

Health, Wealth and Happiness: An Energetic Perspective

The bagua is a symbolic, energetic map that you can apply to all spaces. “Ba” means eight and “gua” means section ... so it translates as eight sections. It is often portrayed as an octagon with a ninth or center section.

The bagua traces back to the I Ching, the oldest book of divination (or the study of heaven, earth and man). The I Ching is an observation of human behavior and the constantly changing structure of the universe. The I Ching is about how things are at the moment and the way they tend to change and transform themselves. The concepts of the I Ching are known as “Taoism” (pronounced “dowism”) or “The Way.” Think of it as the way we proceed through life.

Each area of the bagua represents a particular energy pattern and is symbolically related to every aspect of our lives. In feng shui we use the bagua to diagnose the energetic qualities in our living and working spaces and to relate these energies to various aspects of our lives. The bagua energies are represented through the five elements of water, wood, fire, earth and metal. The energies are also related to compass directions, seasons, time of day, colors, placement in the Chinese family, body parts, and organ networks.

Although the bagua has very deep meaning for our inner selves, you can begin to learn about it by relating it to your space and to your life issues. Today, each area of the bagua has a popular term that relates to a category of our life. The popular terms are: our Career or Journey through Life, Knowledge or Wisdom, Family, Wealth and Prosperity, Fame and Reputation, Relationships, Children and Creativity, Helpful People and Travel. Our health permeates throughout the space and is represented in the center.

The easiest way to work with the bagua is to take your plot plan or your house plan and square it off. Position your plan so that your front door (the architectural front door) is at the bottom. Next, divide the space into nine equal squares. Beginning in the bottom left corner and traveling clockwise, write the terms “Knowledge/Wisdom.” In the box above knowledge, write the word “Family. Continue as follows:

Wealth and Prosperity	Fame and Reputation	Relationships
Family	Center	Children & Creativity
Knowledge/Wisdom	Career/Life Journey	Helpful People & Travel

Next, travel throughout your space, examine it and study what you have placed around you and try to relate these things to your life. For instance, if your front door is in the front center of your house, you are symbolically entering your space from the “Career” area or your “Journey through Life.” As you walk in, notice if your door opens fully or if it is obstructed in any way. Your entrance could be obstructed by things placed behind the door, things in front of the door, a lock or a bell that no longer works, a squeaking

sound, by damage or wood rot, and many other things. Next, take note of what first catches your eye. Is it an uplifting or positive image or is it one that pulls your energy down? Where is your eye directed? Is this where you want your eye to go? Symbolically, everything in this area is related to your journey through life. Are you happy with what you do every day or would you love to be doing something else. If you desire to be doing something else, you can use this area of your home or office to place items that remind you of what you'd like to be doing. By doing so, you begin to shift the energy pattern and begin to introduce this concept into your life.

Healthwise, the Career area is related to your ear as well as to your kidney network. If you have any trouble or obstructions in these areas of your body, you can begin to improve them by making adjustments in your space.

As you walk around each area of your space, think about how it relates to the specific aspect of your life. Can you walk through freely and unobstructed. Look at everything you have in your space. What messages do your possessions send? Do you love, use or need everything that is around you? Does your space reflect where you are headed with your life or does it represent where you've been?

To move forward, surround yourself with images and representation of where you are headed. You are likely to get there more quickly.

Just as the Bagua helps us understand our living space in ways that correlate to the deeper aspects of our lives, the human energy system also contains a 'map' relating to various aspects of our physical, psychological and spiritual selves.

Eastern Medicine has had this system of energy as its foundation for centuries. It is both directly accessed in treatments such as acupuncture, as well as taken into account when prescribing other forms of treatment programs.

The 'organs' of the Human Subtle Energy System are called Chakras. The word roughly translates to 'spinning wheel' or 'wheel of light'. This basically describes the movement of electromagnetic energy through a particular part of the body. The chakras are not organs in the same sense as the stomach, spleen or liver. They are more like spaces and are located in the same area as the seven Endocrine Glands and Major Nerve Plexuses.

These energetic centers each add a layer of energy to the field that both surrounds and penetrates the body. Each chakra has an 'area of influence' in the physical body, on our thoughts and feelings, as well as functioning as a sort of invisible computer disk that records and stores our life experience. As noted author Carolyn Myss has stated this energy system is how our "psychology becomes our biology".

By viewing our lives from an energetic perspective we have broader options for understanding and reshaping what is not serving us. We can learn to manage our energy to improve vitality, enhance healing responses, revive a tired mind and raise weary spirits.

Our personal health, relationship to money/others, self worth/esteem, emotional intelligence, ability to communicate or use higher level functions such as intuition and creativity are all related to a strong, coherent flow of energy through our systems.

The Anatomy of the Chakra System

The root charka is located at the base of the spine and rules the legs, knees, feet, skeletal system and teeth. It is the physical foundation of the body, determines our physical vitality, sense of safety and belonging, and family belief systems. It correlates to the wealth sector in the Bagua and so to our ability to manifest in the material world.

The second charka is the Sacral and is located about two finger widths below the naval. It is responsible for the sacrum, hips, lower back sex organs and intestines. It is a determiner of our emotional vitality. The emotional issues that register here have to do with intimate one to one relationships, betrayal, trust attachment and boundaries. It correlates to the Family/Social area of the Bagua.

The third charka is the Solar Plexus. It rules the Pancreas, Spleen, Liver, Gallbladder and Mid Spine. This is the mental layer of our field. It governs issues of risk taking, generosity, personal integrity, ability to commit and feelings of self worth and esteem. It correlates to the Career or Will center in the bagua.

The fourth charka is the heart center. It rules the chest, heart and lungs. The emotional issues are self love and acceptance, ability to connect with both self and other, balance of giving and receiving as well as compassion. It correlates to the Relationship sector of the Bagua.

The throat charka governs the thyroid, trachea, esophagus, neck, and jaw.

The throat charka rules communication, self expression, hearing, and ability to be aware of both the subtle and material world. It correlates to the area ruling Children and Creativity in the Bagua.

The brow charka controls physical sight, the brain, Pineal gland, ears, nose and throat.

Psychologically this energy center harmonizes intuition and higher mental faculties of insight, inspiration and the development of wisdom and clairvoyance. It correlates to the Knowledge section of the Bagua.

The Crown charka rules the Pituitary and cerebral Cortex. It helps in the ability to go beyond sequential time, transcend fear, experience unconditional joy, and higher states consciousness. It correlates to the Fame section in the Bagua.

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