

Fun Schway, the North American way

# Fun Schway

the North American way

## **The Mystical Movement of Energy:**

The ancient art of living in harmony with your environment

## **The Triangle Evolves**

The GREAT ABSOLUTE = *Formless Substance*

is an essence which is undivided.

This *Silence* (static) produced *Formless Intelligence*,  
the Creator, which is your inner *Intuition*.

Your thoughts create  
and your ideas become *Form*.

Another sees your *Form* (ideas)  
From their *Formless Substance* (silence)  
comes *Formless Intelligence* (creation-intuition)  
and their thoughts and ideas become *Form*

Another sees their *Form*

- and -

The Triangle Evolves.

## **FENG SHUI**

the mystical movement of unseen energy

Fun Schway, the North American way

**Creation never ending.**

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# **Fun Schway**

**the North American way**

## **Contents**

Introduction

Inspiration

Surroundings

Elements

Awareness

Relationships

Knowledge

Attraction

Cleansing

Wisdom

Questions and Answers

## Introduction

Ancient history, alchemy, science, philosophy, and the mystical movement of energy are all part of an ongoing quest for a deeper understanding of life.

What happens when things go wrong, bad luck and mishaps keep coming your way? This means there is a lack of balance from deep within the ancient mystical flow of positive and negative energy within your environment. Loss and change will improve, in your health, relationships, career, creativity and finances with corrections.

Today, many popular television programs, books, CDs, and other sources offer inspiration, self-help, health, and creative solutions for an overall sense of well-being. My purpose in this book is to help you understand and locate *your* positive energy by unfolding the secrets of the mystical movement of energy within and around you.

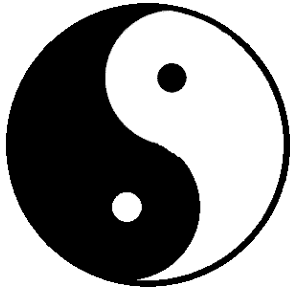
By taking a closer look at their homes and environments, people see that the way they treat their places is a direct reflection of how others treat them. We are all affected by Earth's electromagnetic field, but in this case like poles do not repel but attract. We need to understand how to change negative to positive energy within ourselves, as well as in our environment.

Popular home improvement programs offer ways to enhance your lifestyle, home, and surroundings with creative designs and healthier ways to live. We add this, take away that, and suddenly feel better ... Feng Shui energy.

From many years of designing, planning, teaching, and working with energy, knowledgeable solutions are recommended for a healthier environment filled with prosperity and positive energy. It is not a science, philosophy, or religion. It is a fact of life! The following theories and short stories offer numerous secret enhancements of the elements for everyday practice. You can read over three hundred guidelines and questions and answers to improve your lifestyle the North American way, through the ancient art of living in harmony with the environment. Fun Schway!

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Fun Schway, the North American way



## **But Grannie...**

### **Why are you cleaning and painting Daddy's garage?**

Because Daddy's finances are not very good and his garage is very messy. If we clean up the garage and wash the car, we will watch and see things get better for him. The garage is in the Wealth area of this home. All his tools and garden things have to be put in order so it looks cared for. We will change the negative energy to positive energy.

### **Why did you move Baby Lindsay's crib?**

The baby is twisting, turning, and crying too much. She is almost completely turned around in her crib. Her little body is automatically trying to move into its best energy field. She should have her head facing north and we will see her settle down as this is her best direction for health.

### **Why are we taking our shoes off to walk in the grass?**

We all need to be in contact with nature, feel the sun on our heads, feel the ground beneath our feet, and feel the breath of the planet brush against our cheeks. We need to eat our fruits and vegetables. I like to drink water that has sat in the sun for three hours because it has been enhanced with light. By doing this we are nurturing our bodies.

### **Where did you get all those old books, Grannie?**

Not so long ago in the 1970s, in a country called China, there was a rebellion against their ancient heritage traditions and a book called the *I Ching*. The people thought that if they got rid of such beliefs they would be more accepted by modern-day cultures, so they destroyed most of their ancient treasures and writings. Some that remained were taken to England, Japan, and San Francisco. These are my collections of the ancient Feng Shui teachings.

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## INSPIRATION

Change comes to those who become detached.

Be silent. Still the mind.

Be a choiceless watcher of your environment—

One who only hears and sees.

A new vibrant energy rises to the surface.

A new awareness.

Fun Schway, the North American way

## Fun Schway, the North American way

Everything is alive, connected, and changing and your feelings toward different colors, shapes, and elements will alter from year to year because of the Earth's electromagnetic field. Take note!

Feng Shui (the energy movement of wind and water) was once called *Kan Yu*, meaning cover and support, reflecting above and below or heaven and earth concepts. These are from the *I Ching*, or "Book of Changes," first collected nearly five thousand years ago.

Feng Shui knowledge is from the ancient compass school study or classic teaching, with a five-thousand-year-old history. New studies, like Black Hat Sect (Tibetan/Buddhist), were created for the United States in 1984, and do not conform with the full concepts of the ancient traditional teachings.

The way you treat your home is a direct reflection of the way you are treated by others.

Free-flowing energy is a river stocked with gifts.

Learn to see and have an eye for details. Remove blockages.

Energy is the breath of the planet.

It is the momentum of life which circulates through everything. Cleanse your environment by removing all damaged, cracked, or broken things.

Universal Law is said to be an interwoven life energy made up of both good-luck Yang and bad-luck Yin, ever creating the ups and downs. Write a list of your life's path of ups and downs.

Yin and Yang is the theory of opposites. The Yin side of the building would not be as bright as the Yang side. Where are you most comfortable?

Yin and Yang colors

Yin is the dark side. On a scale of one to ten, with ten being black, Yin equals levels six to ten. The Yang color spectrum is from one to five.

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### Personalized energy

You carry the energy of your birth year throughout your life. The energy of your birth year affects your moods, likes and dislikes, friendships, creativity, and health. Take 1980, for example. This year carries the energy of a Yang Metal year. Other specifications calculated on the Energy charts for a female born in this year are: her Pa Kua is #4; she would carry energy of an East person with positive energy locations of north, east, south, and southeast; and, the zodiac animal would be Monkey with positive energy numbers of 9, 4, 3, and 1. (This is unless she was born early in the year before the Chinese year changed. The readings are different for a male born in the same year.) The section on elements will explain this further.

Enhance your aura (the energy shimmer that surrounds your body) and positive energy with a smile, whenever. Luck and good fortune are founded on politeness, charity, and giving kindness whenever possible.

Feng Shui is the use of natural products.

### Energy flow and its movement

is affected by weather, temperature, wind, storms, rain, and snow, and is transmitted through media sounds, light, and heat. Take note of your environment and its changes.

## **Thank Your Lucky Stars!**

Good luck and good fortune are cosmic stardusts that dance around the environment in an invisible state. That is what I was told many years ago. Here is a list of a few considerations to ponder.

A dog hears things that we don't hear. Many animals see things we don't see. In another dimension, there is a deeper awareness. Music can reach a pitch that is not heard by humans, yet many creatures can hear it.

Daydreaming can pass time, as we drive from one place to another without any recollection of the actual drive. There are many mysteries.

How a tree of over one hundred feet in height developed from a minute seed is overwhelming to think about. Where did that power come from and why does it not just fall over?

The energy within us all is the same energy that boosts and opens those seeds into mighty forests. How? Nature provides it from within the earth (yin energy). At a particular temperature (fire energy), with just the right moisture (water energy), a current develops, and bingo! The breath, the wind, the power develop, and from a dead-looking tree of winter blossom millions of buds into leaves: alchemy.

Human beings are Yang while the planet Earth is Yin, and if humans can incorporate this yin energy, possibilities are endless.

This inner earth energy is what makes us grow, developing wisdom. Within our quiet times in a nature setting, we can feel or hear it. Our intuition from the Great Absolute comes forth, nurturing our growth with truth. It can be difficult to do, but relax, walk in the country. Be in the quiet and listen. Stare deeply at nature, focus on something that appeals to your senses, and a new light within comes to you.

## Youthful Thinking

I enjoy teaching. One afternoon class for a group of parents was marked on my studio calendar for a Monday in May. I arrived at the school to be greeted by several grade-two students. They informed me that I would be talking to their moms and dads in their classroom. A couple of them wanted to know if it would be okay if they could help me. They led the way as I followed them through the halls to the second floor of the renovated 1948 brick building.

We entered their classroom, already set up awaiting my arrival. Josh introduced himself and his friend Aaron. I opened my portfolio and withdrew my magic markers in many colors. They liked that. A large flow chart was located at the front of the classroom.

”What are you going to do first?” Josh asked as I began to draw a large circle.

Another student in a white eyelet cotton dress approached with curious eyes. She announced she was called Betty, but her real name was Elizabeth. Her silky skin was a soft, milk chocolate color and she had incredible, large hazel eyes that sparkled with enthusiasm.

“What’s that you are drawing?” Betty asked.

“Hmmm, what does it look like to you?” I replied with a smile.

“The moon,” she responded. I continued with the Yin-Yang symbol, separating the circle into two sections.

“No!” burst out Josh. “It’s the earth, right?”

“What’s that *S* letter for in the middle of your circle?” asked Aaron impatiently. I continued by producing the Yin and Yang symbol, coloring the left side dark, leaving a small open white circle in the middle, then placing the same small circle on the right white side and coloring it black.

“Oh ... it’s the earth full of black and white people, right?” announced Josh. “It looks like a little bit of each mixed together, right?”

“Well, kids, it is actually a drawing indicating the balance of dark and light. You know about opposites? There is good and bad, or perhaps hot and cold, up and down, night and day ... so this indicates that the earth is in harmony. You can see that there is a little dark in the light section and a little white circle on the dark side.” I paused.

“You mean there is a little good in the bad, and a little bad in the good,” Josh pointed out

## Fun Schway, the North American way

excitedly.

“What do you think, Betty?” I asked, smiling.

“I see more dark than light. Maybe there is more bad than good. Maybe the S shape that separates them is for Satan?”

You just never know what the devil comes out of the mouths of kids!

I pulled out some black sheets of paper and asked them to place one on each desk. With a little pushing, they accomplished the task.

“What’s this for?” asked Aaron.

“I am going to show your parents how to see their aura.”

None of the children spoke, but each had an inquisitive eye, waiting for me to say something. Several minutes passed before Josh asked for the “o-raw” to be explained.

“You and me, and everybody else, are full of energy,” I said looking and pointing at each one individually.

“I know,” Aaron jumped in. “My grandpa tells me that all the time. He tells me I have too much energy.” I couldn’t help but laugh.

“Well, your energy can be seen all around you ... like a soft shimmer or glow.” Their eyes widened, like I was going to produce magic for them. “Here, take a black piece of paper and put it on the desk.” The three children quickly scrambled to find a place to sit near me, and got themselves ready for the next step.

I held my hands up shaking my fingers loosely. They instinctively copied my gestures before I showed or asked them to do the same.

“This will activate your energy. Now, show me your two pointing fingers, next to your thumb. That’s good.” I showed them how to point the fingers together, fingernail to fingernail inches above the piece of black paper, so that they would look at the inside of their hand with the index fingers pointing, and the other fingers curled in towards their palm, with their thumbs pointing upwards.

“Now don’t let the two fingers touch. There must be a small space between them.” The children had it down pat. I helped them align their hands just so.

I told them to stare down between the two pointing fingers onto the black paper for a moment without blinking their eyes. Then they would slowly pull the fingers apart, and they would notice a shadow left from where their fingers had been, lingering over the black paper.

## Fun Schway, the North American way

“Did you see that stream of mist?” The children all nodded, and started chatting amongst themselves about this trick. “Well, that mist is your personal aura. Sometimes it may be a colored mist. And sometimes, when you are just very relaxed and calm, staring at a person, you may see this shimmer of light all around their head or body. What you are actually seeing ... is the energy of that person.”

“Can I see my own body energy?” asked seven-year-old Josh.

“Sure,” I responded, “but you will have to stare at yourself in the mirror.” The children played with this idea for several minutes and pretended to see each other’s energy.

“This is so much fun!” exclaimed Betty after a few successes.

“Do you know some more stuff?” Josh inquired jumping to his feet.

I finished drawing an outline of an eight-sided compass on the flip chart, setting my marker on the ledge nearby.

“Would you like to *feel* your energy?” And they rambunctiously scattered around. I couldn’t help but laugh at their enthusiasm. “Okay, settle down. It won’t work if you get all excited.” They stood remarkably still.

I began rubbing my hands together, and before I could explain anything they began mimicking my actions. After fifteen seconds or so, I loosely separated my hands about four to six inches apart, letting the fingers relax, as if holding a ball and moving the hands back and forth ever so slightly without touching.

“You will feel an invisible cushion, like a cotton ball. This soft pressure you feel is your energy that you have activated. You are now feeling what you saw on the black piece of paper, that stream of mist.”

“Cool!” exclaimed Aaron.

“Remember, kids. When you are happy, full of joy and love, you have a big, bright energy field. When you are sad, hurt, or hateful, you have small, dark energy. So be full of fun and laughter, and you will attract good fortune.”

It wasn’t long before the parents came into the classroom to hear me speak about the “mystical movement of energy.” I allowed the young students to begin the program with their demonstrations and drawing of the Yin and Yang symbol.

## Fun Schway, the North American way

The children were amazing and so excited. When it came time to sit, all three tiptoed to the back of the room and waited patiently during my hour-long talk, never making a sound, eager to learn another fact of life.

**Good fun schway ... says Grannie!**

## Fun Schway, the North American way

Feng Shui is an awareness of things, places, and people that offend or are a bother. Identify them by recording this information:

### Poison arrows

are referred to as sharp, pointed edges, pointing in our direction, such as the corner edge of a wall, a filing cabinet corner, furniture edges, overhead beams, satellite dishes, etc.

Feng Shui energy travels in a curve.

It is meandering. Identify straight-line paths in your environment, as this is identified as a poison arrow, referring to a direct attack which threatens to wound.

Feng Shui is an awareness art.

When making any corrections to your environment, it should always be recorded in a journal and written with your intent for improvement. It can take three weeks to three months, and other times three days.

Feng Shui advises

that too large or too many windows allow for vulnerability of the occupants.

Feng Shui cautions

that no one should sit with their back to the entry door of a room, especially when sitting at a desk or eating. If there is no alternative, place a mirror nearby so you always are in control of who or what is behind you.

Missing areas

When something is missing from your life, look closely at the shape and floor plan (design) of your building and see where there is lack, or missing areas which need restoring, fixing, or cleansing.

Placement for energy movement

is created by setting up rooms so that no chair or sofa has its back to any doorway, blocking the

## Fun Schway, the North American way

calming flow of energy.

Placement needs complete organization,

as open shelves are negative because of their cutting-edge shelves. Display items (mixed) into groupings so energy can move throughout the space; never overcrowd shelves. Any sharp edges are pointed corners representing weapons. Doors on shelves are more protective.

Placement

Sofas should not be stacked with pillows, closing all opportunities for the new to enter. By keeping one side open, you're not blocking new opportunities.

Placement for art

is recommended two to three inches apart when combining items on a wall.

Placement of ceiling fixtures

like chandeliers, require a thirty-inch space above an eating table in a room with eight-foot ceilings, and thirty-six inches above the table in a room with nine-foot ceilings.

Interior flow is best with round edges,

which are more conducive to smooth-flowing energy, when selecting furniture.

Feng Shui dictates balance

and an adequate distance between conversational seating, which is eight feet (knee to knee) for easy energy movement.

Negative energy cleanse

is needed for protection from waste products, dirty clothes, etc. These kinds of things should always be covered, or located under tables or behind a closet door, to help control the damaging flow within a sleep or work space.

## Fun Schway, the North American way

### Stagnant energy

can be found when an item that is not touched, used, or loved turns negative and spreads its energy throughout the space. Take a walk through each room, having an eye for detail, once a month and remove such unused items.

## Sports Trauma

Springtime is when we are supposed to throw open the windows, move the furniture, scrub down, toss out, and get rid of old baggage. It wasn't until June that I finally got my act together to undertake this yearly task.

There was freshness in the morning breeze. I was ready to begin with the second-floor closets. I had three large garbage bags. One was marked "throw aways," another, "keep items," and a third, "not sure." The third bag was for items that were "maybes" but couldn't get back into the closet if they were not loved, needed or used regularly. The idea was that if they were not used within the past five months, they were not needed, and if they were loved, they would have been used, so to speak.

Whenever one does a space cleansing using Feng Shui techniques, one should combine the five natural elements and play one's favorite music while working. I have an old silver tray (metal) where I place a wooden candle holder (wood), with a red candle (fire) and small amount of ocean water in a clear glass container (water), next to a quartz crystal (earth). You can purchase these types of kits already put together, but I find it is more enhancing if you consider the five elements and make up your own personal one to use whenever clearing out old energies, like after a nasty quarrel or burnt dinner. The idea of the energy clearing kit is so you activate the five elements as you clean out the negative energy. Light the candle and pour out some water, etc.

During this particular exercise, I passed by my son's room while fetching the vacuum, and casually looked in, noticing the long empty wall across from the entry door. I commented to him that something should be hung on it, as there wasn't even a window and it just appeared to be lacking something. He must use his own energy to do any clean-up or changes. I continued with what I was doing.

Within a few hours, my closet was emptied. It was washed down, vacuumed, and any disrepair was fixed. My choice of Cat Stevens music might not have appealed to my teenagers, but it did the trick for me. I hung up red coat hangers, because my birth year energy is Yin Fire, all matching, while any others were discarded. (It is suggested to leave at least 10 percent of the hangers empty, so that you are always ready for new to come into your life.) I figured I could use some prosperity and good luck, so I left 15 percent empty.

The closet is usually the first and last space we are in before bed and first thing in the morning,

## Fun Schway, the North American way

so we want to make sure we pick up positive energy to begin or end our day. It is refreshing to sense the calmness of an organized space. All clothes should be organized in color groups.

I placed everything white and with beige tones together; another section had dark tones of black, browns, etc. The colors were kept together in color groups so as not to be mixed. It all appeared very orderly.

Nothing should be on the floor except what is in a box or basket or on a mat. If an article hasn't been used for five months, remove it or get rid of it. It should not be stagnant, unused and untouched. "Stagnant" is a strong negative. Another important note is that no space should ever be jammed or crowded.

Within a few days, I had completed all the upper-level closets. I was gathering my seven bags (amazing how things accumulate) of stuff to get rid of, when I once again passed by the bedroom of my son, the cyclist-surfer athlete, noticing that he had placed a couple of his cycling shirts on the wall behind the head of his bed. This was not a good idea. I intended to mention this to him.

The head of the bed must be kept clear so all positive energy reaches you during sleep. You do not want anything negative nearby.

It was a busy time of year for both surfing and biking, as competitions had begun. He was in Whistler for a Trials event. (This extreme cycling sport was becoming very popular on the west coast at that time.)

The following week, all my bags of worldly collections had been distributed to either Big Brother or Women in Need organizations. It is always best to give anything you can away. If you can sell it on eBay or Craigslist, all the better for your pocketbook.

Another day passed and my daughter brought up the fact that her brother had something over the head of his bed. "Didn't you know this?" she asked me. The opportunity had not arisen for me to mention it. Later that very evening we got a phone call from the hospital. He was in the emergency room getting stitches after a mishap.

Trials is definitely an extreme sport of bike riding with obstacle climbing, jumping, and trick performing that can often cause accidents if the rider is not totally focused. This time, his scraped arms, bloody nose, and scarred legs were topped off with stitches to the chin. Of course, it is never bad enough to rethink the sport. It just adds to the challenge, so I am told.

We joked, that he should have known better than to attract negative energy to his sport and to himself. When corrections are to be made, they should be made by the person himself, not someone

## Fun Schway, the North American way

else, for maximum benefit; and in this case they certainly needed to be made.

After a few days of rest and a lecture from his sister, he removed the shirts from above his bed. It's not that it didn't look pretty cool, but with all the Feng Shui techniques around our home, he should have known better. She had taken one look at his wall, pointed the finger at the shirts, and shook her head. He got the hint.

We are always warned to remove anything from over the bed, and keep the energy calm and clear around the head when sleeping. It's a health issue. A strong headboard is recommended for the bed for support. We must make sure that the incoming positive energy is not distracted, so that our sleep is peaceful. This clarity can help keep our memory sharp. Reflective surfaces are the worst. No mirrors are allowed. When the energy hits the item, it can turn negative before it reaches the one asleep; therefore, the negative energy could have easily influenced the cycling accident.

The bedroom is very important to keep free from clutter for good health and prosperity. Nothing on the floor or under the bed is another caution for better health. We spend more hours in this room than in any other.

Another day, another look into the athlete's bedroom; a handsome Trials poster was situated over his desk, several feet from his bed. The new location was much better. It filled some of the long empty wall that had bothered me in the first place, and now gave him an identity in his favorite sport. Or was it surfing? Just remember to keep your head free from obstructions overhead.

**Good fun schway ... says Grannie!**

## Fun Schway, the North American way

Feng Shui is a balance of Yin and Yang, so that every space should represent calm with no clutter, and all things should be contained (in pots, baskets, trays, etc.) for maximum abundance and a sense of well-being.

Body balance energy is an organic system.

The *I Ching* (“Book of Changes”) began explaining five thousand years ago that there are as many internal changes as there are environmental changes.

Feng Shui warns against using octagon shapes in the interior of buildings. Beware.

Electronics are metal elements and operate best in the west area of a room, especially when placed next to something round.

Feng Shui warns of straight lines causing negative energy flow because they flow too quickly (corridors, hallways, etc.). Energy paths should meander gently. The art of placement is important.

Just as life itself evolves, changes in your residence, favorite colors, apparel, etc., are necessary because routine causes stagnant energy. (Fashion is no different; nor nature with its seasonal changes; nor history, punctuated with the movement of ancient tribes from place to place.)

Every space carries different energy.

A boardroom differs from a spa, a kitchen, from a bedroom. Be conscious of these differences and of how you feel in each space you enter. Some rooms you are attracted to, while others you don't go into very much.

Feng Shui energy change is accomplished through color, shapes, or an element item (e.g., fire equals lamp) which can actually introduce significant changes; changing a table from square to round, or a wall from beige to green.

## Fun Schway, the North American way

### Longevity in ancient days

was enhanced by peaches in still-life and deer in artwork, or by pine and bamboo in landscapes, or by chrysanthemums.

### Natural items

such as light, sound, and music can enhance and encourage positive energy in any location when just the right level is found.

### Remedies

Natural elements are preferred in healthy environments; replace all dried (past six months) and plastic flowers with silk or growing plants.

Everything is made up of energy.

Wash your car regularly and notice how it always runs and looks better.

### Things that stimulate energy

are: a) objects with shiny surfaces, b) flags, and c) color.

### Art

Family photos belong in the southwest sector of a room for relationship enhancement and improvement.

### Relationships

Truthful communication is the way to improve relationships and should be done only when you are facing your best direction (from your personal Pa Kua chart) for positive results.

### Energy flow into a room from the entry door

flows straight ahead, deflecting off the wall across the room. It is never wise to sit directly in the path of incoming energy. Let it slow down first, or you can become anxious.

## Fun Schway, the North American way

Zen rooms are calm spaces without electronics

and high energy colors, but they should contain all the five natural elements for harmony and balance.

Mirrors

are never recommended in places of business, except for retail establishments. A mirror is an item that has to be considered carefully.

Electronic clutter

is a combination of excessive wires, cords, and plugs. It must be contained and hidden from incoming energy flow so as not to weaken it.

Change is good.

Activate energy by moving accessories regularly (changing art, pillows, table top decor, mantle displays, wall groupings, etc.). Keep things fresh.

Less is best

If you don't love it or use it, get rid of it; the incoming energy will only enhance something you don't want. It will only aggravate you, like hanging onto old baggage that just won't go away.

Smooth going

Things in your life flow smoothly when you are situated in your personal best space. Know and remember your personal four best locations for positive energy.

Your home is a reflection

of who you are and your inner personality. Look around. Remove all energy blocks.

Personal items

such as your favorite books can be visible when placed decoratively on shelves, in baskets, or stacked to raise a low lamp for better reading.

Be mindful of your personal space and aware of its energy.

## Fun Schway, the North American way

44 Make just one alteration to your space and watch for feedback into your life (journal it) before you introduce another correction.

Beware of dark buildings.

Different environments suit different types of people. Realtors know this better than most; closed houses are yin energy (dark) and everyone that enters brings in yang (from the outside) energy along with their own energy pattern, either positive or negative. Cleanse with candles if you have a bad reaction after visitors have departed.

Continuity brings harmony.

Balance a room's color, furniture placement, and five elements with upper and lower items, such as crown moldings (high) and carpets (low).

Reflective surfaces magnify the energy flow.

They (glass, mirrors) are well placed in spaces like a dining room, but not in a bedroom; each having a different effect on the occupant's health. (I don't understand.)

Beauty

A single item of beauty can attract more abundance and correction into your life than having many items. Less is best.

Connection to past

Always remove items that hold connection to past difficulties. Light candles while making new adjustments. No past baggage is allowed while you focus on new and prosperous ventures, relationships, or creativities.

Keep yourself positive

by preparing your clothes the night before. This starts the energy flow and control, as a decision has already been made before rising.

## Fun Schway, the North American way

Dark yin days are brightened

by wearing the color yellow somewhere; adding yellow flowers to a room; or listening to or watching comedies, which are good remedies for the blues.

Keep yourself positive,

identifying deep rooted problems by writing to yourself or to another person. The problems must be released from within to cleanse the clutter from the body. Cleansing the outer environment is just half of the correction. Cleanse your inner self (this harmonizes Yin and Yang energies) after you have done your environment because the outside energy effects your inner energy.

Not coping well with life's changes

can come from having too much black (water element) as one seeks the dark—winter. Add touches of red (fire) or white (metal) to your space or to your wardrobe wherever the dark dominates.

Mark your space with items that stimulate you,

and remove everything that doesn't. What you loved yesterday, you may dislike today. Your life will flow much more smoothly, and, surprisingly, new things will come to you.

If you need change in your life

give away something that you really love, or need, so that unexpected happenings have room to enter your life. Gifts given away; many gifts received.

Fun Schway, the North American way

## **SURROUNDINGS**

### **THE ENVIRONMENT**

**On a warm, spring April day, one morn  
A little bitty seed of a tree was born, in the garden.  
With all the warmth of the land it grew  
Loved by the rain and the soft warm dew, in the garden.  
As it reached for the sky, from a power within,  
Its soul cried out and its beauty began.  
Love came through from the earth below  
And its energy was the power to grow, in the garden.  
Just look around, and you will see  
All the love coming from this tall green tree, in the garden.  
Every morning, as you begin your day  
First, look to nature to show you the way.  
Does it look grand, strong, and bold?  
This means your way will be the path of gold.  
If the wind and water and plants seem down,  
Don't make plans or decisions right now.  
Its nature's way of reflecting your day  
So keep this in mind, it's our secret, we say.**

## Fun Schway, the North American way

Feng Shui is an example

of a practical ancient art which can secure prosperity, respect, good fortune, creativity. Therefore, let it be known that the entrance to any building should be in clear view; a vision of beauty to encourage good, positive energy to enter.

Feng Shui must reflect your personal taste,

as the design layout of your building is your energy path which the ancient masters mapped from the mysterious earth forces. We are affected by our environment. Pay attention to your intuition, the perfect balance of Yin and Yang; it is the small voice that speaks to you from within, known as *formless intelligence*.

Yin and Yang forces run through the earth.

Our bodies (chakra) and our buildings must be acknowledged and kept in balance so not to be damaged or weakened.

Birth-year energy

According to your birth year, you are identified as an east or west person. The most prosperous building for an east person is one in which the entry door faces north or south. A west person's prosperous building is one in which the entry door faces southwest or northeast.

## **HOUSE ENERGY**

There are many confusing aspects of charting the energy of the home. It carries its own energy from its creators and its location, but people carry their own energy from the year in which they were born. According to Pa Kua energy charts, a person will have “east” energy if the last number of his birth year is 0, 1, 3, 4, or 9. If the birth year ends with 2, 5, 6, 7, or 8, he or she is a “west” person. The energy of a building depends upon the location of the main entrance door. If a building faces (from the inside looking out) south, the house sits (opposite) north. The house has a north location with a south direction. It is where a house ‘sits’, i.e., its “location”, that determines whether it is an east, west, north, or south home.

### Moving

Apply Feng Shui to buildings you are moving into, so you know the energy will be healthy and suitable to all and not a place where nagging, arguing, and harassment take place. Check its direction and location.

Pa Kua tells a person’s auspicious location and direction calculations from the birth date. Will an east person choose a house with a west location?

### Know the house history

before you move in, and its direction and location, as well as why the people before you moved out of the property. Houses have karma and tend to repeat their histories. Buyers beware.

### Structure

A building carries a certain energy from all those who built it, lived in it, or visited it. Your intuition is a perfect balance of Yin and Yang energy and tells you if it is right for you. Listen, always, to your inner voice.

### Exterior improvements

increase the supply of beneficial energies that flow into the building. Your exterior environment and surroundings represent your past, present, and future (in metaphysical terms). Strong rear support

## Fun Schway, the North American way

(past), like a hill, is good. The house should not be overshadowed on the sides. Have an open clear view (future) with the front being open without obstruction—a clear path.

### Beautiful views

are highly nurturing to the occupants (i.e., windows, art, photography).

### Exterior warning to the owner

Act wisely and know if there were any financial difficulties with the previous owners, so as not to carry vertically these misfortunes and hardships.

### Exterior knowledge

is to make an effort to know all you can about the history of the lot and building, and its previous occupants, for any unhappy or damaging incidents and mishaps.

### Exterior overhead wires

should not be situated near the front of the building so not to over-activate the Metal elements of the building. Hydro wires (negative energy) can do damage when fixed to the front of the house, causing poor health issues.

### Exterior locations

should be observed. Don't be overshadowed by a neighboring large building, as it attracts the good fortune energy away from you.

### Entrance paths

to the entry door should be well-lit, as lights act positively, just as flowers do in the daytime.

### Exteriors of the building.

Street numbers should be placed vertically or horizontally. Positioning them diagonally is a sign of indecision.

### Exterior numbers

## Fun Schway, the North American way

must be visible from the road, or the incoming energy will know you are hiding something from others. A sense of clarity is reflective of your personality.

An overgrown landscape prevents new opportunities from entering your life, as the structure of life disappears behind neglected gardens and diminishes the energy flow.

Exterior landscaping, such as shrubs blocking the entry, should be removed so that prosperous energy can enter the building without blockage.

Exterior landscaping with overgrown gardens that block the view from any window prevents the sun (fire element) from entering the building. The fire element enhances the owner's abundance, and its flow should not be diminished.

Exterior clearing is accomplished by removing any obstruction blocking the view or entry path to the main entrance of the building.

Exterior walkways should always be in good order, without weeds, cracks, or damage, so as not to bring negative and loss energy into the building.

Exterior landscaping should be cautioned against placement of spiky plants and shrubs. These can damage or change the flow of energy to negative unless they are situated next to round, leafy greenery for balance.

Exterior curb appeal is damaged by broken fences, gates, steps, weeds, and clutter. These things evidence neglect and weaken the abundance energy around the building.

Take exterior caution and beware of sharp protruding corners when entering a building. They should be softened with plants. Sharp corners symbolize poison arrows as they take the shape (pointed edge) of an arrowhead tip.

## Fun Schway, the North American way

These cutting edges reflect bruising of the energy as it passes.

Exterior beauty can be diminished,  
just like your good fortune, when the windows are dirty or chipped paint is apparent.

Exterior sidewalks and garden edges  
should be manicured and kept trimmed, free of weeds, so that neglect doesn't attract negative energies  
which could bring sickness into the building.

Exterior repairs  
Always repair any broken, damaged, or cracked areas so as to keep illness away. Damaged areas  
weaken the creativity energy of the occupants.

Exterior drains and eaves troughs  
must be free from clutter so the water and debris flow freely. Good drainage makes sure that the energy  
around the environment flows freely and stays positive.

Exterior entry doors  
are best identified separately by painting them an accent color to enhance their location and attract  
positive energy. Color is selected according to the direction in which the door faces.

Exterior entry-door hardware  
should operate smoothly without stiffness or damage, and work easily to make sure any hardships stay  
out of the building.

Exterior entry-door sound systems  
(intercoms, doorbells, etc.) should be repaired if broken or not operating correctly, so as not to  
encourage mishaps or accidents, as any damaged, broken, or cracked items can.

Exterior obstruction should be noted,  
such as lamp posts, trees, or any objects directly in front of the entry. Such vertical items can cut the

## Fun Schway, the North American way

energy and weaken it upon entering the building, thereby preventing new friendships.

### Exterior details

Nothing should touch, interfere with, or hinder the structure, especially the roof, so as not to cause anxiety to the occupants.

Buildings that have no yard or property,

or have a steep drop, leave the occupants with no backing and possibly financially poor. Buildings prosper with the mountain or a high building behind them for support.

### Exterior health can be enhanced

by collecting rainwater in glass containers (earth element) which support the water element by enhancing its energy. Collect the rainwater and let it sit three hours outside in the sun. This light energy actually helps one's memory when drunk regularly and can also enhance plant life.

### Exterior walkways

Beware of straight lines! Walkways to the entry of the building where energy enters can become destructive and move too fast. Curved entries are recommended to keep the energy prosperous.

### Exterior corners can become traps

if left empty and the energy becomes stagnant. Place an attractive item or greenery there for protection.

### Exterior help

Undulating mystical movement of energy can be achieved with flags located strategically on the property.

### Exterior chimes

should be conducive to the location. Thus, metal chimes in the west will bring good fortune, while wood chimes in the east and crystal in the southwest or southeast do not bring harm to the building. Each element has a specific location for prosperity.

## Fun Schway, the North American way

### The location of the building

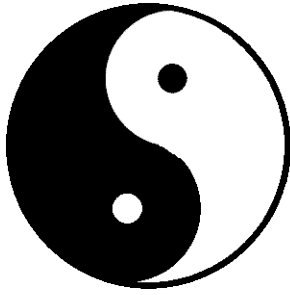
is best on the inside of a curved road, rather than on the outside, for its protection.

### Exterior location

of a building placed where a roadway is directed right at it, is overpowered by swift moving energy, reducing all sense of calmness.

### Exterior enhancement

is created by a wide open space around the front entry enhanced by a life element (greenery).



## **Environmental Issues**

After a conference in New York City and a house tour at Street of Dreams in Seattle, I could see plainly that the architects of the day were finally aware of the health issues of our buildings, in which synthetics and off-gassing products had created havoc that needed to be brought to the public's attention.

We start our day with plastic toothbrushes and eat food from plastic packaging. We wear clothes containing more man-made fibers than natural fibers. We look through plastic lenses in our glasses and drive plastic vehicles. Will it never end? Petroleum products have created this plastic planet and it is killing us with poor health and disease. You wonder why we are not healthy?

Alternative natural products are needed throughout our home. Let's be aware and read labels and make healthy choices. These chemical-based products are stagnant energy, and prevent the positive flow from entering.

Condo-living has created another worry, for the homeowner has no choice when selecting a lot of the interior finishes. The developers and suppliers have come up with solutions so that wood and tile floorings can now replace vinyls, laminate floorings, and chemically enhanced carpets. We need more wool, hemp, cotton products, and wood or bamboo that will last and be durable and more healthful.

When you enter a building, whether at work or at home, you can feel the difference when there are no open windows to cleanse the air. A group of students living in an enclosed area often complain of sore muscles, sore throats, and headaches. A number of elderly people become ill only months after moving into a newer residence when they have lived in an older home for years. These newer facilities are put together in the shortest time possible and are built with the cheapest products a lot of the time. The negative energy created by the off-gassing chemicals and synthetics is harmful. Add plants to the space to help cleanse the air.

In Portland, Oregon, my friend Elizabeth inherited some beautiful pieces of furniture from

## Fun Schway, the North American way

relatives. She placed the wool oriental carpets over the existing synthetic carpets to reduce the synthetic effect to a minimum. The real wood furniture and natural-content fabrics were what our parents grew up with, and they were a lot healthier than modern substitutes. They were not exposed to the fiberboard construction used in products of today or the formaldehyde. Wood was wood, not filled with other things, non-biodegradable chemical products, and excessive resins.

When Elizabeth was updating her place, she had heard that neighbors had found mold when they had renovated. She was lucky and found none. She selected a water-based stain for her new maple bathroom vanity, a granite counter top, and beautiful tiles for her shower surround and heated floor. Her new floor was limestone, and she had her walls constructed out of concrete board instead of drywall before tiling. There are numerous products for this application now. She got rid of the plastic hardware, replacing it with brushed nickel and no more vinyl. She could breathe a little better and the energy felt positive.

Feng Shui is all about the feeling. When the energy can flow and meander throughout the space, it is positive. You actually feel happier.

It is exciting to work or live in new accommodations, but after a few months, you tend to feel a lot more tired than usual. You may suffer anxiety, headaches, or stiffness. These are the interior problems: sick-building syndrome, SBS.

Exterior-curb appeal is an investment that can increase the value of your home, just by enhancing the structure with the right colors. The home is the largest single investment made by 94 percent of North Americans, so I was told. Delete “so I was told.”

Many older homes in Port Hope, Ontario, Canada, are beautifully displayed with color. Vickay (Spelling?) owns a home in this neck of the woods, and was reluctant to select colors on her own because the colors she liked just didn't do the home justice. Since the front entry faced west, we selected a heritage terracotta color. The color on the front door should not be used elsewhere on the structure so that the energy has no difficulty flowing in the right direction, and this strong statement lets everyone else know as well. Garages should blend into the field colour of the house, so as not to attract energy which becomes negative. This smaller home sat next to a much larger one, so her exterior design needed to be invigorating for added strength and visibility. The field (house) was a rich camel shade; the windows were ivory with milk chocolate-colored shutters. The trim and fascia boards were also a mixture of the ivory and chocolate colors.

Lots of terracotta planters complemented Vickay's entry, and were filled with a variety of

## Fun Schway, the North American way

plants, all in one color for continuity. Vickay was pleased. The house even felt happier.

Color is a strong carrier of energy. It not only has to look good, it has to feel good. It should not be fashionable, or too trendy, so as not to appear dated in a few years. It should complement the architecture, structure, and placement.

A Feng Shui house is under the influence of the elements. The wind and the rain will change the exterior and the colors will fade; cracks, breaks, and damage to the structure will appear; plants and shrubs will overgrow their space; more cracks will appear in the walkways, etc. The changing energy of the elements is affected by the movement and vibrations of the planets, just as our bodies and personalities are ever changing. To keep all things in harmony, one must be aware of the environment all the time.

A house filled with negative energy is one showing neglect. You could say that it is no different with our wardrobe. It must be kept up to date so as not to show neglect, and this care affects our inner and outer energy fields.

**Good fun schway ... says Grannie!**

## Fun Schway, the North American way

### Supportive energy

is achieved when there is a clear space in front of the building, with a slow-moving winding road (or sidewalk) nearby, and no high-speed traffic.

### Shapes

When a building's shape is not perfectly square or rectangular, landscape the missing corners to create a completed shape. Use bright monochromatic colors in the missing area: west would be in white, while south would be in red or pink tones. To complete the missing shape, you can also identify it with lights to square it up as part of the structure.

### Change of energy

can occur after renovating a building, as the overall shape could have been altered from an addition. Noted changes in health (east sector) and relationships (southwest sector) could be effected (i.e., a house that was originally rectangular becomes L-shaped with a missing corner).

### Metal wind chimes

can diminish one's financial resources if located in the southeast. Consider wood or black colored chimes.

### Garage locations can be damaging,

especially if located in the wealth area of the home (southeast). Make sure the garage is kept in immaculate condition, and always clean out unwanted items and garbage weekly.

### Mailboxes are usually a metal item.

Enhance them with prosperity, such as gold lettering, to attract good fortune.

### Occupants of buildings that lack a strong foundation

could find themselves losing money by not being totally grounded.

### Garden areas

A bird bath invites the flow of positive energy if located in the north, east, or southeast sector, and

## Fun Schway, the North American way

increases prosperity.

### Protective energy

to a building can be achieved with plantings around the back and sides providing a protective entrance.

### Health

Daily contact with nature cleanses the soul. Care for your garden.

### Health

Add a health element to the garden with herbs and food in the east sector.

### The five elements,

fire, water, wood, metal, and earth, should always be contained in the landscape design, either with color or with shapes. This balance produces harmony and will enhance a sense of well-being for the occupants.

### Earth elements

Statues, rocks, and stone items are placed in the southwest and northeast sectors of the garden.

### Harmonize the energy

with sound in the garden; but take care lest chimes become annoying and cause anxiety.

### Water elements

such as ponds, fountains, and streams can destroy personal growth and achievements when situated in the south sector of the yard or garden. Keep them to the north.

### Cleansing the garden makes room for abundance

Weeds, twigs, branches, and dead blossoms are to be removed regularly, so that relationships in work and at home stay nourished and strong.

Increased opportunities come to a building with well-defined walkways,

## Fun Schway, the North American way

landings, steps, decks, and patios, which are constructed out of natural elements.

### Yard care

has no room for broken pots, tools (Feng Shui identifies them as weapons), debris, dirty steps or patios, damaged furniture, chipped paint, cracked pavement, and walkways. All these deplete the growth energy needed for a harmonized environment and abundance.

### Yard care

Leaves should be raked and eaves troughs cleaned out, so that things run smoothly and make room for new growth. New energy can correct the environment.

### Form school is a type of Feng Shui

that teaches houses built on hills, where the land slopes away, could experience a draining of wealth (loss of needed positive energy) for the occupants.

### Beware of Feng Shui knockoffs.

Follow the traditional ancient ways: use a compass, with Career sector always in the north section; use Pa Kua identifying your four best prosperity locations; and always use a compass.

## Creative Spaces

Boys and their hot-engine toys!

The North American West Coast has had a strong passion for hot rods since the 1950s. An old car was not just a means of transportation; it was the dream of the collector to find that first car he owned. There are those who own dozens and those who worship only one. Their passion is always the same. A detailed eye doesn't miss a scratch, rim, taillight, knob, or trunk handle, let alone the uniqueness of how it sits.

These boys can discuss a particular part for an hour or a new component for an afternoon. Day after day, their conversations are endless. Their high energy is unbelievably in harmony. They can finish each others' sentences regarding an engine detail before it is ever spoken.

The boys gather regularly: Jim, Vern, Ken, Larry, Dan, Bob, Ron, not to mention Murray, Al, Gord, Jack, Don, Andy, John, and Cam. There's a new roadster in town and everyone is interested. The comradeship is amazing.

The buildings where these vehicles are created are for the most part totally positive energy and carry all the five elements—a space filled with a guy's heart and soul. The art, love, and inspiration that go into these colorful, shiny treasures are from deep within the heart. I have visited many garages. The law of attraction lingers over the space as one tool is lost and another found, only to be put away at the end of the day. Their design details arise from moments of hesitation, allowing their intuition unlimited expression. Not many of these hot rods are ever duplicated because of this urge to create yet another different feature.

The millennium has brought the Rat Rod roadster from the fifties back to popularity, as the “real” street rod encouraged a new wave of creativity; another reason to have two hot rods in the garage.

The boys take numerous road trips that also run in harmony. There is never a moment when one downfall or faulty part is not attended to by the whole. A trip is almost never without mishaps, but always a wonderful encounter or new friendship develops from the experience.

The mystical movement of energy is ever present, whether in the garage or on the road. This is an art form on a large scale where creative detailing of each hot rod is of a magnitude like no other. From California to British Columbia, thousands of vehicles display themselves at car shows where many, many thousands of spectators view these amazing pieces of art as they gracefully rumble into

## Fun Schway, the North American way

position. An overwhelming sense of harmony flows through the environment as a collective audience from children to grandparents enjoy their craft, but never touch, as the boys embark on spotting yet another new skill, detail, or inspiration.

Never visit the boys' humble abode while they are working. One question could lead to a history of car stories. Their buildings' walls are covered with years of mementos and dreams from when they were teenagers. And, the personality of a "car guy" is one thing when with the boys, and yet quite another when with others; let me tell you. It all has to do with the creative energy that flows among this brotherhood; they caress the fender of their vehicle as they would a woman, contemplating yet another dream.

**Good fun schway ... says Grannie!**

Fun Schway, the North American way

## **ELEMENTS**

**Environmental energy can be altered  
by temperature, lighting, scent, color, and shapes.**