

# The Chinese Art of FENG SHUI in Geneva

Space-clearing is more than just clearing a space as part of spring-cleaning. This is an ancient Balinese ceremony to lift the energy levels in your home or office. Helen Brotherton meets with the local specialist of this ancient art, Lucy Harmer, to find out more.

"Most people are not aware of the energies around them and how they impact on their well-being" explains Lucy Harmer. Having expected to meet a stereotypical hippy, Lucy is down-to-earth, warm and friendly with a natural energy that immediately rubs off on you. So if the gloomy weather of recent months has been getting you down, go along to one of Lucy's seminars to re-energise and lift your spirits.

Lucy's interest in eastern philosophies began in Singapore while she lived there with a local family. She then went to Bali to learn more about the 'Art of Space Clearing,' and Feng Shui, with the local people.

She has been actively practicing in Geneva for the last four years, and is currently writing a book on the subject. (GEM will keep you informed as to when it will be available in the shops.)

As an introduction to Feng Shui, Lucy described to me the nine levels of consciousness. The lowest is when energy is at basic survival level. The next level concerns those who live a very hum-drum existence of eat, sleep, work, eat, sleep, work - the trams and buses give off a level 2 vibration. Level 3 energy is the type felt in busy, bustling areas like the airport or railway station, a positive energy where people are meeting and opportunities are presenting themselves. Level 4 is passion - this energy is often felt in churches where you may have a deep sense of belief - and so it goes on up to level nine.

Lucy says that the walls of your home or office can store these energy levels, and may affect your well-being. I was a little sceptical to say the least until she explained that in English we have the expression "to cut the air with a knife." Office

workers who go into an empty room after a meeting can often sense whether there was a positive or negative outcome just by the feeling in the air.

The Space-Clearing ceremony gets rid of the energies of previous residents. One of Lucy's clients, a 28 year old journalist, had just finished studying and been offered a job with a leading French magazine.

The job offered lots of travelling and adventure. However the new house he had bought still contained the energy of two very happy families who had previously lived there - the result being a broody, roving reporter looking for a wife, which clashed with his career plans and was influencing his career choices. After cleansing his house and removing the existing energies he was able to create his own energy and focus on his career objectives.

Another example given by Lucy is that of Jane, who gained weight and became depressed after moving into a new apartment. Lucy suggested that the previous tenant had been bulimic and had depressive tendencies. This proved to be true. A space-clearing ceremony returned Jane to her normal self.

All very interesting but not the spring-cleaning most of us have in mind. I explained to Lucy my hoarding mentality (my friends call me the clutter queen) and she suggested a clutter clearing party. The principle is to invite some friends around and let them clear the clutter for you. They throw away useless items, pointing out what you can live without etc. The other method is to box things you don't need or use, and date the box for 3 months later. If you have not opened the box in that time you must give the contents to a charity shop.

Once you are clutter free it is a great time to bring positive energies into your surroundings. The art of Feng Shui or "fung schway hsieng cheng" as the Balinese would say, roughly translates to wind, water and the flow of elements. Feng Shui teaches us how to create a harmonious atmosphere and greater energy flow in the places we live and work. For example if you visit a restaurant that offers Asian cuisine you will often see a fish tank opposite the door. This is to encourage the flow of money into the business. It originates from the Chinese word for fish, which is similar to that of cash. A toilet seat should always be kept down or good fortune will be flushed away and if you are in a new relationship, then invest in new bed linen if

you want all to run smoothly. The use of various colours in these rooms can also affect the energy flow in our lives. So if you fancy a spot of decorating here are the Feng Shui symbolisms of colour:

**Red:** action, vitality, determination, sex drive, passion, fame, increases physical strength and stamina. Enables you to connect with your roots. A great colour for encouraging passion and energising your life.

**Orange:** enthusiasm, optimism, self-confidence, emotional balance, creativity, warmth. Nurtures inner child. Peach and apricot colours are excellent to paint a living-room or bedroom, where you wish to nurture yourself.

**Yellow:** happiness, joy, laughter, communication, expression. Brings life to projects and activates mental skills. An ideal colour to paint an office or study room.

**Green:** harmony, healing, openness of heart, compassion and growth. Activates transformation and change, especially good for new beginnings. Green is a lovely colour to have in your living room and gives you a feeling of harmony, space and time-out.

**Turquoise:** understanding, self-acceptance, acceptance of one's destiny. Activates ancient knowledge.

**Blue:** peace, harmony, faith, inspiration, creative expression, receptivity, abundance. Activates intuition. You can paint a bedroom in pastels to create a peaceful atmosphere.

**Indigo:** inner balance, meditation, soul-consciousness.

Increases psychic skills and activates dreams. Also a great colour to paint a bedroom or meditation room.

**Purple:** Spiritual consciousness, perspective, wealth and abundance. Activates spirituality and appreciation of life.

**Pink:** Unconditional love and passion. Helps you to find the heart in any situation.

**White:** purity, innocence, light, divine love, purification and inspiration. Helps to activate newness, but too much white can be sterile. White reflects energy.

**Black:** mystery, unknown, incubation, concentration on your inner self. Black can also be very grounding. Black absorbs energy.

If you are interested to learn more about the principles of Feng Shui, Lucy Harmer is holding a two-day seminar on 29 and 30 March (in English) at the Ecole de Montchoisy, 20 rue du Clos, Eaux-Vives and one in French 3 - 4 April. Consult the website [www.innereff.ch](http://www.innereff.ch) for the exact location. The two-day seminar costs 250 CHF. If these dates are not convenient it is possible to arrange a private course in your home with a minimum of six friends.

A private consultation with Lucy in your home costs 150 CHF per hour. This includes three to five hours of preparation that she does beforehand, and she will need you to send a house plan, plus names and dates of birth of all those living in the house.