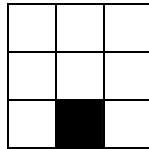




Five Elements – The Abundance of Water Energy

The Five Elements Theory has the same fundamental philosophy as the Yin Yang Theory - that of continual evolution and balance. Each natural element - wood, fire, earth, metal, and water - has specific attributes that vibrate with their own frequency of energy. In this way, elements interact with each other to affect the energy flow in your environment in a positive or negative manner. Let's see how the Water element affects our energy flow.

The Water element is represented in only one of the nine Bagua areas – Career & Life Path. It is physically located in the middle of the front of your home or office.



The primary colour of the Water element is black and is an energy of things moving downward and coming to rest. Its nature can be either masculine or feminine depending on whether it is moving or still.



Water is a natural element that flows, moves and circulates everywhere. The flowing quality reflects the essential nature of Water. This energy naturally symbolizes connection, sustenance, wealth and the flow of life.

Water represents the winter season – in the shorter day cycle and the concentration of forces before spring and a new life cycle.

Water qualities are described as fluid, reflective, deep, still, thoughtful. Indoor water is refreshing, while outdoor water gives a feeling of joy, life and beauty.

The Water element can influence your peace and clarity of mind, so it is particularly important to ensure that water features are kept as clean as possible.

When you wish to ‘*increase the flow of people and cash into your life*’, focus on the Water element, utilizing the energy of the black or dark blue colours and irregular shapes.

Water has two very distinct characteristics – moving and still. Moving water represents flowing money and is an excellent element to focus on to improve cash flow and the state of your financial situation. Still water on the other hand, can be associated with

increased wisdom and knowledge and the retention of wealth; and brings peace and serenity.

The flowing Water element is often used to create a new energy flow in your surroundings. This is particularly evident with the well-placed water fountain, which creates an uplifting effect in the environment. Fountains attract money, peacefulness and harmony into your environment.

“Flowing water means flowing money, and this factor symbolizes that money not only comes to you but also that your funds are effective and create results.”

~ Feng Shui for Dummies

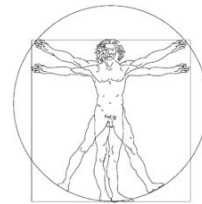


The still Water element, perhaps a lovely pond, is an excellent way to improve the chi on the property. Representing stored wealth, as well as clarity and depth of knowledge, you want this body of water to be as ‘clear’ as possible. It is also important that the size of the body of water is balanced with the size of the home.

Although Water is one of the most auspicious elements, excessive Water elements and colours can create a “weakened” attitude, feeling unclear about your direction and unable to make decisions. When these types of behaviours are being experienced, introduce additional Earth element into your space to create a more balanced environment.

Matters of Health

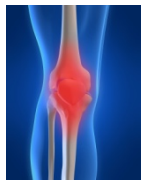
The Situation is *Inflammatory*



We have been hearing so much lately about inflammation and its role in disease. How many of us really even know what that means?

It is a good news, bad news, worse news kind of thing. Inflammation is necessary in response to certain stimuli to protect, and it is a needless and hurtful response if certain mechanisms go wrong.

For instance, if we receive a cut somewhere on the body – a protective inflammatory response is initiated. Now the skin around the cut turns red and swells. It can become worse and at times become infected. Then the protective inflammation responses, again, step up to the plate. So, inflammation is what turns our tissue red or causes swelling in a sprain. It is the Natural Defensive Attack System that will instantly kill a deadly microbe in its tracks if it is caught trying to infiltrate our body. Like Batman on the Joker. Wham and Splat.



Incredible isn't it?

That is the good news. Now for the bad news.

We forget that 'healing' has begun and the inflammation is our bodies healing mechanism.

Eek! We have inflammation. So off we go to the doctor, or the corner pharmacy to obtain a pill or ointment to – wait for it – STOP THE HEALING PROCESS. This is what we have been taught. Hardly our fault. After all – inflammation can be uncomfortable, sore, and painful. Inflammation canooze.



Eek again. And yuck.

Our body becomes confused. We let unnatural meds take over what our bodies have been biologically programmed to do for – well – forever. It takes us longer to heal. Why? Because inflammation is driven deeper down into our tissues.

Now the worst news. Inflammation has now become a harmful component in our bodies. It is no longer the helpful and healing component that it initially was. It is quiet. Hidden. There may be some discomfort – stuff we sluff off. Then, because of certain lifestyle habits, environmental influence, or genetic predisposition (something we have inside of us waiting for the trigger), inflammation is now fully awake. It becomes a larger destructive process as opposed to an appropriate and constructive one. Chronic, as opposed to transitory. We continue the behaviors. And now the body *seemingly* turns on itself – essentially trying to build other forces to combat the first inflammatory response. We now have inflammation attacking healthy cells.

As I said in my last article, we don't catch symptoms or conditions – they begin with first - our choices and secondly –

inflammation because of those choices. Inflammation harms us. Eventually – it can kill us.

The top three inflammatory conditions are heart attack, stroke and cancer. Something not a lot of people know – is you can have chronic inflammation measured if you suspect it's there. Ask your Doctor to requisition a C - reactive protein blood test. If a protein is detected in your blood (C-Reactive) – then you have inflammation. Normal levels should be less than 0.5. Anything higher should be considered a red flag. Something is out of balance.

Initial inflammatory cycles can be as obvious as chronic heartburn, obesity, digestive system diseases and conditions, sore joints, brain cell destruction, arthritic symptoms and – aging poorly. Macular degeneration is not something that occurs 'as we age'. Stiffness and pain are not things that we need to put up with – and certainly not something that we should just throw meds at to cover the symptom.

To manage C - reactive protein, and keep inflammation in check you need to manage your stress. Learn how to get a good night's sleep. That is huge. Eat right. You know how. EXERCISE and oxygenate your body – daily. And take care to get anti-inflammation supplements and complements into your diet daily. One of my favorites, and one I recommend in my cancer coaching practice – is Turmeric in capsule form. It is about par with any chemical anti-inflammatory. And a powerful antioxidant and digestive aid. And in addition: Vitamin E with its co-partner selenium, borage oil, fish oil (my favorite is cod because of the naturally occurring Vit A and D), DHEA replacement (for stress), vitamin K (chlorophyll liquid works great and can be added to daily green drinks) and nettle leaf extract – to name a few.

A few signs of inflammation include chronic pains in your body, a persistent cough, tummy discomfort, constantly clearing your throat, nauseated frequently, and so on. And remember – most importantly – as we become older, and hormonally imbalanced (men and women), we gradually lose the ability to turn off the inflammatory reaction unless we are taking great care. If you continue to make the wrong choices regarding your health, the bottom line is you are challenging your body to become very ill.

The Joker has a foot up on Batman. POW.

Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically – not just in bits and pieces. We are all complex and 'standardization' is not an option. In the case of pathology, natural and western medicine can both be utilized complementing the strengths available within each discipline, while ensuring the individual's health, safety and well-being. Focusing on orthomolecular strategies, Margo's approach is holistic, with the emphasis on prevention, restoration, and the harmony of body, mind and spirit.

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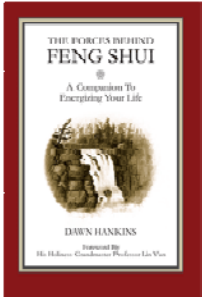
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from health and wealth to happiness and love.

Dawn Hankins is a fully qualified Feng Shui Consultant, a student of His Holiness Grandmaster Professor Lin Yun and a Red Ribbon Professional member of the International Feng Shui Guild. Dawn has an international background with business experience gained in Europe in a variety of professions including law and real estate. Dawn teaches Feng Shui at Mount Royal University in Calgary, Alberta and Olds College in Drumheller, Alberta.

Foreword by His Holiness Grandmaster Professor Lin Yun

The Forces Behind Feng Shui: A Companion to Energizing Your Life by Dawn Hankins is another one of those books that I love, which introduces the strong and powerful force behind Feng Shui, and which enables your life to receive support and strength. The author is tireless in her studies; my relationship to her is as a teacher as well as a friend, and she has also taken refuge with me as a formal disciple. In clear and simple words, this book expounds the importance of Feng Shui, and explains in realistic detail about the yin-yang, the five elements, the eight trigrams, and how each trigram is centered in ch'i. This book certainly is beneficial to the families of those readers with good luck, good karma, and good heart.

Grandmaster Professor Lin Yun

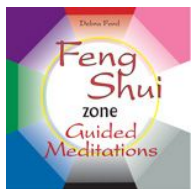
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