charka – the energy through which you reach the highest expression of who you are
- Giving yourself the freedom to follow your divine bliss
- Follow our higher expressive self
- Connect with your own divine essence

Fame & Fortune

Reputation

Crown Chakra

- Be recognized at work
- Symbols of accomplishment - diplomas, awards, trophies – certificates
- Display people and animal art work
- Items made from animals – leather, faux fur, feathers, bone, wool
- Images of people you respect
- Objects that are triangular or conical in shape
- Subtle – bright – deep Red
- Sayings related to integrity

Love & Marriage Partnership

Sacral Chakra

- Attract romantic relationship
- Improve current relationship
- Artwork portraying love and romance
- Pairs of things
 - candlestick - flowers – books – statues
- Mementos from healthy romantic experiences
- Photos of you and your love – Quotes you love
- Reds – pink – white

Creativity & Children

Heart Chakra

- Creative projects
- Explore inner child
- Art objects that are creative – whimsical- playful – colorful – stimulate your creative juices
- Toys – dolls that bring out the inner joy in you
- Photos of children – Joyful Quotes
- Rocks – stones
- Circular – oval shapes
- Metal items
- White – light pastels

Helpful People – Benefactors Travel

Throat Chakra

- Attract mentor – clients – customers – employers – colleagues
- Connect with spiritual system
- Move into new home or work location
- Art that depicts religious or spiritual figure you love (angel saint goddess teacher)
- Photo of your helpful people art of place you would love to visit – live
- White gray black
- Quotes of miracle, heavenly experience synchronicity

Food for Thought

“We shape our dwellings and afterwards our dwelling shape us”

Sir Winston Churchill

Chinese Proverb

When there is light in the soul,

There is beauty in the person,

When there is beauty in the person,

There is harmony in the home,

When there is harmony in the home,

There is honor in the nation,

Where there is honor in the nation,

There is peace in the world.

Janet Mentgen and the Healing Touch Story

- Janet Mentgen, RN, BSN was an energetically sensitive nurse. Her drive was to deepen and expand the connection between nurses and their patients. She saw the positive effect of touch while using various energy techniques and modalities. Janet began using her energy based healing skills in 1980.

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- Janet Mentgen revolutionized the medical model to include a clinical approach to energy based therapy. Her legacy lives on through the Certified Instructors and Certified Practitioners and thousands of students who are bringing a holistic approach to healing.
 - Healing Touch emphasizes compassionate, heart-centered care in which the provider and client are equal partners in facilitating wholeness. Healing Touch restores harmony, energy and balance within the human energy system and supports the self-healing process of becoming whole in body, mind, emotion and spirit. Healing Touch complements conventional health care and is used in collaboration with other approaches to health and healing.

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