



When I began working as a Feng Shui consultant, I was apprehensive about performing chi adjustments rituals. This was due, in part, because I lacked confidence and experience. But the real reason I avoided rituals was that I had no idea where to buy cinnabar. To be honest, I wasn't even exactly sure what cinnabar was. All I knew was that cinnabar was a red powder that contained trace amounts of mercury — and you have to be very careful when handling it — and that His Holiness Grandmaster Professor Lin Yun included it on the list of required ingredients for the majority of his rituals!

It turned out that I was not alone. Discussions with other Feng Shui consultants in my network made me realize that many of us shared the same apprehensions, lacked a clear understanding of cinnabar, and didn't know where to buy it!

I have reached a stage in my Feng Shui career where I have to start performing rituals in order to better serve my clients. So, being a writer/researcher as well as a Feng Shui consultant, I did what comes natural to me: homework! I have spent hours leafing through books and surfing the Internet. I have compiled the following facts and thoughts about the use of cinnabar as a Feng Shui ritual ingredient and trust this information will help you better understand this mysterious red powder.



What is cinnabar?

There is plenty of scientific data available on the Internet to explain what cinnabar is, but here is the layman's version:

There are two types of cinnabar: one is a plant resin and the other a mineral. The plant resin variety is used to make Chinese carved lacquer ware and beads. There is also a red artists' pigment called cinnabar or, more commonly in the USA and Canada, vermilion.

The cinnabar used for Feng Shui rituals is the powder form of a mineral with the scientific name red mercury sulfate (HgS). This means that it is a compound of mercury (Hg), a poisonous heavy metal, and sulfur (S), a smelly but useful yellow non-metal. When heated, cinnabar separates into mercury and sulfur dioxide.

How is cinnabar made?



flickr.com/photos/hypocentre/4846743604/

Cinnabar naturally occurs in the earth. It is most often found in massive, granular or earthy form. It is bright scarlet to brick red in colour. It generally occurs as a vein-filled mineral deposit associated with recent volcanic activity or alkaline hot springs. As such, it is a 'renewable' natural resource!

Prior to pulverizing the 'raw' cinnabar to make the powder, it resembles quartz in its symmetry and optical characteristics.

Where does cinnabar come from?

Cinnabar is mined in several countries including: the USA (Alaska, Arkansas, California, Nevada, Oregon, and Texas), the Philippines, Spain, Egypt, Peru, Serbia, China, to name just a few.

Is cinnabar poisonous?

Yes! Because of its mercury content, cinnabar can be toxic to humans and animals. Ingesting even a small amount could prove fatal. It can also be absorbed through the skin and mucous membranes ... so sniffing it is definitely not recommended!

How should I store cinnabar?



Cinnabar powder for Feng Shui rituals is usually shipped in capsules or powder form in a zip-top bag. To be on the safe side, store your cinnabar in a tightly sealed bottle and keep it out of reach of children and animals.

As a further safety precaution, wear a surgical glove when handling cinnabar. This protects you against any cinnabar coming in contact with an open wound. The glove also keeps your hand from turning red ... and smelling like the alcohol you are also using in your ritual! Be sure to properly dispose of the glove, wash your hands, and rinse your ritual bowl immediately after use.

Why is cinnabar used in Feng Shui rituals?

The most detailed information I could find on this topic was from the book *Living Colour: Master Lin Yun's Guide to Feng Shui and the Art of Colour* by Sarah Rossbach and Lin Yun.

To summarize from page 40 of this book: *"The practice of mystical cures goes back to third century B.C., when coloured powders were employed by Chinese alchemists. Today a number of Black Sect mystical cures still use coloured powders, such as ground cinnabar or realgar. These powders are deemed to possess medicinal or chemical powers. Realgar is primarily used to improve and strengthen chi. Cinnabar is more often employed to expel bad chi and evil forces, and to bring in good fortune. Often, however, the powders are interchangeable. If you substitute one for the other, it may strengthen the result of your cure."*



May I use any type of red-coloured powder for rituals?

While other consultants or Feng Shui schools may use substitutions, I *personally* choose not to do so. I would not, for example, use chili powder in place of cinnabar. Some highly enlightened and skilled Feng Shui consultants may use substitutions with great success. I respect their choice(s), but I do my best to follow Professor Lin Yun's teachings of Black

Sect Tantric Buddhist (or BTB) Feng Shui ... and I choose not to.

Professor began learning about Feng Shui when he was a young boy and the wisdom he shared with people over his lifetime had been passed down verbally from many generations of Feng Shui masters. Considering that Feng Shui is traditionally a verbal transmission of 'secret' information/cures, Professor did not *write down* the reasons why he chose to use specific items/objects as cures or as part of a ritual. It is my understanding that the use of cinnabar is one of these age-old traditions. So, there *must* be something metaphysical, magical, and powerful about cinnabar!



In my opinion, substituting cinnabar in a ritual is like 'intending' to bake a cake and substituting the baking powder with, for example, cornstarch. You may have every *intention* that your cake will rise and come out perfectly, but you will be disappointed!

While I understand that *intention* and *visualization* both play an integral role when performing Feng Shui cures or rituals, these two 'items' are not on the Professor's list of ingredients for effective rituals. So for me, 'visualizing' that chili powder is cinnabar will not be as effective.

The symbolism of cinnabar: from a layman's perspective

While researching and writing this article, I have found myself obsessed with thinking about cinnabar. I contemplate it while I fall asleep at night and while I walk the dog. While I do not profess to be a Feng Shui master, a chemist or a sage, what I surmise from my research is this:

Cinnabar was recognized as a mystical powder because it is produced from volcanic and/or hot springs activity. The heat that results in the creation of cinnabar comes from the very heart (centre) of the earth. Its red colour depicts both the heart (blood) and burning embers of a fire. As a result, it has the ability to both foster positivity and cause destruction. The 'magic' of cinnabar is that it opens doors of opportunity for the future while putting negative experiences of the past to rest.



Terri Perrin is certified as a Feng Shui Practitioner through Mount Royal University, in Calgary, Alberta. Committed to continual learning and expanding her knowledge of Feng Shui, Terri is a member of the International Feng Shui Guild and Feng Shui Connections Canada. She is also proud to be a student and disciple of Grandmaster Thomas Lin Yun.

Terri now lives in Comox, B.C., and is available for home, garden and business consultations. She also presents a variety of Feng Shui workshops. Contact Terri at 250.218.4952 or terriperrin@faoifengshui.com . www.faoifengshui.com

Year of the Dragon brings promise of change

by Janet Davison, CBC News



In myths and fairytales, dragons may breathe fire and hold fair princesses captive until they can be rescued by their handsome heroes.

*The dragon is a symbol
of power and superior control.*

~Stephen Chu
President, Mississauga Chinese Business Assoc

But when the dragon of Chinese astrology arrives with the Lunar New Year on Monday, January 23rd, the mythical creature will bring with it optimism and hope for better times ahead in 2012.

The dragon is the most auspicious and powerful of the 12 signs of the zodiac, one associated with high energy and prosperity. It's also the only mythical creature in the Chinese astrological stable that includes horses, rats and pigs. This year is considered especially auspicious because it is the year of the water dragon, something that happens once every 60 years.

... and from Eileen Conti Weklar, member of Feng Shui Connections

GONG XI FA CAI XIN NIAN KUA LE
Happy Chinese New Year 4710
Year of the Black Water Dragon

The Beast That Soars Across the Sky Offers Opportunities to All.

The Dragon year promises sudden change and new developments. Whatever your plans, this is a time to move forward. Remember to trust the process so you can ride the waves instead of fighting the current. Be kind to the earth and each other. Perform one good deed each day. And, as always, find something ridiculous to do every day – no excuses.

Wishing you prosperity and good health for an extraordinary year in an extraordinary time!

Eileen Conti Weklar
Feng Shui Designs and Solutions
703.307.1638
www.fengshuidesignsandsolutions.com

Online Specials

The *Year of the Dragon* will be transformational – a year of change and mobility. This is an excellent time to clean, clear and bless your home. Declutter, clear with Sage, and bless your home with a Cinnabar ritual – great tools to help you welcome the promising energy of 2012.

Cinnabar Powder

This high quality Cinnabar Powder is a powerful ingredient used in BTB Feng Shui blessing ceremonies such as the Rice Blessing, to remove negative energies and enhance positive energies. It is used by Feng Shui Consultants and is for external application only – to be handled with care and not to be ingested.



Cinnabar Powder

Cinnabar Powder (5 gram jar) Introductory Offer - \$28.95



This jar of Cinnabar contains 5 grams, which is sufficient for five to six ceremonies.

Includes six (6) latex gloves (one-size)

[Order Today!](#)

Cinnabar Powder (1 gram capsule) Introductory Offer - \$9.45

This convenient single-use Cinnabar capsule contains 1 gram, which is perfect for one ceremony

Includes one (1) latex glove (one-size)



[Order Today!](#)

Smudging (purification) is a powerful way to transform energy in a space. It is a simple ritual used whenever you need to cleanse, balance or purify a space. It is a common practice used to purify a new home before moving in, in health centers to keep the space clear, and to remove negative, stagnant energy in places where or difficulties have been encountered. Sage is one of the most sacred and cleansing herbs used by many different cultures for clearing negative energy, purifying surrounding space and for starting something new. The clean burning sage smoke attaches itself to the negative energy of the area and cleanses it so that it becomes positive energy.

White Sage



White Sage is the most masculine and powerful cleanser and is acknowledged for its healing properties. This broad leaf sage is organic and is valued for its robust aromatic properties.

[Order at Special Price \\$4.45](#)

Dessert Sage



The feminine Dessert Sage is renowned for cleansing, strength and wisdom characteristics. This wild harvested sage is a potent smudge, used since ancient times as a healing herb and to drive out negative energies, spirits and influences.

[Order at Special Price \\$1.95](#)



Abalone Shell

The Abalone Shell is a traditional holder to burn smudge when transforming the energy in a space. The use of this natural shell provides a representation of the four elements; the shell for water, the wooden match for fire, the herbs and ashes for the earth, and the smoke for the air. The embers from the burning smudge are safe to fall into the shell and at an approximate length of 5", this Abalone Shell is the perfect size to hold when smudging.

[Order at Special Price \\$13.95](#)

Feng Shui Market & Publishing

Mailing Address 195, 612 – 500 Country Hills Blvd. N.E., Calgary, Alberta Canada T3K 5K3

www.fengshuimarket.ca

Phone 403.295.7336

email: info@fengshuimarket.ca