

## Feng Shui Tapestry

I first met Ingrid Hauck about 18 months ago at an IKEA Dinner with Designer night when she was talking about one of the many aspects of Feng Shui. I went on to take several of her classes. I have also watched the changes in others who have benefited from Ingrid's in home consultations. Her approach uses décor changes and inner adjustments. In this way, she weaves Feng Shui into the tapestry of your whole life.

I posed several questions to Ingrid while in her peaceful yet energizing home.

### 1. How did you come to Feng Shui?

It has always been a part of me, I realize now. As a child, my favourite school subject was geography and the people and the environment that they lived in. I loved colouring maps. Since childhood, I have always been interested in the metaphysical or unseen worlds. I always knew that the unseen worlds were important. When I came across Feng Shui about 12 yrs ago, I realized that I could practice what I now call metaphysical geography. I lose all sense of time when I am colouring energy maps (floor plans) of people's homes and offices.

### 2. What is it based on? Where does it come from?

This ancient tradition of arranging your space actually works on principles now emerging from quantum physics. Everything that exists is energy. This includes your furnishings, your walls and ceilings, your gardens, and the appearance of your closets. The energy of an environment follows certain frequency patterns; we use this to arrange our spaces in a harmonious and prosperous way.

There are many types of Feng Shui. I practise Western Feng Shui that originated in Tibet. Its roots are very spiritual, having started with the indigenous Bön, an animistic tradition prior to Buddhism. Bönpo recognized the sacred inseparable connection between the land and the lives of its people. As in many early indigenous spiritual traditions, deities of mountains, rocks and other elements found in nature were worshipped and their essences were invited into the believers' homes. Later, Tibetan Buddhist teachings were incorporated into these early Feng Shui practices. About 4000 years ago, the Chinese Taoist and I Ching principles were added to the mix. Master Lin Yun Rinpoche updated these teachings and brought them to the Western World about 20 years ago.

### 3. How do you know that it works?

I always see a difference in the people who incorporate Feng Shui in their lives whether they believe it or not. For instance, a young woman received a job contract the day after making some changes to the career zone in her bedroom. I was present socially at a client's home when her friends saw her re-energized treatment room. People clustered at the doorway of the room and wouldn't leave it, rather than moving on to the social seating area. It was fascinating to be present for such positive feedback.

Feng Shui always moves us closer to our heart's desires by consciously synchronizing our inner energy fields with that of our environments.

4. What are the results that I can expect if I apply what I learn from your workshop?

You will learn how to see your places with Feng Shui eyes. You will learn how to augment positive vibrations and remove negative energies. You will be able to create sacred spaces for meditation and contemplation. You will learn how to create places for healing and wellbeing.

Feng Shui will always enhance what you have and where you are.

Ingrid will be facilitating a Feng Shui workshop this month. Please see the SFC ad for details.

*Judy McKay is a volunteer with Spiritual Frontiers Canada and is a certified PSYCH-K® facilitator.*



Feng Shui Master Lin Yun and Ingrid Hauck