

# Wisdom

*of the heavens, earth, body, mind & soul*

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[Home](#)

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[Calendar  
of Events](#)

[Holistic  
Directory](#)

[Educational  
Programs](#)

[Journeys  
& Retreats](#)

[Class](#)

### The Earth:

## Feng Shui and Science: shining a new light on mysteries of Feng Shui

by Natalia Kaylin

Modern physics views the universe as ever changing and ever moving energy and probability particles. The whole universe is constantly vibrating and oscillating as a result of the interchange of subatomic particles where particles never exist as separate entities, but only during their interactions. In this energy is continually exchanged and flowing. In the words of Fritjof Capra, a high energy physicist, "particle interactions give rise to the stable structures which build up the material world, which are not remain static, but oscillate in rhythmic movements. The whole universe is thus engaged in a motion and activity; in a continual cosmic dance of energy".

The ancient Chinese believed that such flow and change were the essential features of nature, and also recognized constant patterns within these changes. **The I-Ching or Book of Changes**, a fundamental text in Chinese philosophy and literature, describes those patterns and the dynamics of the universe. Richard Wilhelm in the introduction to his famous translation of the I-Ching says "eight trigrams\* were held to be in a state of continual transition, one changing into another, just as transition from one phenomenon to another, is continually taking place in the physical world".

**Feng Shui has some of its roots in the I-Ching and recognizes those energy patterns in homes and surroundings. The ultimate goal of Feng Shui is to harmonize the energy with the surrounding environment in a positive way to promote better health, wealth, relationships, creativity and other life areas for the occupants. Thus, Feng Shui is a beautiful and complex system of knowledge that combines the essence of science, art and philosophy.**

**Why science?** Some of Feng Shui's rules come from hundreds of thousands of observations of how the surrounding landscape and soil structure influence weather patterns and, hence, the harvest and life. In addition, the shape of the lot and the shape of the house, positioning of furniture and objects in the house, etc. influence the occupant's health, success, and many other aspects of life. Drawing conclusions as a result of many observations is certainly the scientific approach.

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**Why art?** There are several ways to achieve the desired effect to benefit the occupants. Climate and culture are two important factors. Also, different people relate differently to nature, interior, art, so there is a personal factor as well. This is where the experience and intuition of a Feng Shui practitioner are extremely important. A capable practitioner can determine the best ways to enhance or balance the environment to suit the needs of the particular people who live or work there. The ultimate goal of Feng Shui is to create an environment that supports, energizes, and strengthens the occupants instead of draining them. A deep knowledge of human psychology is essential to be a successful practitioner.

**The philosophy of Feng Shui is to live in harmony with natural rhythms of the universe and to live with the truth of your heart.** Following the natural flow and order means to live in the way of the Tao (which means the path or the way). When people are connected with nature and live by their hearts, they are whole, balanced and happy.

### **How and Why does Feng Shui Work?**

The way that Feng Shui works can be explained by the principle of mutual interconnection and interdependency of all material and non-material things. This idea has been known to the east for the last few thousands of years. In the western world we recently realized this principle with the discoveries of Quantum Physics which emphasize this view of the interrelation of all things on all levels. Our surroundings, our homes and our places of business influence us as we influence them. Feng Shui reveals how the environment influences us and how to alter the environment to bring about positive change. **By aligning our heart dreams with the energy of our environments we can enrich our lives, uncover our potential and shape our destiny.**

Human experiences are based on our senses: it is what we see, hear, taste, smell and feel emotionally and intuitively. The range of the visible electromagnetic spectrum (visible light) is extremely small in comparison with the rest of the electromagnetic spectrum, and so we are able to perceive only a small portion of our environment. Other senses are limited as well. We are constantly building instruments to expand our senses, and this has helped us immeasurably in our study of the universe. We also know that the unknown part is still incomprehensibly large, and that there is still so much to be discovered...

Let's reflect for a moment on how fast our knowledge has progressed. Only 400 years ago we learned through Galileo and Copernicus that the Earth rotates around the Sun. Only 100 years ago Einstein published his Special and General Theory of Relativity and showed with his famous equation  $E=mc^2$  that energy and matter are in fact different aspects of the same thing, or in other words, that matter can be energy and can be transformed into other forms of energy. The world was changed after that.

The continuation of Einstein's work on Unified Field Theory became known to the general public only recently. So called **String Theory**, a pure mathematical expression of the universe, reveals such things that scientists are neither comfortable to present to the public nor yet to accept themselves. String Theory predicts that the building blocks of the universe are energy patterns that behave like vibrating strings. Also, the strings and therefore our universe may inhabit eleven dimensions of which we experience four (our three geometrical dimensions plus time dimension). But these ideas are not completely new to people who practiced or studied Buddhism, Taoism, Hinduism, Shamanism, etc. in various traditions for thousands of years not only knew that everything is energy, but they experienced "traveling" to those other dimensions and acquired other kinds of knowledge there, experiences

seem irrational when viewed solely from this dimension.

**Feng Shui incorporates both: logical and mystical.** For thousands of years masters, in a deep state of meditation, were tapping into the unknown, into those "other dimensions". Their minds became instruments as a result of training. The fact that many discoveries of modern science confirm their findings makes us less skeptical and more open to it. Science is developing so fast that tomorrow might find out something that will knock us completely off our feet just as we were by the discoveries of Quantum Physics, the Theory of Relativity, atom, photon, nuclei, elementary particles, etc. Perhaps some other mystical discoveries will not sound so strange.

There are a few things in Feng Shui that seem to be more mysterious than necessary. For example, I can perhaps explain how the famous Feng Shui crystal and space clearing bell work. The crystal focuses the visible light that falls onto it, as well as dispersing any other energy fields around it, not necessarily just in the visible spectrum. This is why if it is hung near something sharp or fast moving it charges the energy fields; it correspondingly softens it or slows it down. The pure and powerful sound wave of the space clearing bell interacts and breaks stagnant energy fields or standing electromagnetic waves and other kinds of waves in the building. This is one of the reasons why people feel the positive charge happens after the space clearing.

### **Chi as a Complex Energy Field.**

While studying with Feng Shui masters in China, I questioned them about **Chi**. Usually "Chi" is translated as "energy" in English because there is no single word to describe this phenomenon. The Chi of Feng Shui, for example, is a complex of electromagnetic fields in the visible and invisible spectrum: cosmic rays, heat radiation, humidity and a "life force" (which is almost unknown as yet to western science). It sounds strikingly similar to Einstein's concept of the "Unified Field Theory" that he was working on for the last 30 years of his life. His idea was that all of the known fields such as gravitational, electromagnetic, strong nuclear forces, etc. are just different aspects of one complex field. I am fairly convinced that in the case of Chi we are looking at the very same approach here: Chi is the Complex Energy Field that other physicists had hypothesized. String Theory is now able to combine these fields. In Quantum Physics the material world is condensed energy. Taoist master Chang Tsai expresses an identical view to that of modern physics: "When the Chi condenses, its visibility becomes apparent; there are then the shapes (of individual things). When it disperses, its visibility is no longer apparent; there are no shapes."

Ancient Chinese masters didn't know about electromagnetic fields and cosmic radiation, but they observed their influence and they experienced the aspects of Chi that modern science has yet to understand.

### **Yin and Yang or Constant Transformation and Change.**

Feng Shui has a deep connection with Taoism and I-Ching. Taoism was primarily concerned with observations of nature and human behavior. Discoveries of the Tao or the Cosmic Law are based on these observations. The main idea here is to recognize the natural energy distribution pattern of the current human situation and act accordingly. As a result you will move effortlessly in life, not wasting energy on fighting walls of obstacles, and you will enjoy harmony in all aspects of your life. Additionally, the Chinese observed a cyclic nature to the endless motion and change of the universe. Everything develops to its extremes, at which point it invariably transforms into its opposite. The ancient Chinese symbol "Tai-chi-Tu" better known as the Yin-Yang symbol, symbolizes this dynamic nature of the universe as an interplay of two opposites. Taoist sages also believed that any pair of opposites is a manifestation of the Tao.

the same thing or extreme parts of the one whole. Various combinations of the Yin and Yang which consider different situations in a human life are described in the I-Ching. There are numerous examples of opposites in modern physics: every subatomic particle has an antiparticle, negative and positive matter and antimatter. **Because Yin and Yang are nothing but different aspects of the same entity, nature and human dwellings are at their most harmonious when Yin and Yang are balanced.** Light and dark, tall and small, straight and curved are just a few examples of opposites in Feng Shui. In situations where people's Chi is not balanced, we can compensate the human Chi by introducing a certain imbalance to the interior to help balance the occupants' Chi.

Looking deeper into the experience of perceiving reality, ancient sages saw that opposites exist in the realm of the intellect where things are being judged, divided, compared and measured. They call this "relative knowledge". An "absolute knowledge" does not rely on the senses but is the result of perceiving reality in a non-ordinary state of consciousness that arises as a result of training the mind in various techniques of concentration and meditation. It is important to note that the greatest physicists had mystical experiences, and mystics used a great deal of logic. There are well known examples of scientific discoveries that were received as insights such as Newton's Gravitational Law, Mendeleev's Table of Elements, Einstein's Theory of Relativity and many others. Insight is very important in Feng Shui and why a Master has to have special training to be able to perceive reality directly as it is.

Every material object has an energy field or is energy itself, and there is constant interaction between these fields and the space field itself with the fields of the people who live or work there. **With a deep understanding of how our surrounding nature and homes affect us, we can manipulate the energy fields of our environment to balance and enhance every aspect of our lives including our health, relationships, prosperity, career and creativity.**

\*Trigrams are "binary code" of the universe which consist of a combination of lines: one is broken line which is "zero", another is solid or yang line which is "one". There is some evidence that A.C. Leibniz, who came up with the idea of binary code, that all modern electronic technology is based on the I Ching. Combinations of these two lines form eight trigrams, combinations of which form sixty-four hexagrams which describe all of the possible human situations. They form the basis of the I Ching divinations and interpretations of the I-Ching. Trigrams are used extensively in Feng Shui, the martial arts and Chinese medicine.

*Natalia Kaylin's background is in research and development in electro-optics. Her life-long interests in religions, psychology, anthropology and philosophy, which naturally evolved into studying and practicing Feng Shui. For years Natalia was finding the correlations between the modern sciences and what she calls eastern mysticism. Her scientific background and experience with eastern mysticism enabled her to use the knowledge and the expertise of both and by doing so she can access different parts of the same picture. Natalia Kaylin's services include residential and business consultations, workshops, classes and public lectures. She lives in Westford, MA and consults in the Boston area as well as throughout New England*

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