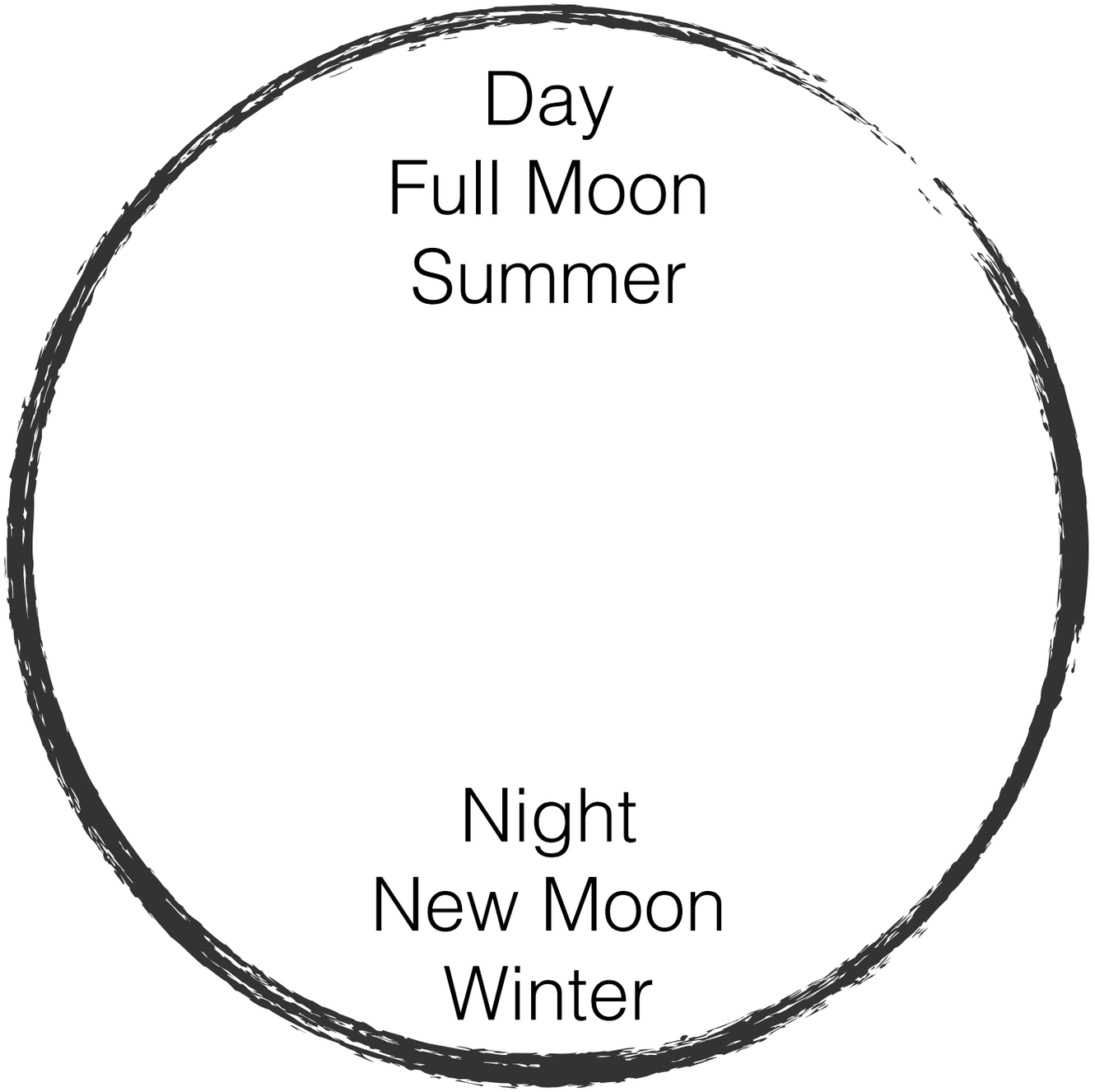
# Clock and Calendar

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# Yin & Yang Cycles, Clock and Calendar

**Yang**

Day
Full Moon
Summer

China circa 10,000B.C.

Night
New Moon
Winter

**Yin**

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# Five Element Cycles, Clock and Calendar

**Fire**

Midday
Full Moon
Summer Solstice

Sunrise
Waxing Moon
Spring Equinox

**Earth**

Sunset
Waning Moon
Autumn Equinox

**Wood**

**Metal**

Midnight
New Moon
Winter Solstice

**Water**

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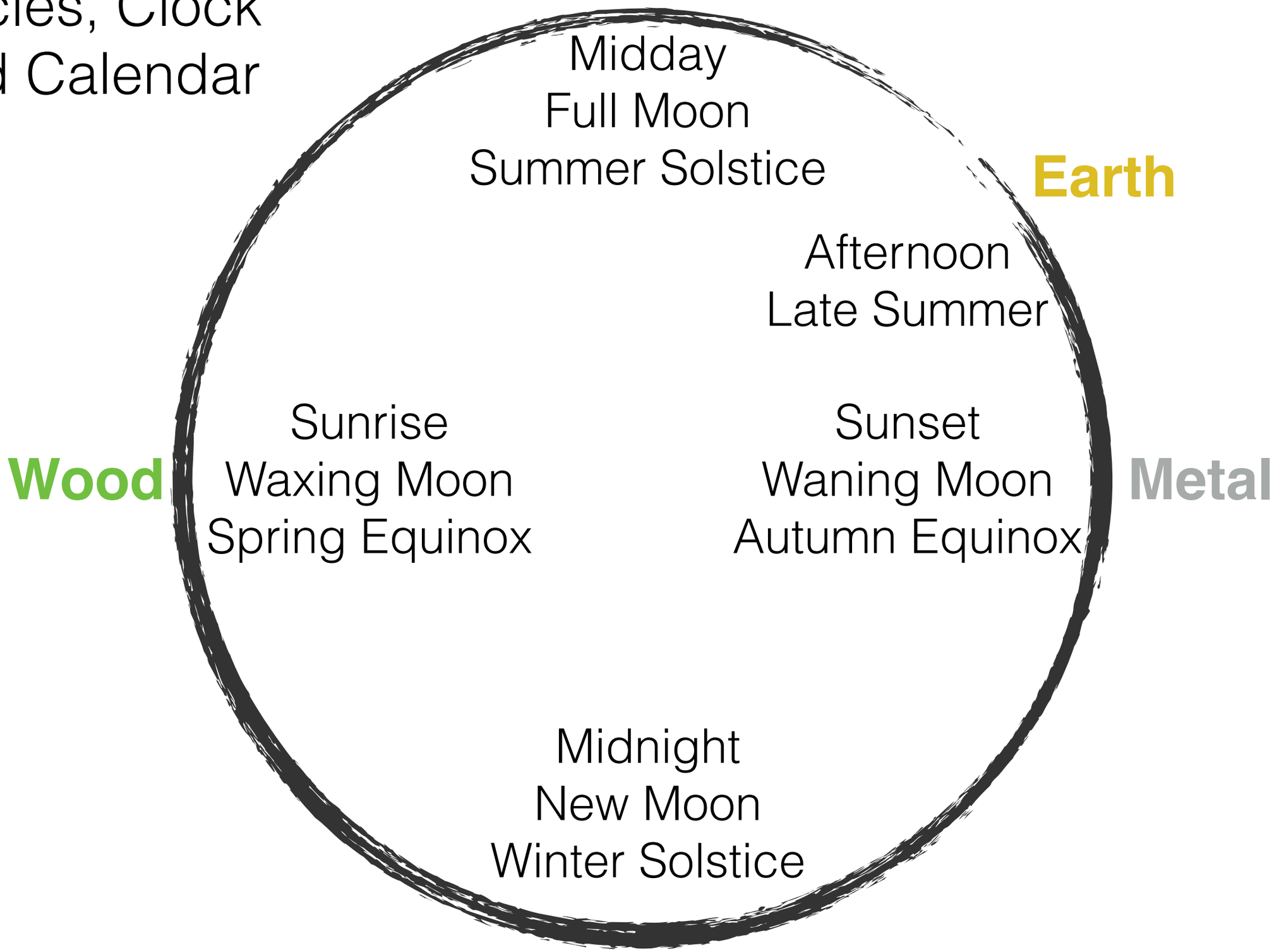
# Five Element Cycles, Clock and Calendar

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Connecting Time and Space

**Yang**

South

Day

Full Moon

Summer

Sunny Side of the Mountain

Shady Side of the Mountain

Night

New Moon

Winter

North

**Yin**

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# Connecting Time, Space and Qualities

**Yang**

South

Day, Full Moon,
Summer, Sunny Side of
Mountain

Warm, Bright, Colourful,
Active, Growing,
Expressive

Cool, Darker, Quieter,
Calmer, Stars,
Introspective

Night, New Moon, Winter,
Shady Side of Mountain

North

**Yin**

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# Human Cycles

Human Cycles
Heartbeat
Breathing
Cell life
pH
Blood Pressure
Blood sugar
Sleep
Habits
Eating
Hormones

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Human Space
Connection

# Water
# Air
# Light

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Human Time
Connection

# Day
# Lunar
# Season

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# Time and Space

365 Days in a Year = 360 degrees in a Circle

12 Lunar Cycles=1Year, 12 hrs=1 day = 12 inches in a Foot

12 Lunar Cycles in a Year = 12 Compass Directions

12 Lunar Cycles in a Year = 12 Meridians

9 Lunar Cycles Conception to Birth = 9 Type of Chi in Lo Shu

4 Seasons = 4 Compass Directions

4 Times of Day = 4 Directions - up / down / left / right

60 Days=2 Mths, 60s=1m, 60m=1hr = 60 degrees in = triangle angles

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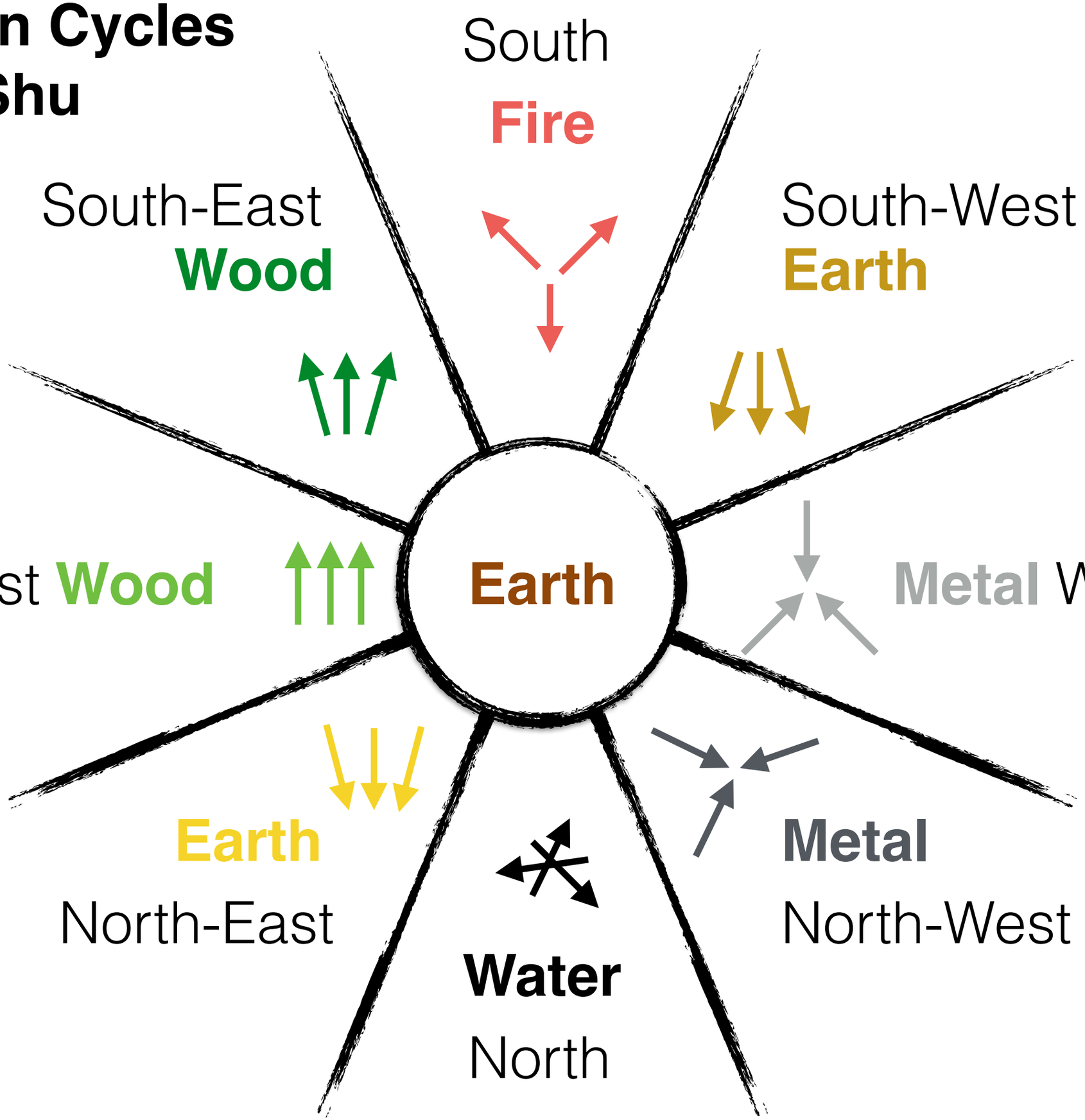
# 8 Direction Cycles
# Lo Shu

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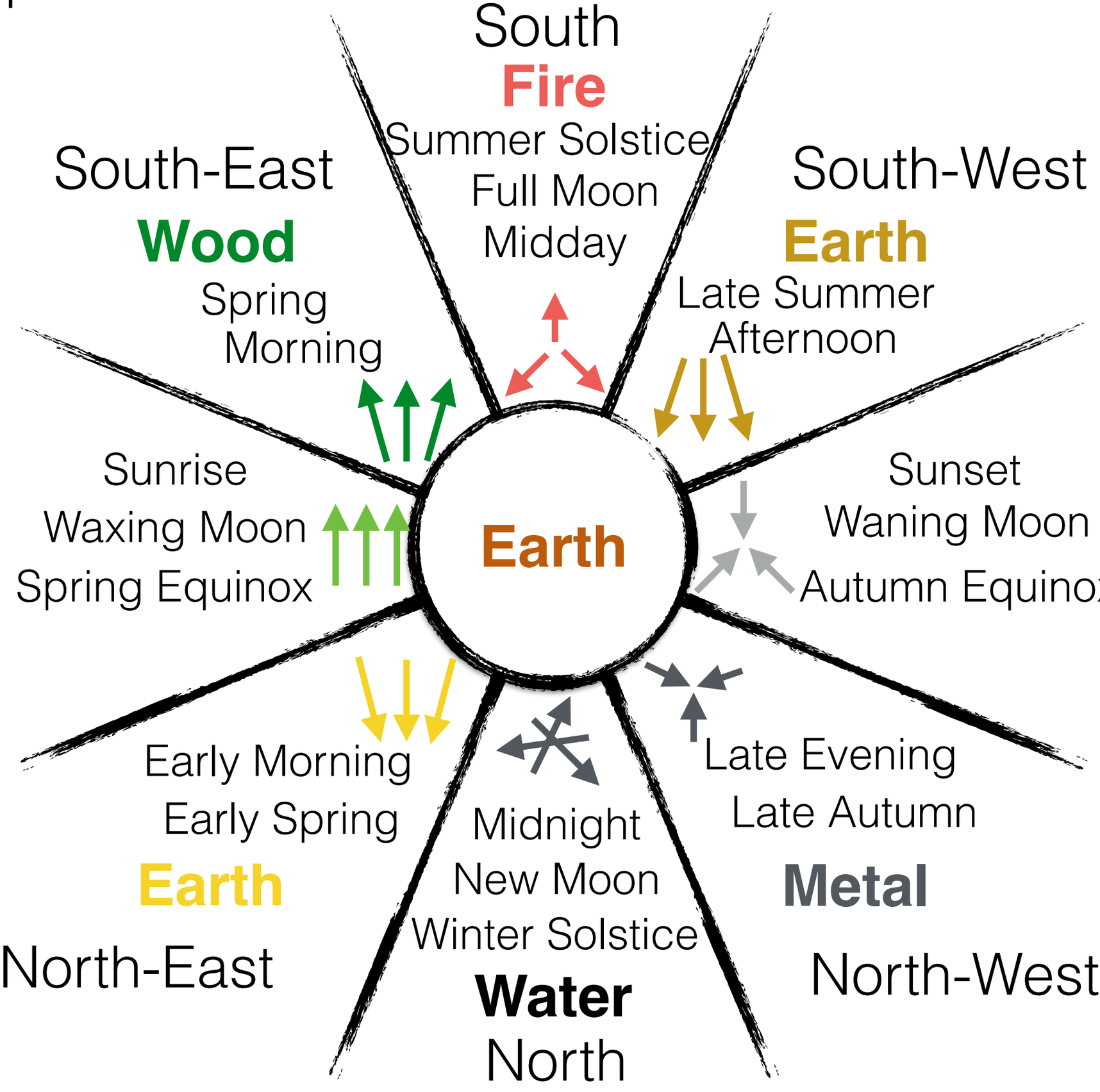
# 8 Direction Cycles Clock, Calendar & Map

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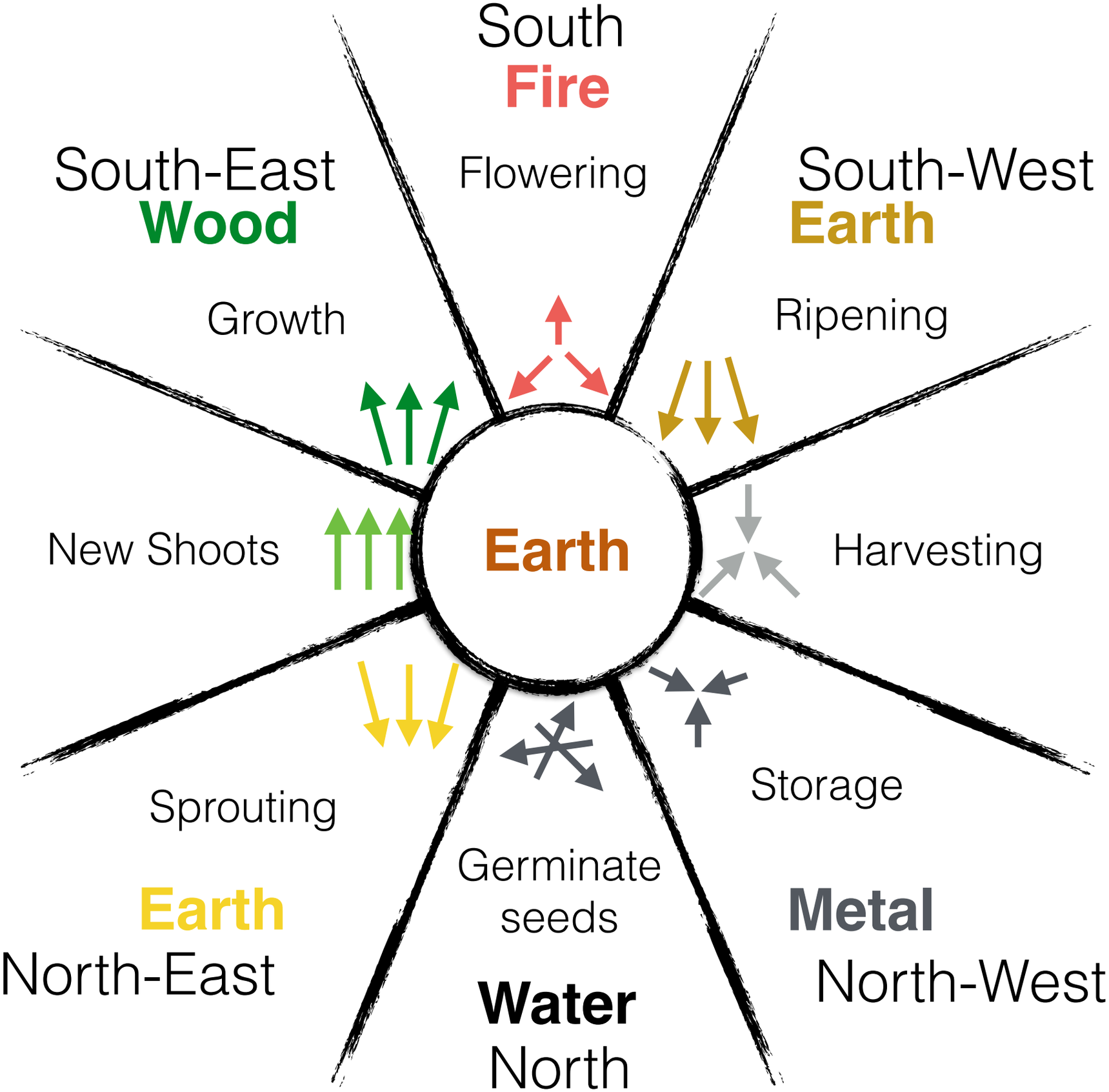
# Plant Life Cycle

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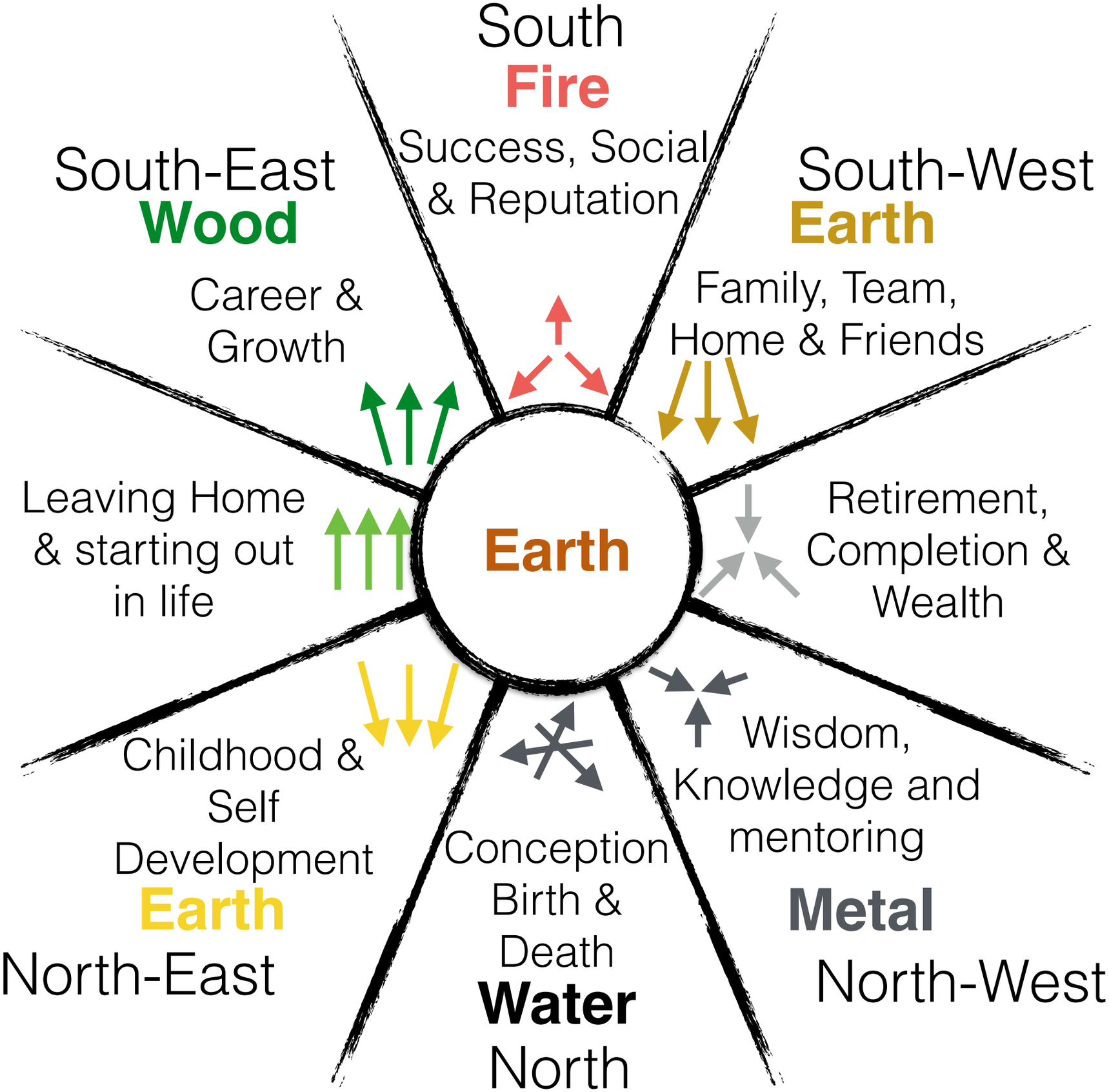
# Human Life Cycle

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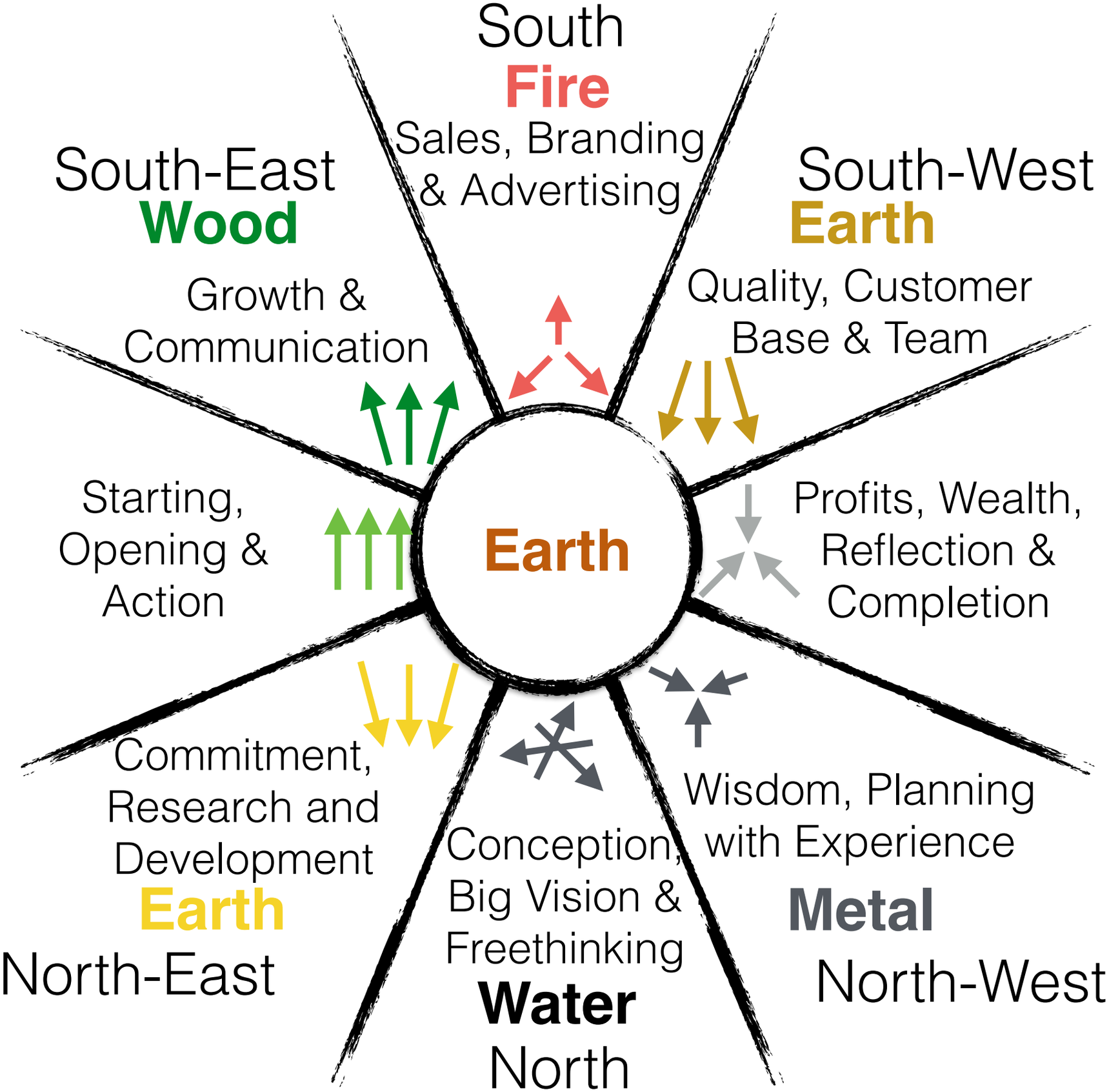
# Business Cycle

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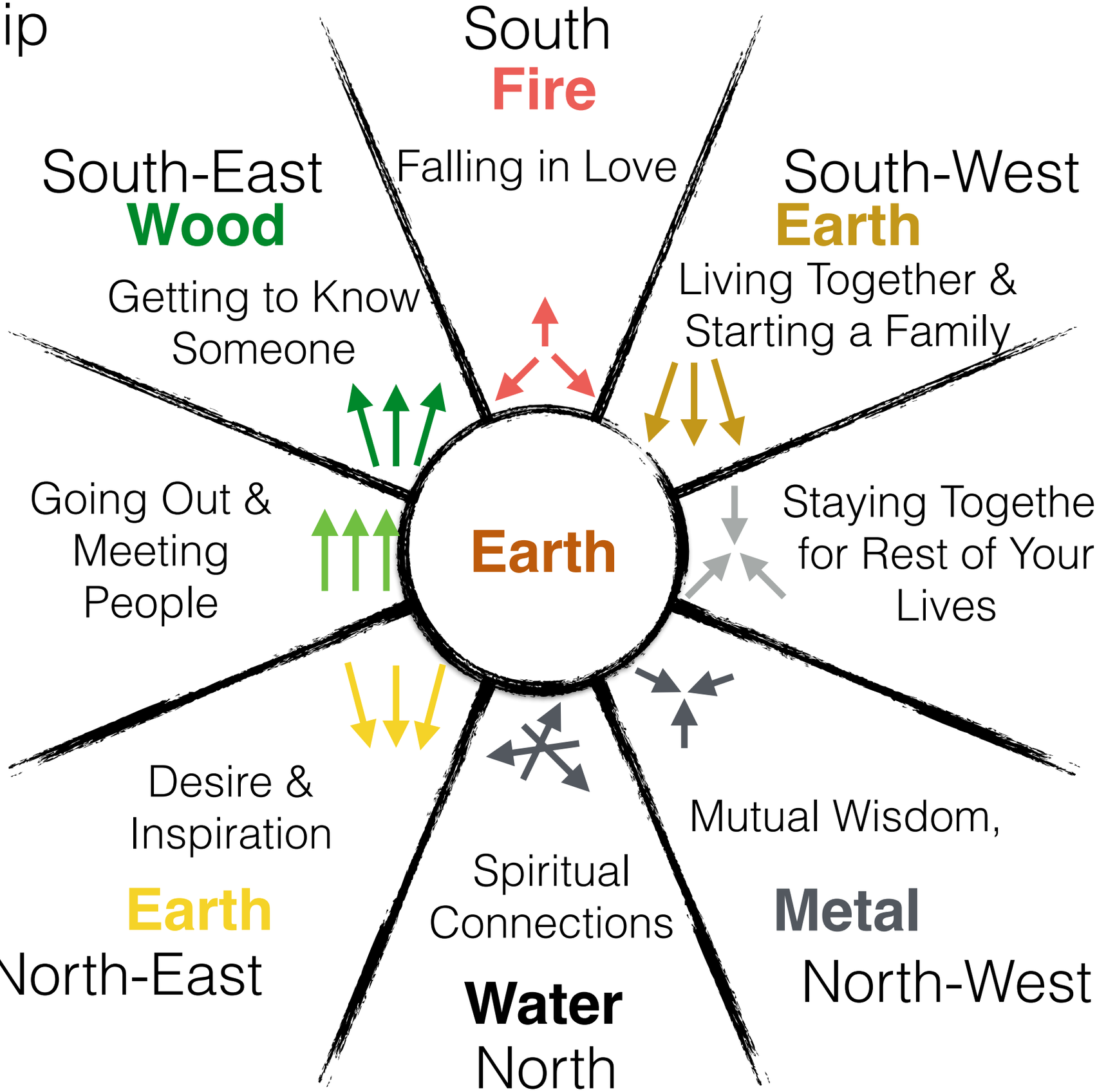
# Relationship Cycle

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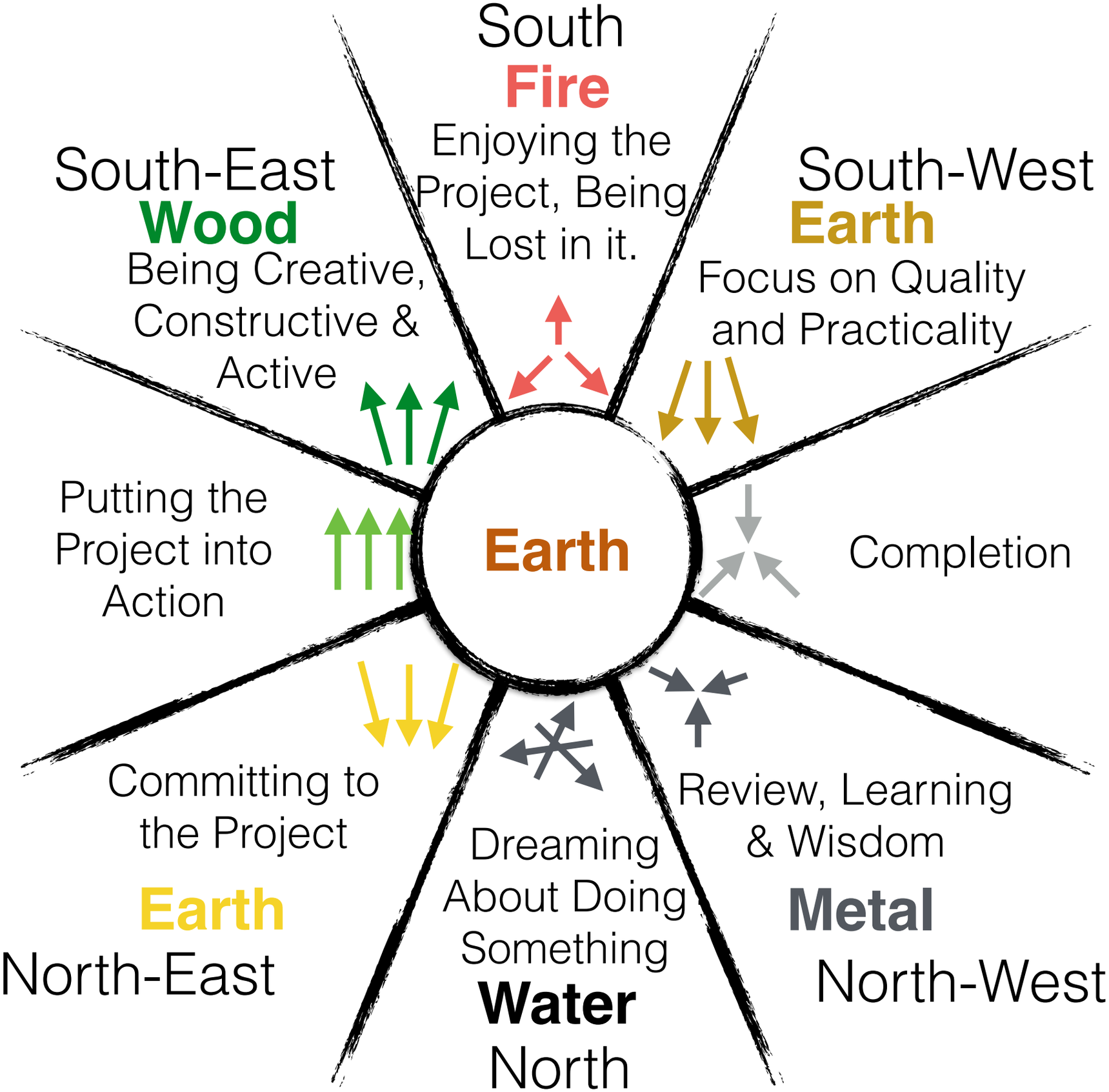
# Project Cycle

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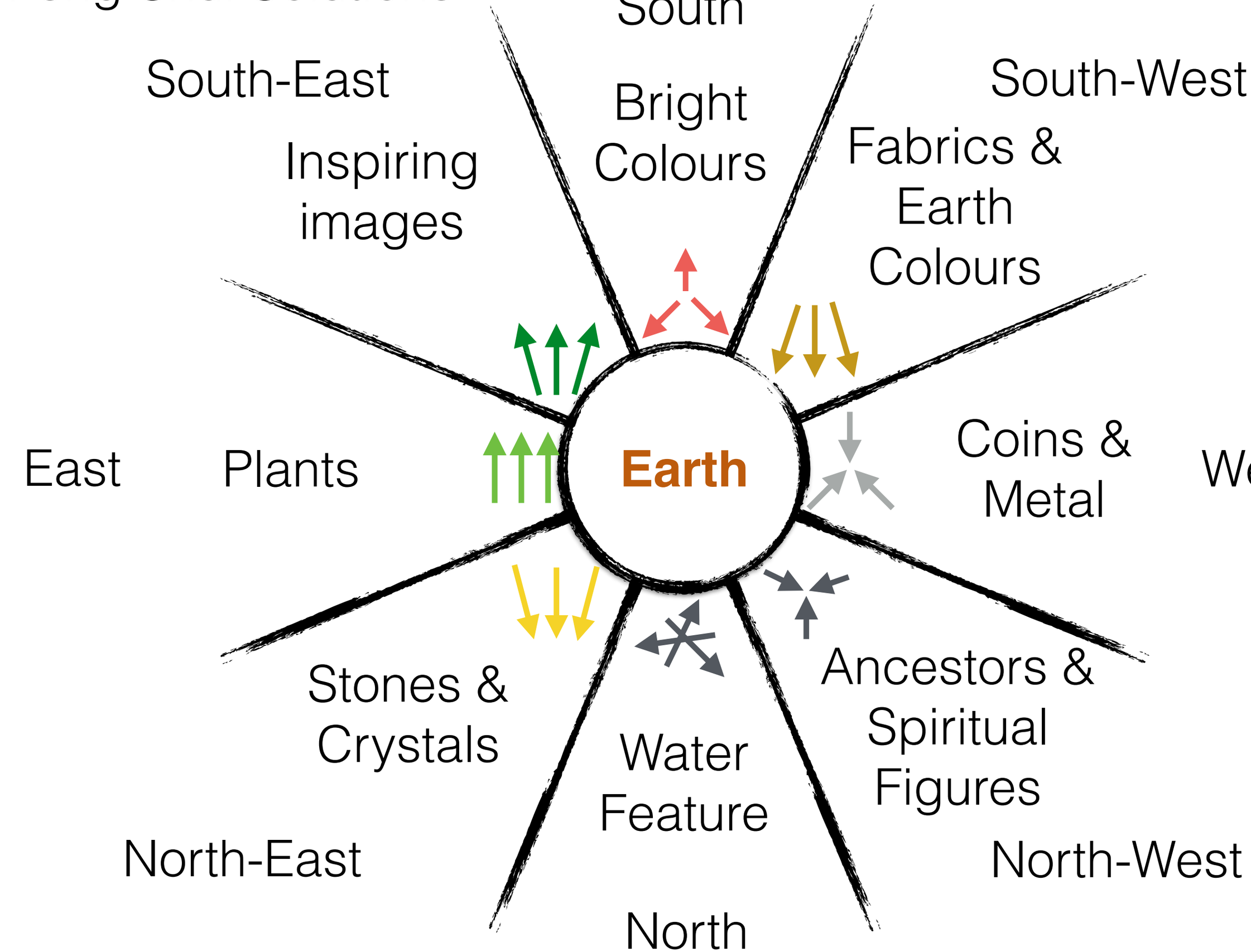
# Feng Shui Solutions

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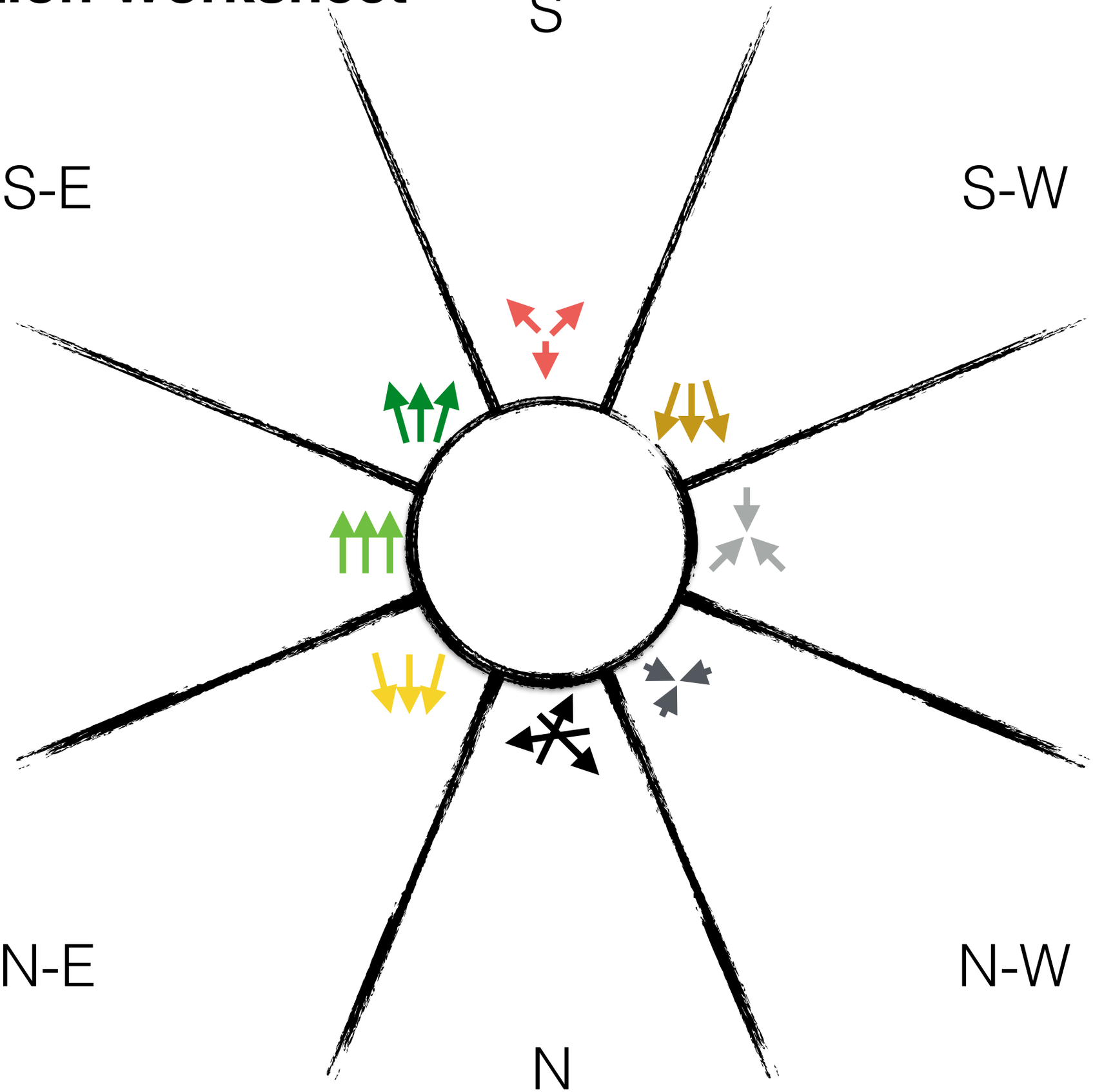
# 8 Direction Worksheet

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# Practice Questions

What would you like to change about your life?

Think of one change you are in the process of making.

Where are you in the feng shui cycle in terms of making that change?

What would help you move onto the next phase?

Which of the 8 types of chi would be most helpful to you?

Once you know which directions would be most helpful we can move onto feng shui solutions.

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# Feng Shui Solutions

Activate the chi in the helpful directions within your home using plants, flowers, images or special objects.

Sit facing one of the helpful directions or sleep with the top of your head pointing in one of the helpful directions.

Spend more time in one of the helpful parts of your home.

Use the characteristics of one of the helpful directions throughout your home. For example plants to bring in more Wood / Spring / Sunrise Chi.

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