# Feng Shui Study:
# Paediatric clinic


ADDRESS

**Room xxx**

**Landmark North**

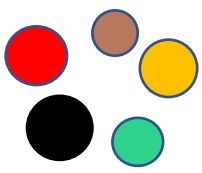
**Sheung Shui**

**Hong Kong**

**TAI LAM**

**Cambridge UK**


**SEPT 2021**



Feng Shui Report

on

a paediatric clinic in Hong Kong

# C O N T E N T


| | |
|---|---|
| About Feng Shui | 3 |
| ❖ Chi | 3 |
| ❖ Yin Yang | 4 |
| ❖ Five Element | 4 |
| ❖ Eight Trigram | 6 |
| ❖ Feng Shui Schools | 6 |
| Introduction on the paediatric clinic | 8 |
| About the building: Landmark North | 11 |
| Landform features | 13 |
| Feng Shui assessment | 15 |
| ❖ on the building | 16 |
| ❖ on the office/clinic | 19 |
| ❖ on the consultation room | 23 |
| Recommendations | 26, 29 |
| Annual Star Feng Shui (2018) | 30 |
| Summary | 32 |
| Glossary | 33 |

## ABOUT FENG SHUI

Feng shui is literally translated from the Chinese of wind and water. It was believed that chi moves with *wind,* but it is contained by water. (from *Book of Burial*). It is considered an art of living in balance and harmony with the chi energy in our environment. With appropriate internal décor, and placement of furnishing or objects in our houses, feng shui could promote our general wellbeing, success, and even fate. The practice of feng shui encompass the principles in chi, yin-yang, five elements and eight trigrams.

Chi is an intangible metaphysical energy. In our daily life, we are exposed to different nature of chi which conceptually arise from *heaven*, *earth* and *human*. Heaven chi refers to that comes from the sun, the moon, or those related to seasons and time. Earth refers to the landform and different physical objects. Human refers to the people, animals, plants and other living objects.

The chi energy of our home or office, can be regulated by modifying its yin yang polarity, the five element or trigram nature of the objects.

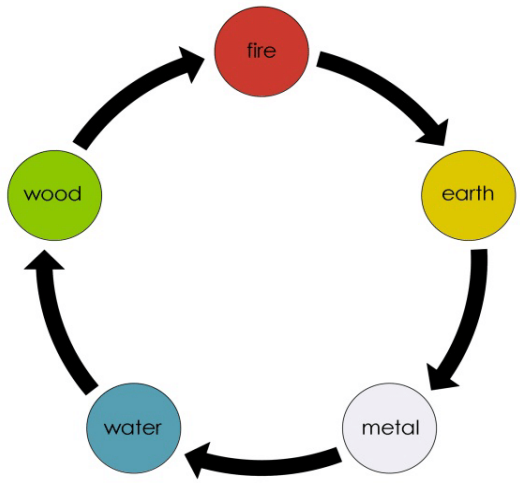
Yin-Yang is a concept of duality and polarity. It can be envisaged in the quality of objects, emotion and activities. Any difference in mass or density will create polarity, and polarity will generate movement or change. Yin and Yang are opposing and yet complementary. Yin is related to inactivity or less activity, darkness, stillness, coolness, low, night-time, winter, and in the north direction. In contrast, yang is motion or being more active, brightness, motion, hotness, high, daytime, summer, and in the south direction. Continuous interaction between yin and yang contributes to the recurring changes in many life events, such as the diurnal and seasonal changes.

Five Elements describes the 5 states of chi energy in nature: *Water, Fire, Wood, Metal and Earth*. Different objects, food, colours, activities, seasons and time of the day are inherited with their own Five Element character.

Wood is characterized by its upward energy like that of a developing plant in spring. The Fire energy is outward and extrovert like that of the flame of fire. The Earth energy is downward like the soil that settles on ground and nurture plants. The Metal energy is inward and introspective. The Water energy is fluidly and versatile.

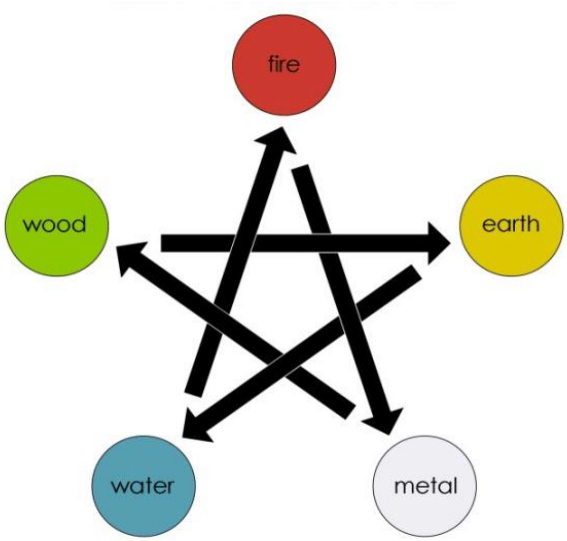
The chi of different elements could interact with each other, commonly being supportive or suppressive. Their relationship is often summarized in the productive cycle and the destructive cycle.

The diagram below illustrates the birth cycle, also known as the productive cycle.




The diagram shows the sequence in which an element can be transformed into or feeds another (its successor element) with it is boosted or activated. At the same time, it will drain or deplete the energy of its predecessor. One can activate the chi in an area by creating movement or placing some running water. This forms the basis for feng shui cure. For example, a round Metal object is often used to calm or deplete the unhelpful Earth energy of Star 2 or 5. Objects with Wood element would boost the Fire energy of Star 9.

**The diagram below shows the destructive cycle, also known as the cycle of control or conquer.**




**It shows the sequence in which one element suppresses or opposes another element. In the cycle of destruction, Metal opposes Wood, Wood opposes Earth, Earth opposes Water. Water opposes Fire. Fire opposes Metal. The principle of destruction is seldom used for feng shui cure, because it creates conflict rather than harmony.**

In feng shui practice, our aim is to harmonise and balance the chi in the environment. One could promote a helpful chi by activating it or by boosting itself or its predecessor element in the birth cycle. To calm an unhelpful chi, one might boost its successor element in the birth cycle.

To remedy any conflict, a third (intermediary) element could be introduced to mitigate and to improve the flow of chi. For example, when there is Wood opposes Earth, Fire could be used to mitigate the situation.

Eight-trigram, named as Qian, Kan, Gen, Zhen, Xun, Li, Kun and Dui, is derived from the conceptual basis of Tai Chi (The Ultimate) and yin yang. In feng shui practice, the eight trigrams are used to symbolize different matters in nature, including people, family members, body parts and organs, geographic reflections, spatial orientation, animals, and objects etc.

They are often expressed in the form of grids or radial sectors according to the eight directions When combined with Lo Shu, it becomes a template for assessment and calculation of chi distribution.

## FENG SHUI SCHOOLS

Various schools of feng shui are developed in the Orient. The Form School or Landscape School focuses on landform and external environment. A convention of five celestial animals is often used to describe the relation of a house with its surrounding. Metaphysically, the turtle at the back provides support, dragon and tiger gives protection at both sides and the outreaching view in the front constitutes the phoenix.

The Eight Mansion feng shui helps to locate the direction of helpful chi energy in a house. It also examines the compatibility between the personal Ming Gua and House Gua.

The more sophisticated flying star feng shui identifies the distribution of chi in a house. With manipulation of Yin Yang, Five Elements and trigram properties, one might alter the chi environment in the house to improve the wellbeing in wealth, health, career, and relationship.

**The practice of feng shui further evolves in the western society to become the contemporary feng shui. It has incorporated a modern psychological and philosophical approach and emphasised more on the layout, decoration, arrangement of furnishings, artworks, and affirmations to maximize the flow of chi in a space. The concept of five animals is also adopted for placement of furniture inside a house.**

In this report, the feng shui of a private paediatric clinic in Hong Kong was examined and analysed.

It was based on its condition in 2018.

Images were obtained from Google maps, Google Earth and computer download.

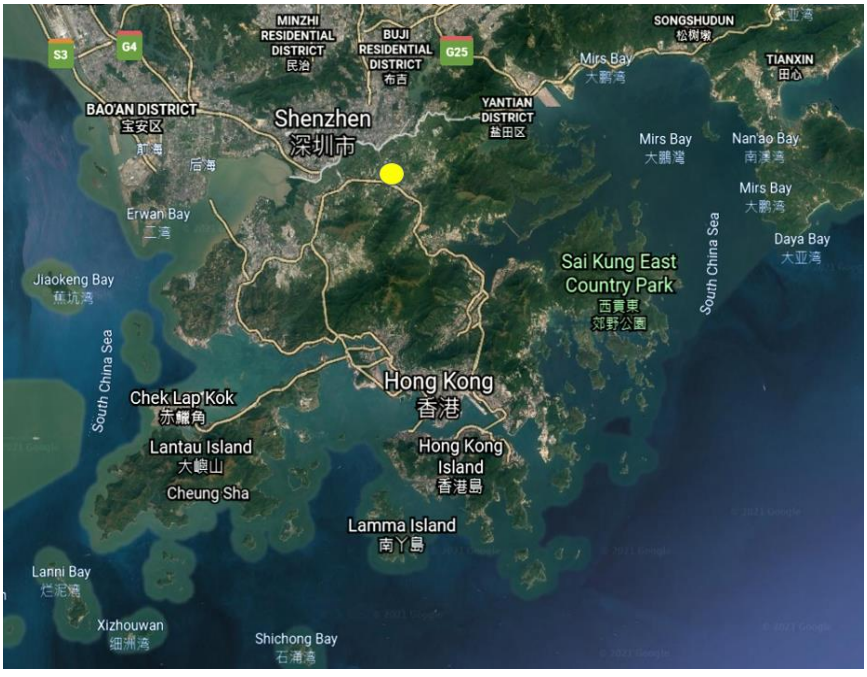
# THE PAEDIATRIC CLINIC, HONG KONG
as in 2018

The paediatric clinic, which was my office from 2007 to 2018, was in a multi-storey building, Landmark North in Sheung Shui of Hong Kong.

The Feng Shui was studied primarily with the *flying star* approach. But it was also complemented with *Eight Mansion* and *Five-animal* perspectives in some areas.

The business district in Hong Kong

The financial district and Victoria Harbour of Hong Kong




The yellow dot shows the location of Sheung Shui, a town near the border with China

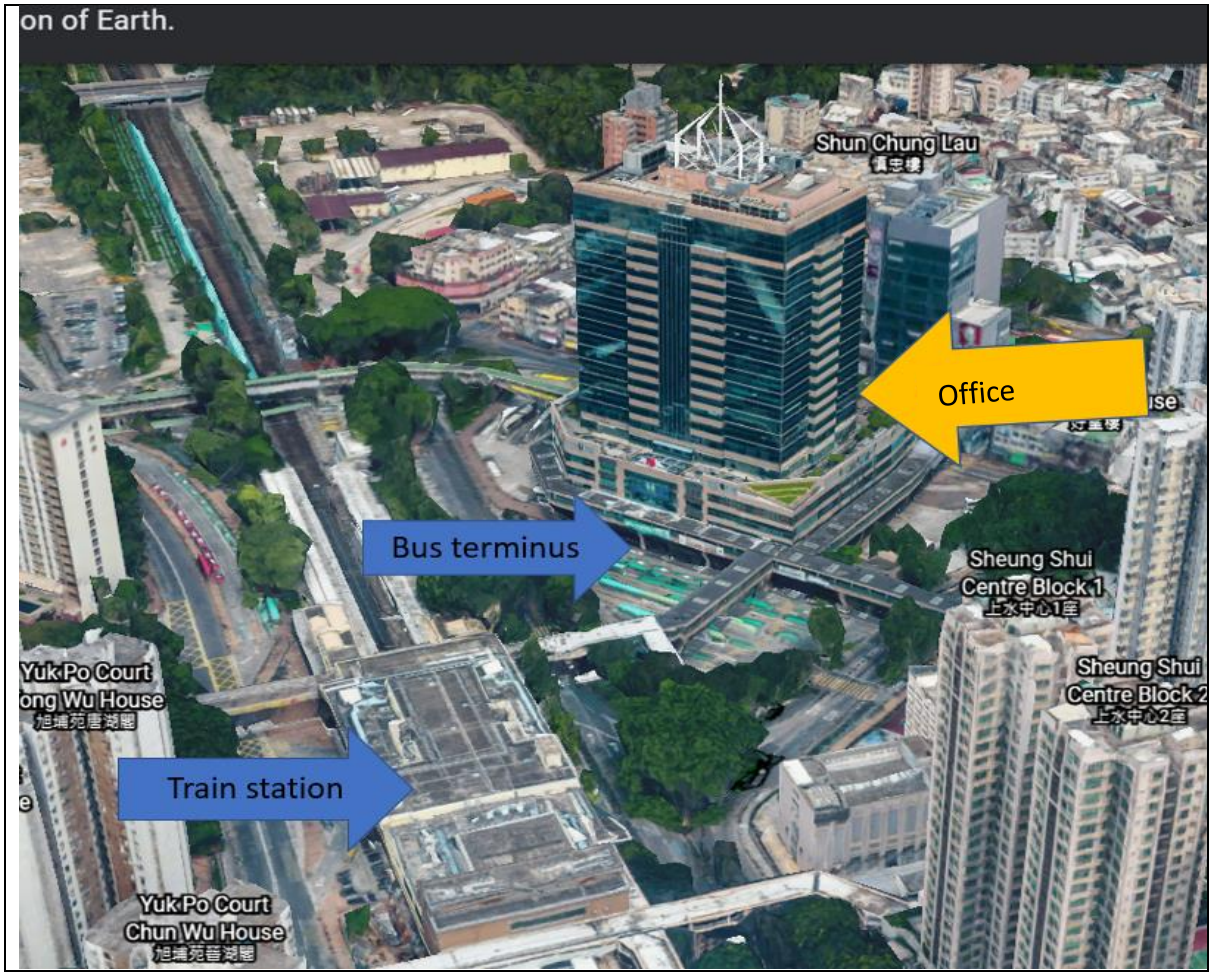



Fig. 1 shows the office in Landmark North (centre). A bus terminus was on the ground floor. It was connected to a train station and nearby buildings by footbridges.

## ABOUT THE BUILDING: LANDMARK NORTH

Landmark North was a south facing, 22-storey building built in 1995. It was on top of a bus terminus (Fig. 1). The lower floors (Level 2 to 5) are designated for a shopping mall with retail shops, café and restaurant. On level 6 to 22, there are offices for different businesses.

Escalators and elevators carry people vertically from the ground floor bus terminus up to different floors. A network of footbridges connects the building at Level 2 horizontally with its neighbouring residential blocks and the train station.

Fig. 2 shows the back (towards the right) of Landmark North (centre) which is north facing. A mountain range is seen in front of the building on the south.

Fig. 3 The front view of Landmark North. A bus terminus is situated on its ground floor.

Fig.4. Footbridges connecting Landmark North with the train station and nearby residential buildings

Fig. 5. The mall at the lower floors has shops and café. The escalators carry people from Level 2 to the upper floors.

## LANDFORM FEATURES

### Immediate near features (Figure 6)

- Landmark North was surrounded by roads
- The ground floor was occupied by a bus terminus which extended to an open area in its front.
- A railway and a highway running across its front.

### Distant features (Figure 7, 8)

- Landmark North was facing south.
- In its far front, there was a mountain range.
- At its far back towards the north, there was a river.

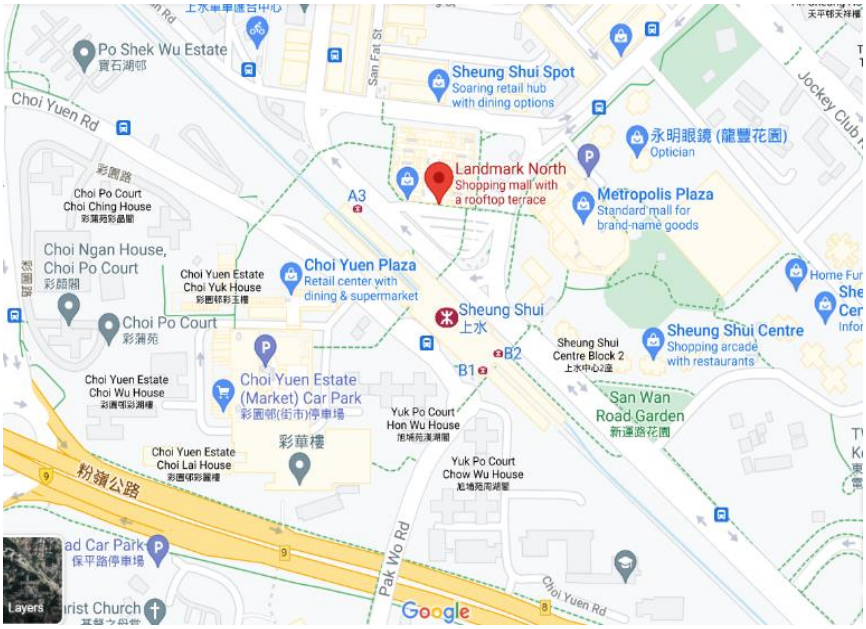



Fig. 6. Map shows the location of Landmark North (Red dot with black centre).

It was surrounded by roads and was connected to the train station and neighbouring buildings by footbridges.

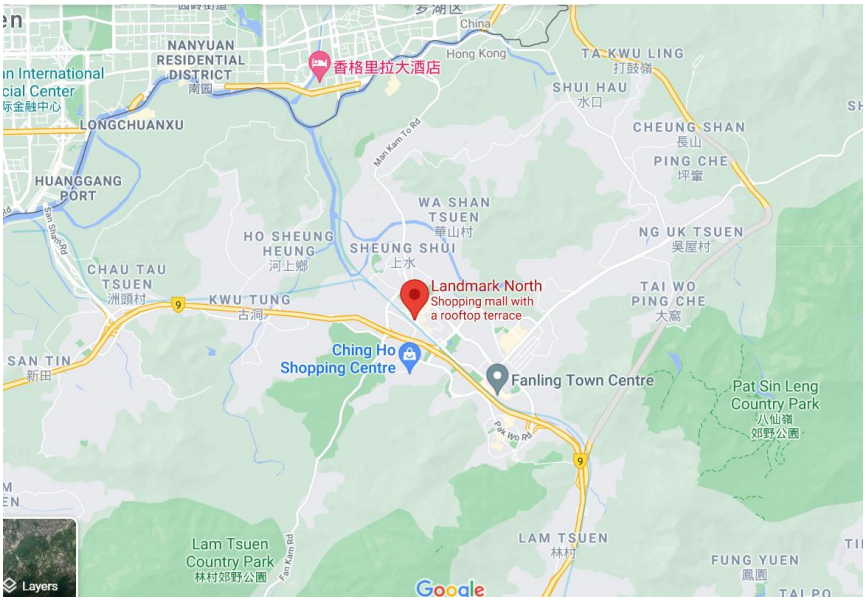



Fig. 7. A mountain range is in its front (south), and a river and its tributaries are at the back (north).

from Google Maps

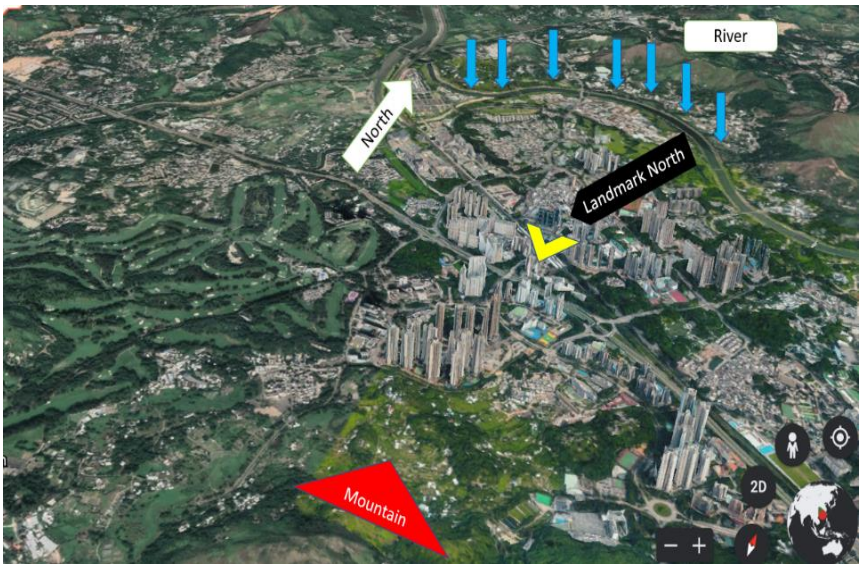



Fig. 8. Landmark North (yellow arrow) is facing south with a mountain range (red triangle) in its front (south) and a river (blue arrows) at its back (north).

from Google Earth

# FENG SHUI ASSESSMENT

## ORIENTATION

- Facing direction at 185° (South 2)
- Sitting direction at North 2.

## YEAR OF BUILD

- Completed in 1995 (Period 7)

## MING GUA OF THE OCCUPANT (myself)

- Ming Gua 9

ASSESSMENT at 3 LEVELS

1. The building (Landmark North)
2. The unit (clinic)
3. The room (consultation room)

LEVEL ONE: The building (Landmark North)

## Source of Chi energy

1. Chi from sunlight
   Landmark North is a detached building. It receives sunlight from all directions.

2. Chi from people
   The building also receives chi energy from the people from the neighbouring residential buildings, the bus terminus, and the train station through the escalators the network of footbridges.

Hong Kong is in the sub-tropical area. There are usually plenty of sunlight throughout the year. It is also densely populated; traffic is always busy. Therefore, Landmark North has a Yang environment.

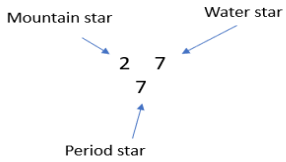
## Flying Star assessment of the building

The facing direction of Landmark North was 185° when measured by Lo Pan. It was in the *transitional zone*.

- The Facing direction was at S2 (in conjunction with S3).
- The Sitting direction was at N2 (in conjunction with N3)

It was built in 1995 (Period 7)

As the facing direction was in the transitional zone, **Substitute Stars** was used to formulate the Flying Star chart. The flying star chart of the building is shown below (Fig. 10).



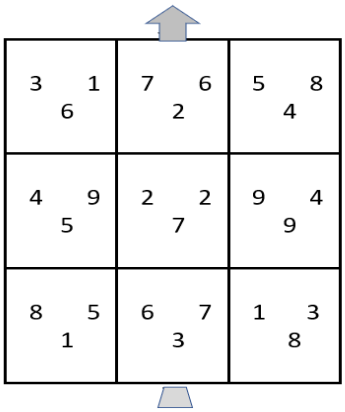




Fig. 9. The Flying Star chart (substitute star chart) of Landmark North

Its configuration belongs to the *Reversed chart pattern.*

The building was built in Period 7. The Star chart showed the *Reversed chart pattern*, i.e. the commanding Water Star 7 is in the sitting chamber, while the commanding Mountain Star 7 is in the facing chamber. This configuration is unfavourable unless it is supported by appropriate landform.

In Landmark North, The Water Star 7 in the sitting chamber was supported by the river in the north. The Mountain Star 7 in the facing chamber was supported by the mountain range in the south. Therefore, both the natal *commanding Water Star* (7) and natal *commanding Mountain Star* (7) were supported by landform (Fig. 7, 8), and this arrangement could generate strong and positive metaphysical chi to the building. As a result, business in the building could have a better chance of success and people are supported in their health.

## Eight Mansion assessment of the building

The building had its sitting direction at N2, so it is a *Kan House*. It belongs to the *East Life Group*.

The Ming Gua of the occupant (myself) was 9. It shared the same Life Group as the building. So, the occupant could benefit the helpful chi of the building in the east, south-east, south and north areas.

SOUTH

| | | |
|---|---|---|
| **Shen Qi** 生氣<br>Birth and vitality | **Yan Nian** 延年<br>Longevity, harmony and relationship | **Joe Ming**<br>絕命 |
| **Tian Yi** 天醫<br>Celestial healer of health | | **Huo Hai**<br>禍害 |
| **Wu Gui**<br>五鬼 | **Fu Wei** 伏位<br>Chamber of Life and Stability | **Lui Sha**<br>六煞 |

Distribution of the Eight Mansion Stars in a *Kan* (North) House
(Green colour indicates the areas of helpful chi energy)

## Summary at the Building Level

1. Flying Star: The building had strong positive metaphysical chi energy. (Reversed chart pattern corrected or supported by landform)
2. Eight Mansion: The occupant was supported by the beneficial chi energy of the building (Ming gua and house gua are compatible.)

LEVEL TWO: The clinic

# THE OFFICE

## KEY FEATURES OF THE OFFICE

- on the east sector (Star 9) of the building (Fig 10).
- operated from 2007 to 2018 (Period 8)
- floor space was rectangular with the entrance on the left side
- floor area:  about 1,000 square feet
- windows on the east side

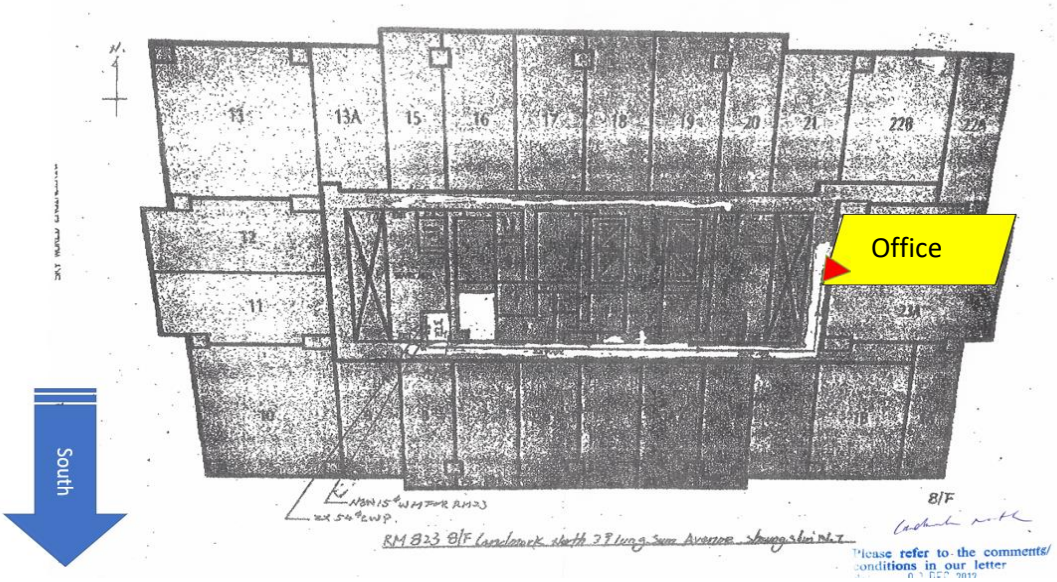



Fig. 10. Floor plan showing the location of the office

The office was partitioned into

- Waiting area
- Reception
- Consultation room
- Examination room
- Pantry and store

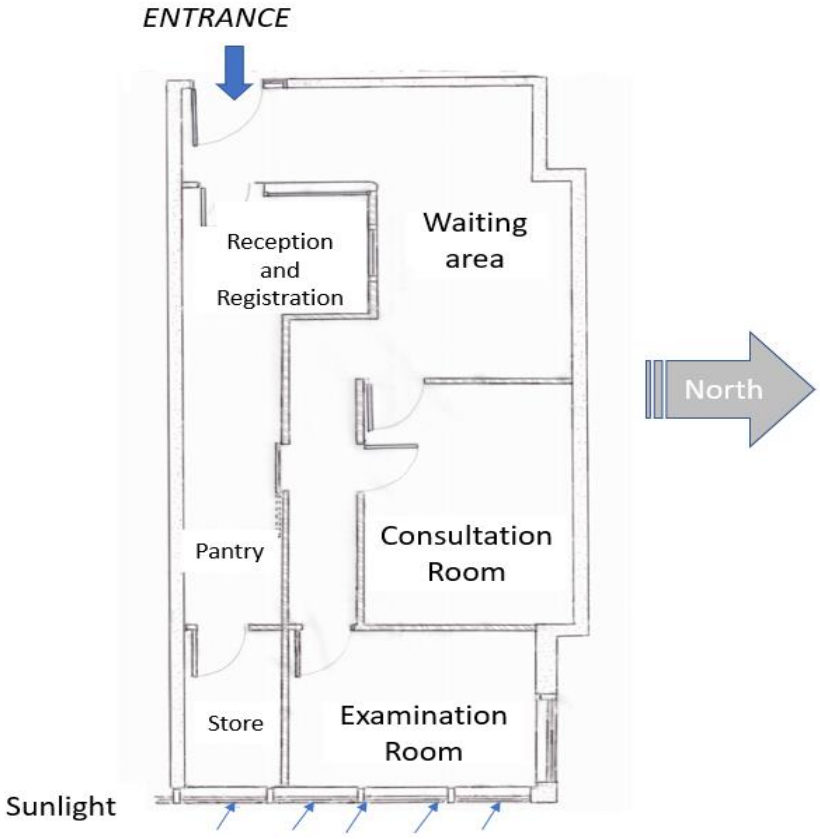



Fig. 11 Layout of the office

## FLYING STAR ASSESSMENT OF THE OFFICE

The flying star chart of the building (Landmark North) is shown below (Fig. 9, 12). This will be applied to the office. The distribution of various stars is shown in figure 13.

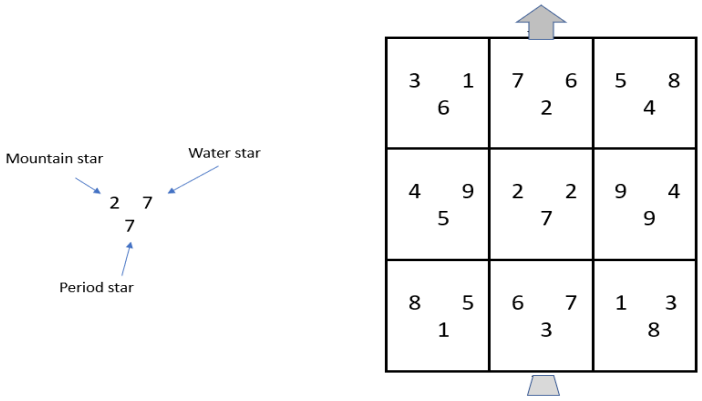



Fig. 12. Flying Star chart of the building is used for the clinic

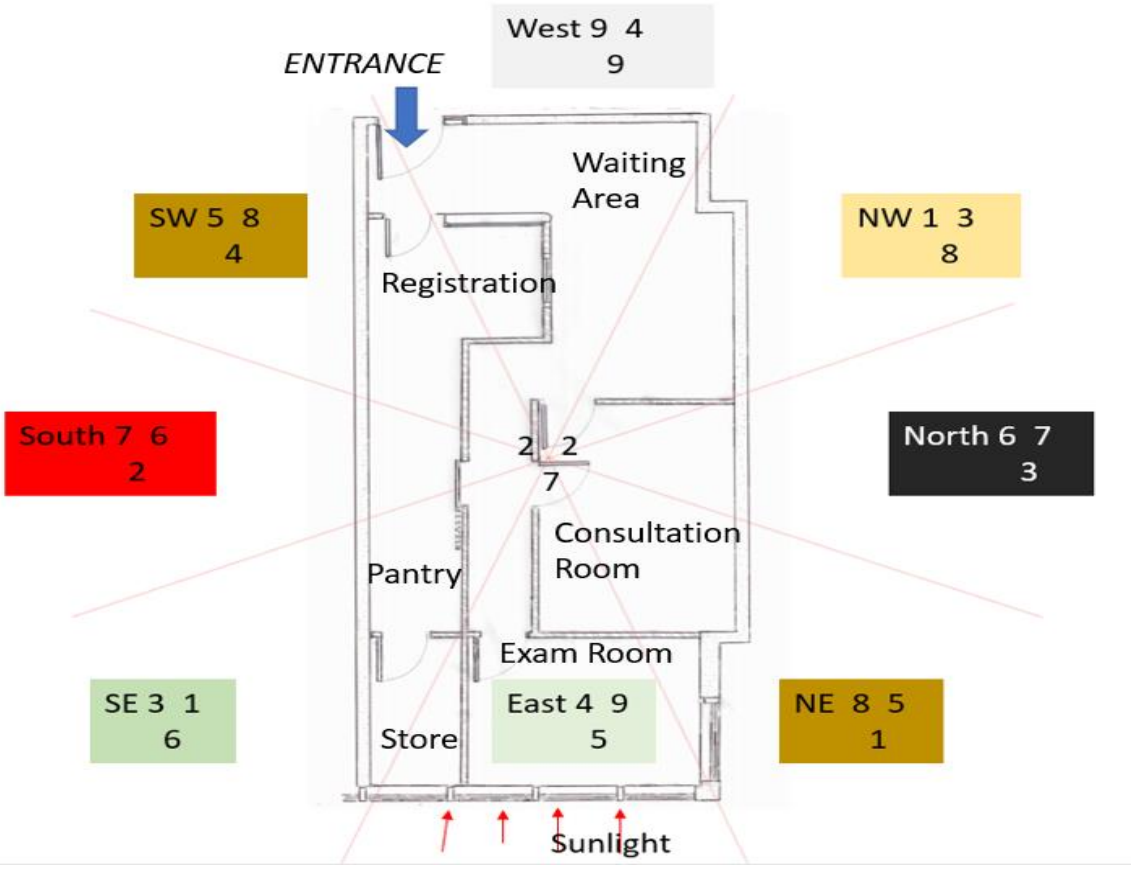



Fig. 13. Distribution of flying stars in the clinic

## Chi mouth

The entrance (chi mouth) of the office was in the west sector. Movement at the entrance would activate the energy of Star 4. Star 4 promotes success in academia or potentiate romance. This might not be relevant for a clinic. However, it could also support people with Ming Gua 9 (Wood feeds Fire). So, the occupant (myself) would benefit from this.

## The Commanding Stars

The commanding Water Star 8 for Period 8 was in the south-west sector where the doorway to the reception and registration area was situated. This would activate the helpful chi of Star 8 and promote smooth operation and success in the clinic.

## The Unhelpful Star and Star combinations

### STAR 2

Star 2 which signifies illnesses was present in the centre. It was concordant with the use of the premise for medical practice.

### STAR 3

Star 3 which promotes argument and dispute was present in the waiting area. Movement of people in the waiting area might strengthen its energy. Its undesirable effect might also be reinforced by the accompanying Mountain Star 1. (Water feeds wood). This might potentiate dispute among the staff or between patient and doctor.

### STAR 5

Star 5 was present inside the consultation room. The chi of Star 5 might promote serious illnesses or misfortune.

### STARS 6 and 7 COMBINATION

The combination of Stars 6 and 7 is often known as the “double metal clash”. It would promote more serious disputes and car accident. Two sets of “double metal clash” was present in the relatively quiet areas of the clinic.

LEVEL THREE:  The consultation room

## THE CONSULTATION ROOM

In general, the master room of an office are the room for the Chief Executive Office and the boardroom. In a medical office, the key area would be the consultation room.

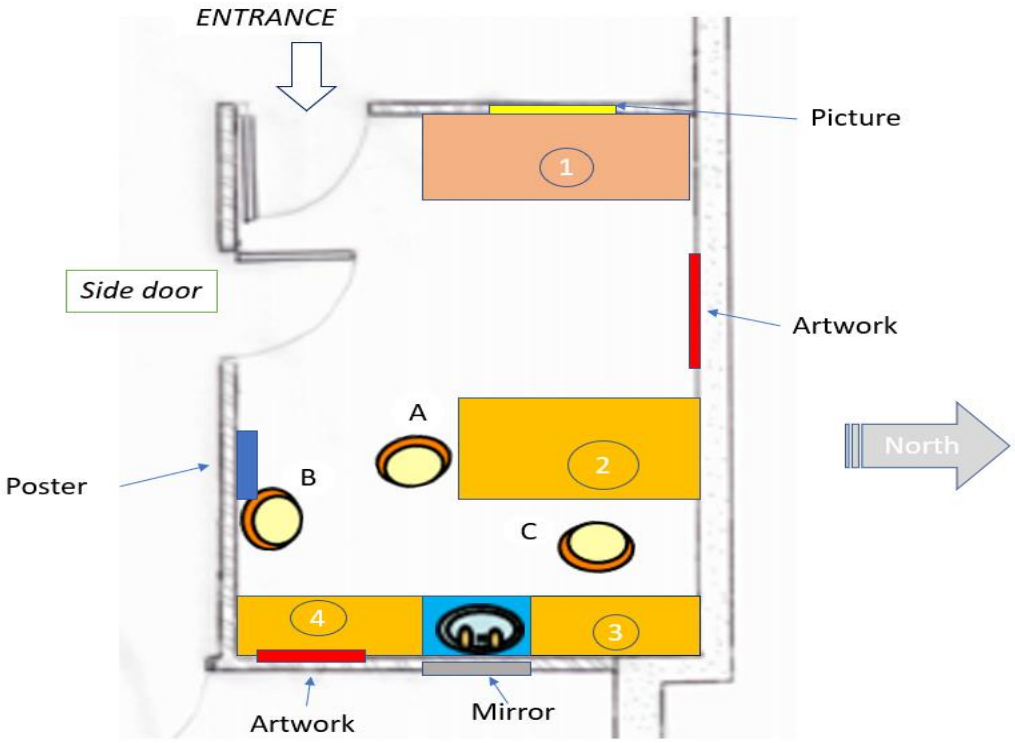



Fig. 14. Layout of the consultation room

## MAIN FEATURES OF THE CONSULTATION ROOM (Fig. 14)

- entered from the waiting area at its south-west corner
- a side door for access from the reception area
- an examination couch (1)
- consultation desk (2) and chair
- ceiling-height cabinet (3) behind the consultation desk
- basin and a set of low cabinet (4).

## FLYING STAR ASSESSMENT OF THE CONSULTATION ROOM

The consultation room was in the north (Star 7), north-east (Star 5) and east (Star 9) sectors of the office (Fig. 13). The distribution of flying stars in the consultation room is shown below.

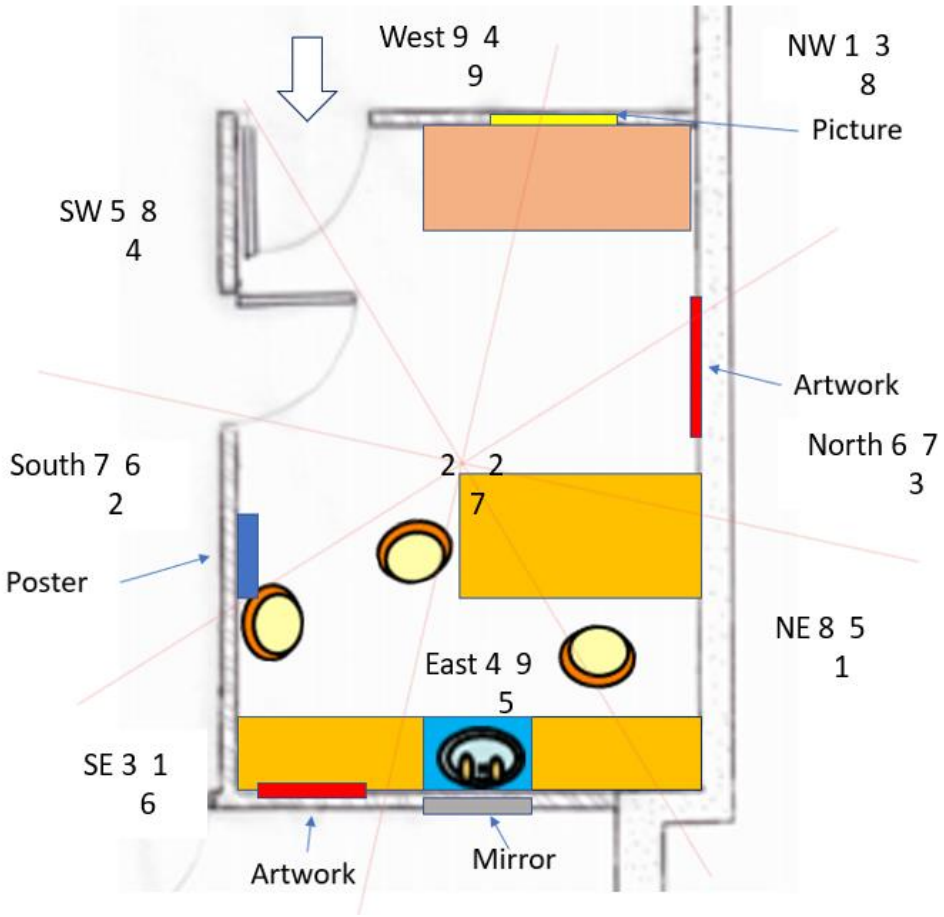



Fig. 15. Distribution of flying stars in the consultation room

### Room Entrance (Chi mouth)

It was entered from the waiting area into the west sector. This would activate the water Star 4. People with Ming Gua 9 would be benefited (wood feeds fire).

## The commanding Stars

### STAR 8

The commanding Star 8 for Period 8 was in the south-west sector. It would be activated by the side door, and this would benefit the operation and success in the clinic.

### STAR 9

The successor commanding Star 9 in the east sector would be activated by water at the basin.

## The unhelpful stars or star combinations

STAR 2 was in the centre of the room.

### STAR 5

Star 5 was associated with more serious illness or misfortune. It was present at where the consultation desk was placed.

Furthermore, the Star 5 of the room sat on the north-east area of the office which was also the area with Star 5 (Fig. 16). Therefore, the strength of Star 5 in the consultation room would be reinforced and it was more likely to produce health issue to people sitting in this area.

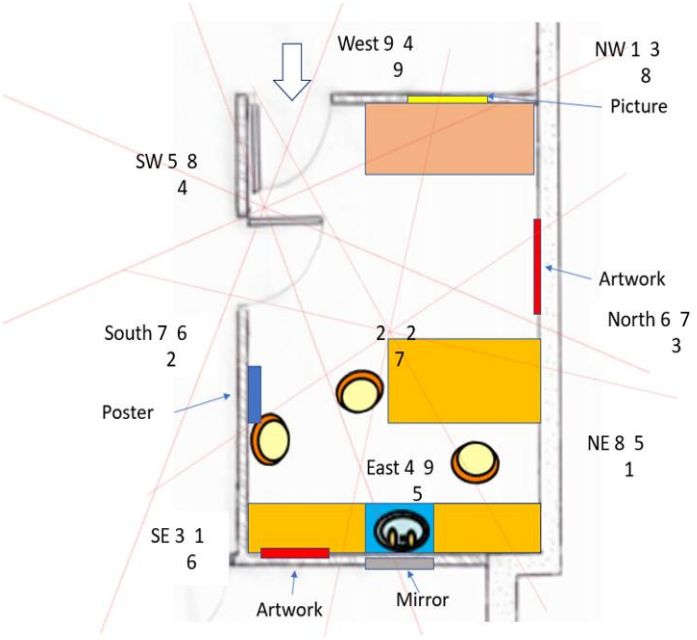



Fig. 16.
Superimposition of Star 5 of the clinic and Star 5 of the consultation room

STARS 6 and 7 COMBINATION

**Combination of stars 6 and 7 were present in the north and south sectors in the room. The chi in the south sector was more likely to be activated by movement of people in the room.**

*Recommendation based on Flying Star assessment*

1. **Place a *water feature* in the south-west sector (Star 8) of the office**
   A water feature in this sector could further energize the chi energy of the commanding Water Star 8. This would help to enhance smooth operation of the practice and success in business.

2. **Incorporate red or bright colour décor in the waiting area at the north-west sector (Star 3) of the office**
   Based on the principle of 5 element interaction (see page 5), the fire element of red or multiple bright colour would calm the unhelpful effect of star 3 (Fire drains Wood). Furthermore, the fiery environment in the waiting area could generate a more joyful atmosphere for the child patients in the clinic.

3. **Place a *metal object* such as a bronze bowl in the north-east sector (Star 5) of the consultation room**
   Based on the principle of 5 element interaction (see page 5), this could calm or drain the undesirable effect of star 5 (Metal drains Earth).

4. **If possible, move the consultation desk and the seat to the *east sector* of the consultation room.**
   This would move away from the influence of the chi energy from Star 5. In addition, the east sector housed the helpful chi energy of Star 9.

**4a. If possible, swap the consultation room with the examination room**
The east sector of the clinic, where the examination room was located, had the second-best chi energy of Star 9. It also received the natural light energy through the window (Eight Direction consideration). It would be helpful for the use as a consultation room. It was also recommended to place the consultation desk in the east sector of the room where it had the energy of Star 9 of the room.

5. **Place a *salt water cure* at the south sector of the consultation room**
   This would help to remedy any untoward effect of Stars 6 and 7 combination.

Fig. 17. Various kinds of water feature

Fig. 18. Metal bowl

Fig. 19 Salt water cure

## FIVE ANIMAL ASSESSMENT OF THE CONSULTATION ROOM

Using the Five-Animal model, the consultation room was assessed from both the doctor's and the patient's perspective.

(1) From the doctor's perspective (Fig. 20)

He was at position C and was in an empowerment position. The doors and the picture in the front formed the phoenix. The chairs for the patient (A) and his companion (B) would be the dragon, and the wall on the right-hand side was the tiger. The ceiling height cabinet (3) at the back was the turtle which could lend a strong support and protection.

(2) From the patient's perspective,

He was at position A. The desk (2) and the doctor (C) would be the dragon. His companion or the seat on his right-hand side (B) would be the tiger. The low cabinet (4), the artwork and the basin would be the phoenix. However, the turtle was rather deficient. The mirror which reflected the condition of the room at his back could help to remedy the defect.

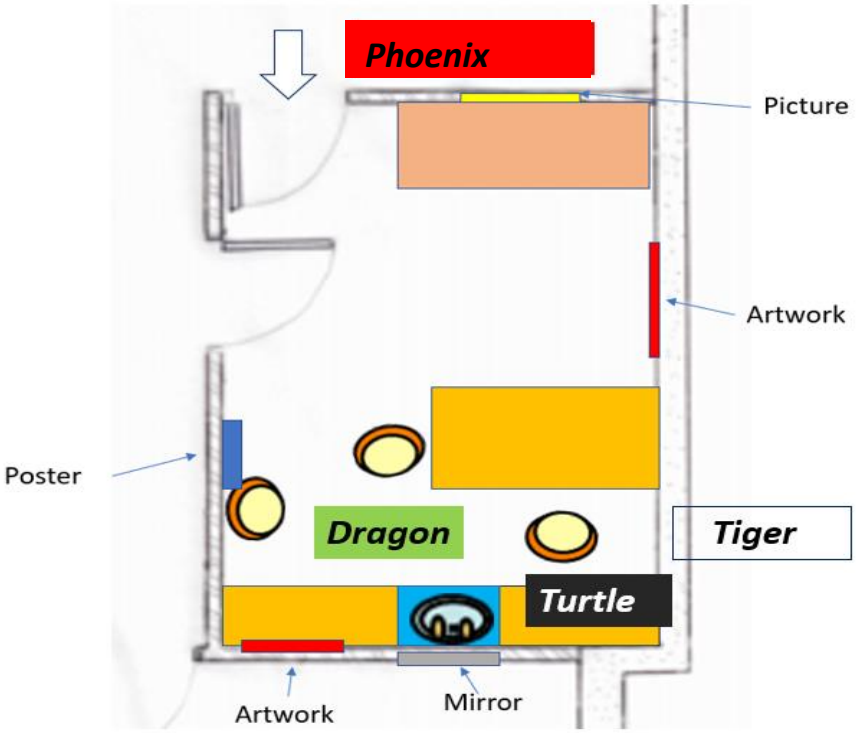



Fig. 20. Five animal assessment from the doctor's perspective

*Recommendation based on Five Animal assessment*

1. **Putting up some suitable picture or affirmation at the phoenix**
   This could help relaxation or lending spiritual support to the person in position C.

2. **Placing some toys on top of the low cabinet (the phoenix of position A)**
   This might help to calm down the stress of the young child patients when attending medical consultation.

# ANNUAL STAR FENG SHUI FOR 2018

Apart from the basic energy from the natal star chart, the building also receives a different set of energy from the annual stars. The annual stars change in the beginning of each year according to the solar calendar (around 3rd or 4th of February). The year number of 2018 was 9. The annual stars of 2018 were shown as the numerical in red in the chart below.

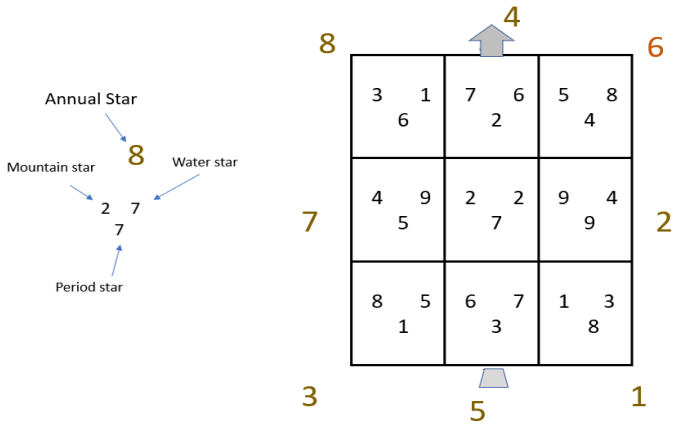



Fig. 21. Annual star chart for 2018

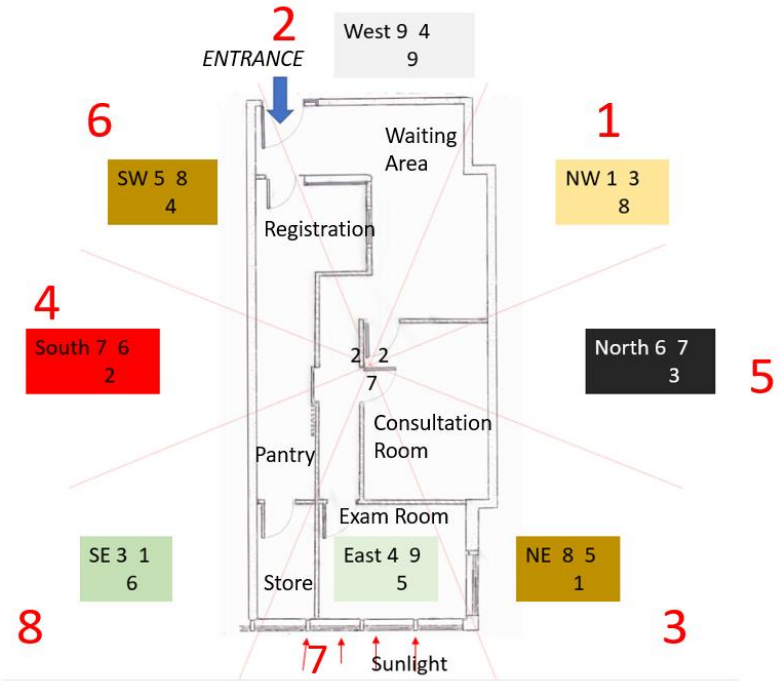



Fig. 22. Distribution of the annual stars in the clinic in 2018

The location of various annual stars in 2018 was shown in the diagram above (fig. 22). These stars might affect people inside the office according to their attributes.

Star 2 is the star associated with illness. Being located at the entrance, it would have higher energy level. Therefore, people in the office should be more alert of their health condition in that year.

Star 5 is related to illness or misfortune. Star 7 is related to dispute and injury. These two stars were in the relatively less active areas of the clinic.

Star 8 is related to income or wealth. Being in the pantry and store area, it was not activated to a great extent.

*Recommendation for annual star remedies*

1. **Place a water feature at the pantry area (south-east sector of the clinic)**
   The water feature would energize Star 8, and thus help to promote business and income.

2. **To place a gourd or 6 metal coins at the entrance (west sector)**
   This would help to absorb or calm the Star 2 energy.

3. **To place a copper bell near the examination couch (north sector)**
   This would calm the Star 5 energy.

## SUMMARY

1. The building was inherited with strong and helpful chi energy. (Reversed chart pattern, supported by appropriate mountain and water landform)

2. The star at the entrance of the clinic (Star 4) was helpful and supportive to the occupant (Ming Gua 9).

3. Star 8 of the clinic was activated by the doorway in the reception area.

4. Star 8 of the consultation room was activated by the side door.

5. The consultation desk was located on the area with Star 5 of the consultation room, and of that of the clinic at the same time.

6. The placement of the consultation desk was in an undesirable location. Apart from feng shui remedies, it was also recommended to move the consultation desk to the east sector where Star 9 was.

7. Swapping the consultation room with the examination room should be considered. This would move away from the influence of Star 5, and to have the helpful energy of Star 9. Furthermore, the room could receive natural light from the window. (See page 26, Recommendation 4, 4a)

# GLOSSARY

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|---|---|
| Chi, Chi energy | Also known as Qi or Ki. An abstract energy in our space, inside or outside the house, which can affect our feeling, mood and wellbeing. The chi can be from a physical source or of mythical origin. |
| Feng Shui | A practice to identify chi energy in our environment, and to modify it for the benefit of our wellbeing. |
| Yin-Yang | Yin-Yang are the concept of polarity when comparing two entities. Yin, often has a negative attribute, refers to darkness, still, calmness and in a lower position, while yang, often has a positive attribute, refers to brightness, motion, excitement, and in a higher position. |
| Five-element | A philosophical conceptual system to classify various objects or entities including emotion, lifestyle, food in our life into 5 categories: metal, wood, water, fire, earth. This can be based on their nature, shape or colour. |
| Interaction between five-element | When 2 entities occur together, they will interact differently due to different 5-element properties. It can be birth or generate, support, control or calm, drain, clash, harm. |
| Eight directions | The 8 directional sectors of a house can be derived from the compass reading. Based on this, different types of chi energy from sun exposure in various areas can be determined. |
| Five animals | Also known as the Form School feng shui. Using phoenix, turtle, dragon, tiger (and snake) to represent the 4 aspects (front, back, sides) of a house or an object when resides in a certain position. The phoenix is in the front, usually has a better and exposed view. With proper and balanced orientation of the 5 animals, it can produce the feeling of security. |
| Ming Gua | A trigram number for an individual derived from the year when he is born in the solar calendar. It is usually used to assess his compatibility with a house or a space in a house. |
| Eight Mansion feng shui | Also known as Ba Zhai. A system in feng shui to locate the helpful areas of a house. It also reveals the favourable direction and directional location for an individual. |
| Flying Star feng shui | A sophisticated system in feng shui, employing 9 mythical "stars" to denote 9 kinds of mythical chi energy in a space. Chi energies are attached to a house when it is built. The distribution of helpful chi and less helpful chi is determined by the house orientation and the time that it is built. The power of these stars is influenced by the landform, features outside the house, the interior layout and placement of objects. It can also be affected by its partner stars in the same space. |
| Annual Star | A set of chi energy in space that emerges every year and may affect the wellbeing of people in the house. The chi distribution follows the direction. It renews in the beginning of each year in the solar calendar (at around the 3rd or 4th of February). |