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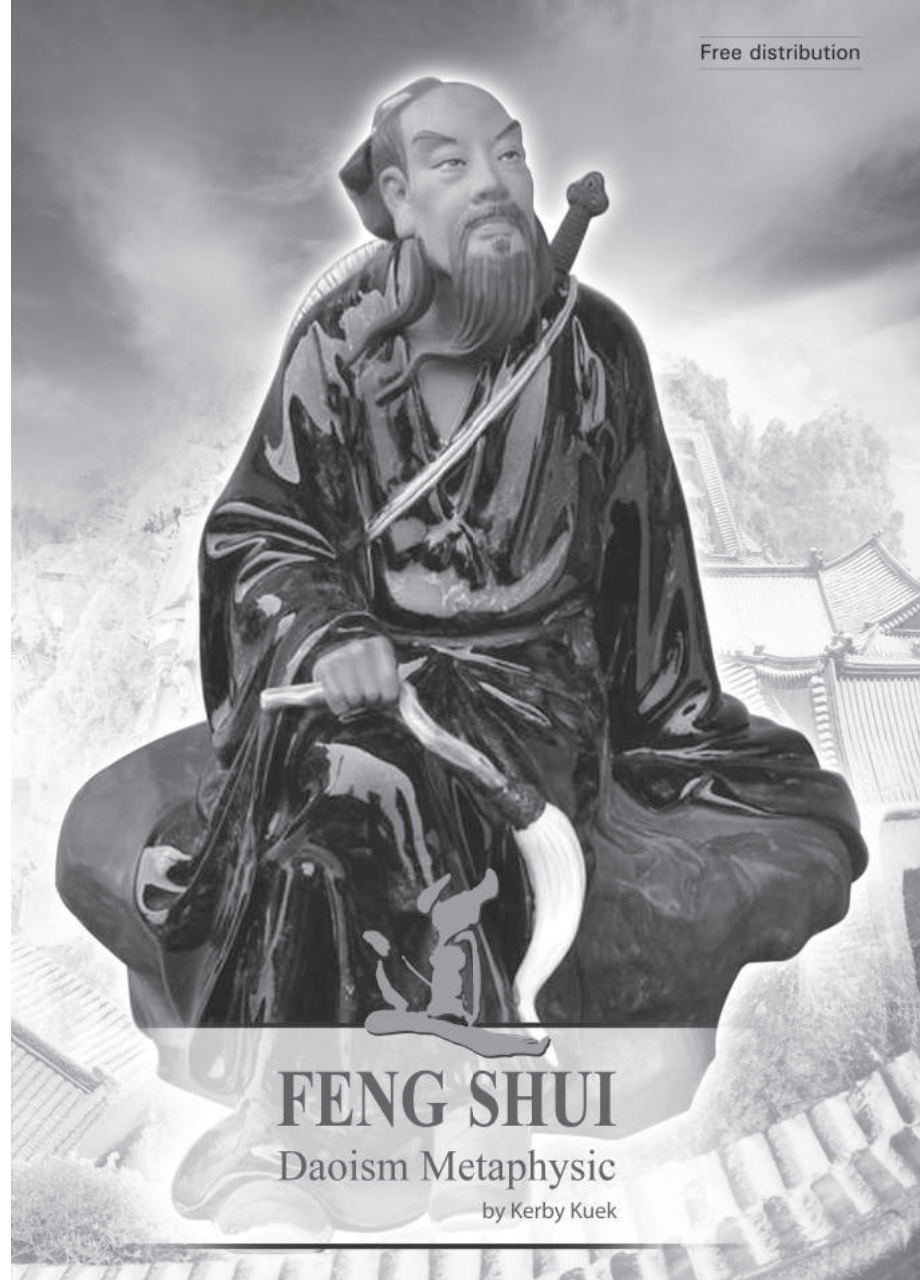
道

# FENG SHUI

Daoism Metaphysic

by Kerby Kuek

Free distribution



# FENG SHUI

Daoism Metaphysic

by Kerby Kuek

要拯救自己真靈不滅永生  
必須修道，修道必須行道

呂祖曰

呂祖師著

呂氣可知知覺路，進入仙班凡來修，修得本性明大道。  
洞天福地福人居，渡世救世蒼生苦，感化蒼生大道行。  
賓主不分心相同，悟知悟覺明真理，凡世可救有緣人。

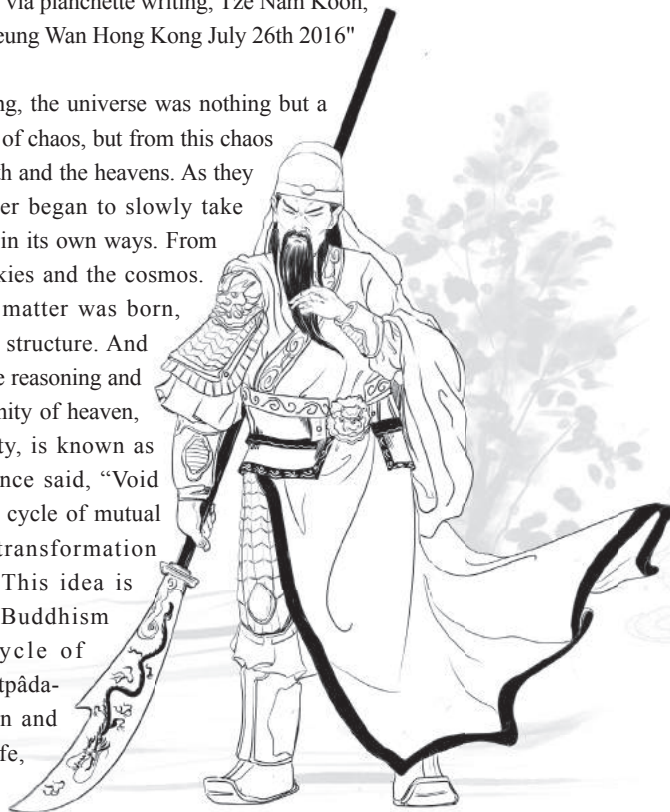




## PREFACE

Kwan Di  
Jade Emperor  
"via planchette writing, Tze Nam Koon,  
Sheung Wan Hong Kong July 26th 2016"

In the beginning, the universe was nothing but a tumultuous expanse of chaos, but from this chaos sprang forth the earth and the heavens. As they were formed, matter began to slowly take shape and manifest in its own ways. From heaven came the skies and the cosmos. From earth, solid matter was born, creating forms and structure. And from humanity came reasoning and knowledge. This trinity of heaven, earth, and humanity, is known as San Chai. Laozi once said, "Void and form exist in a cycle of mutual coexistence and transformation of one another." This idea is aligned with the Buddhism ideology of a cycle of birth and death. (utpāda-nirodha, production and annihilation, all life, beginning and end).



Both Buddhism and Daoism share the same theory of creation. However, Daoism applies the theory of metaphysics to all matter on earth.

Material forms, which are all subtly influenced by the five elements, produce kind or unkind energies, an idea that is derived from Daoism and Feng Shui and is an integral part of this book. Through this book Kerby hopes to ultimately share this profound knowledge with the world. The purpose of publishing this book is not to encourage superstition, nor is it to advertise his expertise and skill, but rather to share his point of view and present something valuable for readers to ponder. Through this he hopes to encourage discussion and the sharing of personal views. The high quality content of this book allows the world to know that Feng Shui and Daoism metaphysics share the same root. On this auspicious day, I celebrate my birthday, and have offered this preface to promote and uplift the image of this book.

### 關聖帝君降示

天地之始者，混渾沌矣。物得生而生，理得顯而立。在天成象，在地成形，在人成理，楔乎三才秘澀而老聖之云虛無互有之衍化者亦契釋氏之生滅論哉。佛道俱同生滅之義也。道之為玄理貫天地萬物。物象既備隱隱之五行凶吉，同啟風水之咎祥玄道合壹之志者，郭氏深於此矣，亦欲發揚備至乎焉。版梓博文書叢厚出，非以蠶測海之心而行其事也，實欲拋磚引玉，廣招同好之集論焉。今乎梓出英文希冀暢文高論，使寰宇而知乎風水與玄道之同根矣。今值華誕恭逢誕祝，淺序一文，以勵是書之振發是矣。

降於丙申歲末月吉時香港紫枌觀



## PREFACE

What Feng Shui is not!

*After reading this book, I hope readers should be able to differentiate at least the essence of what Feng Shui is not. I cannot really convey what Feng Shui is, just like Dao that can be told is not the eternal Dao. The reason of such is, metaphysics is unlike actual science, where you only believe what you see. I cannot blame you for not believing because I was once a skeptic as well. The following few comparative narratives would shed some light on understanding this book:*

### ***Ancient Scripture and wisdom***

Ancient wisdom told us that we cannot tap into the nothingness. (See below "emptiness")

### ***Recent discovery***

Only recently scientists acknowledged that we only know 4% of the cosmic world, and all things eventually sink into black holes.

### ***Ancient Scripture and wisdom***

Ancient scripture denoted clearly that people with illness, should live in a house facing east to tap into the pure sunlight.

### ***Recent discovery***

Scientists discovered that sunlight takes at least 8.3 minutes to travel to Earth; implicating pure sunlight hits Earth early in the morning.

Early sunlight also proves to prevent bone-loss.

### ***Ancient Scripture and wisdom***

We are impacted by not only the Sun and Moon but the 5-elements as well.

### ***Recent Discovery***

Scientists discovered that sunlight consists of at least 92 light spectrums and deriving from among others the reflection of other planets, including but not limited to, the moon, Venus (Metal element), Jupiter (Wood element), Mercury (Water element), Mars (Fire element) and Saturn (Earth element). If sunlight has an impact on bones, what about the other elements?

Just showing the few examples above, one can conclude that any manifestation in the form of words can only cripple our comprehension and understanding of this world.

Below is another example of metaphor for your understanding:

Matter is made up of molecules. Molecules are made up of atoms. Atoms are made up of protons, neutrons and electrons. At a microscopic level, the constituent "particles" of matter obey the laws of quantum mechanics and exhibit wave-particle duality. Protons and neutrons are made up of quarks and gluons. "So what?" you might ask. Read on.

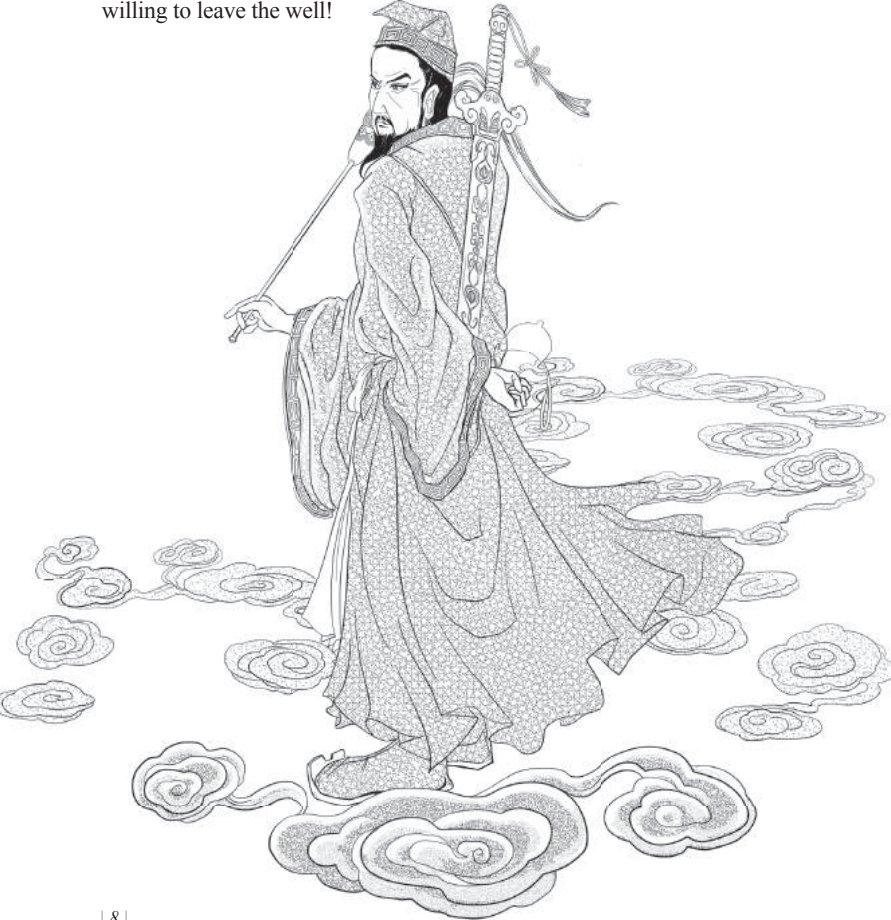
This is the metaphysical world. Plot this on a piece of paper: the smaller the size, the more powerful they are. From matter to molecules to atoms (we have an atomic bomb created at this level) to neutrons (neutron bomb or nuclear power created). It all leads to an "emptiness" or "void" where all energy forces are from.

Is Feng Shui about placement of furniture? Placing Feng Shui items at different spots in your house? If the answer is yes, you need to work harder and find out more about the essence of Feng Shui. The following



analogy is explained by my master: "I can't explain what winter is like to a summer bug" (a bug born in late spring and dying in summer) and "I cannot explain to a frog in a well what seawater is like."

This book is created to explain what seawater is like if you are willing to leave the well!



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## Chapter 1

### *FENG SHUI ORIGIN AND HISTORICAL EVENTS*





## Earthly alignments are written in the stars

Around 6,500 years ago the Chinese mastered the science of astrology ... you want science to prove it, please read on and then pass this article to feng shui skeptics! Oh, I was once a skeptic too!

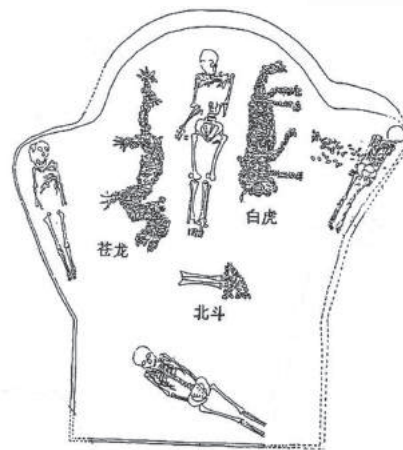
Xishuipo is a Neolithic site in Puyang, Henan province associated with the Yangshao culture. The site was excavated in 1987 and 1988, and 186 burials were discovered. From then, China's fate as an earth power started to be recognized.

In one of the burials, tomb M45, is the body of a tall adult male. He is flanked by two mosaics formed from white clamshells - a tiger to his left and a dragon to his right. Clamshell mosaics were also found in two nearby caches. The burial was accompanied by the bodies of three young children. Some archaeologists think the man was a shaman, but, according to Lao Tzu, this was the tomb of Huang Di - the Yellow Emperor - despite many believing it belonged to Fuxi.

This extraordinary archaeological find is a vivid example of a feng shui setting. The tomb's orientation and grave are examples of traditional knowledge of cosmological interactions with human beings on Earth.

The grave is aligned with the man's feet to the north and head to the south (an example of mirror reflection of cosmic stars). With a dragon to his east, a tiger to his west, these cardinal directions associated with the dragon and tiger are precisely the same as the correlative cosmology of some 3,000 years later! Cerulean Dragon to the east is the constellation comprising Vir-Sco and White Tiger to the west corresponds to And-Ori.

A mosaic that was found in the north has been taken to represent the Northern Dipper. Some see this as the map of the heavens, some see tomb M45 as an actual sky map! Such orientation is well-documented with conventional cosmological corrections of the late first millennium



BC. Remember, this grave is more than 6,500 years old!

Since the discovery of this tomb China's economy has been on the rise. Feng shui is at work here. Nevertheless, if China wants to keep developing and sustain the level of achievement, a humane side of creating values and virtues is indeed needed.

The Yellow Emperor is one of the legendary Chinese sovereigns and culture heroes included among the Three Sovereigns and Five Emperors. Tradition holds that Huang Di reigned from 2697 BC to 2597 BC. The Yellow Emperor is regarded as the initiator

of Chinese civilization and the ancestor of all Huaxia Chinese.

Yes, if you are Chinese, he is your ancestor! Thought of the day: Ultimately, it's the Dao that matters and not the teachings - Lao Tzu





### When Asian and Western astrology collide

The ancient Chinese had the wisdom to divide the ecliptic into 12 equal parts, and to ascribe them the name of some animal.

The first one is the rat; it corresponds to Aries; the next is the ox or cow, and is identical to Taurus. The third, the tiger, corresponds to Gemini; the fourth, the hare Cancer; fifth, dragon Leo; sixth, snake Virgo; seventh, the horse Libra; eighth, ram Scorpio; ninth, monkey Sagittarius; 10th, cock Capricorn; 11th, dog Aquarius; and 12th, boar Pisces.

Chinese and Western astrology have in common 24 seasons. The ancient Chinese used the 12 zodiacal signs to determine the 24 seasons



of the year. Using a solar term of 24 points in traditional East Asian lunisolar calendars matches a particular astronomical event or represents some natural phenomenon.

Spring: when the sun enters the 15th degree of Aquarius (around February 5) "spring begins." When it enters Pisces (around February 19) the "rainy season" sets in. When it reaches the 15th degree of Pisces (about March 5), insects get excited "awakening of insects."

When it enters Aries (around March 30), the "vernal equinox" comes around, followed (about April 5) by the term called "clear and bright."

Entering Taurus (around April 20) brings "fructifying rain" (grain rain).

Summer: around May 5, the beginning of summer; Entering Gemini (about May 21) brings the two terms called "grain is filling," and around June 6, "the grain is in the ear." Cancer brings the two terms "summer solstice" (around June 21) and "minor heat" (July 7). When the sun is in Leo (about July 23), "major heat" begins.

Autumn: on or around August 7 (still in Leo), autumn sets in. When the sun is in Virgo (about August 23) "heat is limited," and (around September 8) "white dew" will fall.

When the sun is in Libra (about September 23) the "autumnal equinox" takes place, and (October 8) "cold dew" descends. When the sun is in Scorpio (around October 23), it's "frost descent."

Winter: on or around November 7 (still Scorpio), "winter sets" in. With the sun in Sagittarius (about (November 22) "minor snow" will fall, and (around December 7), "major snow."

When the sun is in Capricorn (about December 22) the "winter solstice" occurs, and (around January 6) "minor cold" sets in. When the sun enters Aquarius (around January 20) "major cold" settles in, and thus, the circle of the year is completed.





## 3

**Planetary bodies exert their influence on us**

Have you ever heard of terms such as left green dragon and right white tiger?

Previous article, we discussed how the 12 animals of the Chinese zodiac correspond to the Western astrological signs and how the 24 seasons are derived.

This week comes the 28 constellations, or abodes, through which the moon travels in her monthly course along the ecliptic.

These 28 constellations are divided into four sections, one of which is called the "Azure Green Dragon," located in the east and comprising the first seven constellations.

The next seven constellations are called the "Black Turtle," whose abode is in the north. The third seven are named after "White Tiger," situated in the West, and the last seven are designated the vermilion bird, or "Rose Finch," ruling the south.

Feng shui, especially yin feng shui, will use such combinations to determine the meridian spot.

To further observe these 28 constellations, the five planets (elements) known to the Chinese, and the occult virtues ascribed to them, play a very important part in feng shui.

Jupiter is said to reign in the east, ruling the spring and has the attribute of benevolence. Mars dwells in the south, commands the summer and favors propriety. Venus dwells in the west, rules in the autumn and her province is decorum. Mercury is located in the north, rules in winter and represents wisdom. Saturn reigns in the middle of the earth, rules midsummer and is associated with fidelity.

There are other planetary bodies that likewise exert influence upon the earth. Along with the sun and moon, the five planets form the seven

rulers of the seasons. The seven stars of the Great Bear also contribute in dictating the direction of the seasons.

The ancient Chinese looked upon the seven stars as forming a natural clock. In ancient times, the body of the bear was considerably closer to the North Pole than it is now. The tail appeared to move around the pole somewhat like the hand of a clock.

Imagine then the earth's surface forming the dial- plate and dividing the horizon into 24 equal parts. With the tail of the Great Bear acting as the hand, we have a simple method to determine the 24 seasons of the year.

When the tail points, at nightfall, to the east, it is spring. When it points south, it is summer. To the west, it is autumn, and to the north, winter.

All this exerts a great influence on the earth.

## 4

**Chicken comes home to roost in Spratlys**

The Spratly Islands dispute is ongoing between China, Brunei, Malaysia, the Philippines, Taiwan, and Vietnam. Beijing claims almost all of the South China Sea and this has created animosity among neighboring countries.

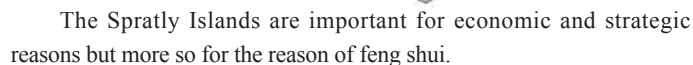
There is evidence of what appears to be military facilities, including a runway, on one reef.

After being a silent giant country for many decades, China is the rising power in the East and needs to be respected.

Laid low in the wake of the Qing era and more so by World War II, China has become more active in the surrounding seas and this is where feng shui plays a part.



Map A.1: The Administrative Boundaries within China



The shape of China is commonly recognized as that of a rooster, however the complete picture is missing without the Spratlys.

Look at a map, you will see the Spratlys are the feet of the rooster and by establishing a claim on the islands the shape of the whole bird is formed.

Reclamation by Beijing allows the giant rooster to stand steadily and function normally.

According to news reports, in August 2013 Malaysia suggested that it might work with Beijing over its South China Sea moves and ignore the other claimants.

Malaysian Defense Minister Hishamuddin Hussein said Kuala Lumpur had no problem with Beijing patrolling the South China Sea.

ASEAN members, the United States, and Japan thereby got the message: "Just because you have enemies, doesn't mean your enemies are my enemies."

Disputes should be settled through dialogue and never by war.

## Wind and water a natural fit in science

A direct translation of feng shui is "wind and water," and is so called "because it's like wind, which you cannot comprehend, and like water, which you cannot grasp."

Wind is something we avoid if we want an auspicious setting, as Guo Pu, Jin Dynasty master of feng shui, advocated.

For him, "kind energy [qi] is dispersed by wind and stored in water."

So what feng shui intends to bring is kind energy that is condensed and concentrated rather than loose-ended, dispersing energy that is unkind.

Feng shui is, however, just another name for natural science.

Setting the site for one's home with the mountains at the rear serves to break the wind to protect it.

Mountain peaks serve to receive and repel kind and unkind energy.

The surrounding peaks would serve as left dragon, right tiger, front finch and back turtle, which corresponds to the sky map of stars and constellations.





Mountain peaks receive signals from natural satellites, or stars.

Since ancient tombs were often buried with treasures, raiders often used feng shui techniques to identify their sites. They knew that affluent elites would make preparations for their departure by choosing sites traditionally regarded as offering an ideal feng shui setting.

Archeologists have often arrived at the site of a major tomb only to find it has been raided.

An ideal feng shui setting avoids gusty winds and is a place where energy is concentrated to provide an environment for harmony.

Such energy creates prosperity and fosters good relations for the family. Please refer to a previous column on mountains governing health and water governing wealth.

So next time someone asks you if feng shui is kind, you should say feng is unkind while shui is kind. Better still, feng shui should be called san sui, or mountain and water.

## 6

### Han Dynasty Feng Shui

#### When money flowed like water for the Han

Spanning more than four centuries, the Han period is considered the golden age of Chinese history.

The Han dynasty was an era of economic prosperity and saw a significant growth in the money economy first established during the Zhou dynasty.

We saw how movements of the Earth affected the faith of the dynasties, in particular the Eastern and Western Han.

The Western Han emerged more powerful and prosperous than the Eastern Han due to the feng shui setting of water elements such as rivers

and lakes and the dragon formations of mountains.

The Western Han became powerful due to the gigantic mountain formations of Sichuan. The merging of rivers and ponds and the mountains in the vicinity determined the faith of both the Eastern and Western Han. This was due to rivers "diverging into one."

The Western Han was more prosperous because it was closer to the rivers' merging point.

This dragon breath generated from the dragon formation would serve to breed leaders of nations. Again and again history would repeat itself.

In a previous column, we touched upon mountains breeding leaders while water breeds businessmen, showing that almost all leaders are born in inland areas with mountains nearby.

The Han dynasty (206BC to 220AD) ruled during such a pivotal era in the history of China that the majority ethnic group in the country still refer to themselves as "the people of Han."

The Han emperors oversaw leaps in technology, philosophy, religion and trade. Nonetheless, the Han empire crumbled away in 221. It is believed that the collapse of the Han was due to the drainage of the rivers and ponds. The Han government, among others, had trouble collecting enough tax revenue to fund the court as a result.

Last week we discussed the impact of landscape bringing about changes in feng shui. Should anything happen to these mountains, it would be costly to the faith of the nation. Feng shui is environmentalist any harm to Mother Nature would be objected to.

Your luck comes down to shift in landscape

The formation of our planet has been through four ice ages and countless movements of the Earth's plates.

The process that drives plate tectonics today is a result of heat flow from the interior to the surface, leading to the creation of continents.





With the formation of mountains and water, feng shui is the mechanism that allows a person to interact with both the sky and earth.

Feng shui is also constantly evolving according to the movements of the cosmic sky and earth.

The only constant is change and no person or place may forever enjoy kind energy with good fortune.

In China, the focal point of feng shui originated from central China and the Heng Shan Mountain in Shanxi province. It was also the origin of Chinese civilization more than 5,000 years ago.

As with other mountains in China with a strong Daoist presence, Heng Shan has been considered a sacred mountain since the Zhou dynasty.

We can track the changing landscapes and mountain terrain during the ancient Xia and Shang dynasties more than 5000 years ago and even the Qin dynasty thanks to archaeologists who discovered ancient tombs and buried cities.

The changes in landscape also brought changes in the respective



dynasty, particularly its leader.

One of the implications of such transformations in modern times may affect feng shui at home.

Readers should bear in mind that any alterations to the surroundings of a house or apartment will definitely impact feng shui.

Significant shifts, including topographical features such as landslides, the cutting down of trees, building of ponds or man-made rivers will result in an immediate impact.

So next time you see these changes occurring, perhaps you will also see your luck turning.

## 7

### Three Kingdoms Feng Shui

#### Three Kingdoms strategist cast long shadow

The Three Kingdoms (AD 220-280) was a tripartite division among the states of Wei, Shu, and Wu.

This period was one of the bloodiest in Chinese history and considered the second-deadliest behind World War II.

Hence, it is believed that this period created the most yin energies and an estimated several hundred thousand people were killed.

The Sichuan earthquake of May 12, 2008, and the Anya quake of April 20, 2013, were attributed to the yin energies waiting to burst out since the Three Kingdoms periods.

The most famous strategist or prime minister during this period was Zhuge Liang (181-234). He was a chancellor and military adviser of the state of Shu Han.

He was recognized as the greatest strategist of his era and has been compared with Sun Tzu.



He was also well versed in feng shui and inventor of the wheelbarrow and semi- automated crossbow.

Furthermore, he invented an array of stone piles that are said to produce supernatural phenomenon.

Born in the northern state of Shandong, Zhuge Liang was from a well-to-do family. However, he was orphaned at the age of 12 and was raised by his uncle, Zhuge Xuan.

He became the prime minister to emperor Liu Bei in 207 after the latter paid three personal visits. He said: "Now that I have Kongming (Zhuge Liang's other name), I am like a fish that has found water."

Zhugge Liang did a lot of good things for the people of Shu Han. He is revered because he did not take advantage of the incompetent son of Liu Bei to overthrow him. This loyalty was respected by many.

Several stories in Romance of the Three Kingdoms involve Zhuge Liang.

***They are: Three visits to the Thatched Cottage; The Battle of Bowang; Zhuge Liang's Diplomatic Mission to Jiangdong; Borrowing Arrows with Straw Boats; Zhuge Liang Prays for the East Wind; Battle of Jiameng Pass; Battle of Xiaoting; Meng Huo Captured and Released Seven Times; and Empty Fort Strategy.***

## 8

### Jin Dynasty Feng Shui

#### How Daoism grew from the ashes of war

Sima Yan deposed the last emperor of Cao Wei and eventually defeated the Three Kingdoms and established the Jin dynasty. The Jin dynasty consisted of two phases, the Western Jin (AD 265-316) and the Eastern Jin (AD 317-420).

One significant feng shui strategy or topographical feature that needs to be noted was in the year 269, when the Jin dynasty started to build a navy to control the Yangtze River and ferry troops across to attack the enemy.

By attacking Emperor Dong Wu, Jin managed to control the region of the former Han empire.

During this period there were wars and killing fields everywhere, and yin energies were accelerated to their peak.

Constant fighting among smaller nations created havoc. One of the most significant events was known as the War of the Eight Princes.

This was a series of civil wars among kings/princes of the Jin dynasty. Such internal fighting led to the end of the Western Jin.

The person who provoked such wars was Empress Jia Nanfeng, the first wife of Emperor Hui. Jia was known as one of the most villainous figures in Chinese culture.

The end of the Western Jin was caused by a woman while the Eastern Jin ended in 420 when the throne was yielded to Liu Yu who founded the Liu Song dynasty in 421.

There was a new chapter of history from 421 to 589 called the Southern and Northern Dynasties. This period saw large-scale migration of Han Chinese to the lands south of the Yangtze.

There was integration of the non-Han Chinese societies on a great scale in this era under the influence of the Han.

This changed the demographics of China.

But this period was also a time of booming arts and culture, the advancement of technology and the spread of Mahayana Buddhism, Daoism, and Neo-Daoism, which were highly influential during the southern Jin dynasty.

Emperor Wen of the Liu Song even established a Neo- Daoist academy.



### **Sui Dynasty Feng Shui** **Mother Earth unleashes unkind energies**

The Sui dynasty was a short-lived imperial one. Preceded by the Southern and Northern dynasties, it unified China after more than a century of north-south division.

It was followed by the Tang dynasty, which was founded by the Li family. Li Yuan, the first emperor of the dynasty, saw China expand to become the most powerful nation in the world. During this time, Buddhism reached its peak and Chinese poetry flourished.

Most significant for feng shui was the building of the Grand Canal, also known as the Beijing-Hangzhou Grand Canal. A Unesco World Heritage Site, it is the longest canal or artificial river. Starting at Beijing, it passes through Tianjin and the provinces of Hebei, Shandong, Jiangsu and Zhejiang to Hangzhou, linking the Yellow and Yangtze rivers. The oldest parts of the canal date from 500BC, and the various sections were finally combined during the Sui dynasty (581-618AD).

Feng shui flourished during the Tang era and many well-known masters were recognized for their contributions. Wu Zetian became the only empress in Chinese history during the Tang era.

Feng shui places great emphasis on rivers, ponds and lakes and those living in the vicinity of the canal enjoyed prosperity.

However, the man-made canal did indeed hurt the dragon energy of the earth and caused instability to the region. The canal is 1,776 kilometers long and its safety was often threatened by periodic flooding of the adjacent Yellow River. The Three Gorges Dam and other structures caused instability not only to the Earth's surface but also to its inner crust.

As a result, bad feng shui unleashed unkind energies, and the flow

of water through the canal and dams was too strong, forcing it to divert from its original course and cause great damage.

Yin energy accumulated in previous dynasties during wartime burst out to harm the yang energy.

### **Tang Dynasty Feng Shui** **Climate changes can affect our readings**

The era after the Tang dynasty and before the Song dynasty is called the Five Dynasties and Ten Kingdoms period.

It started with the fall of the Tang dynasty in 907AD and ended with the founding of the Song dynasty in 960AD.

Feng shui is all about rivers, mountains and earth energies that radiate and offer people an opportunity to live harmoniously with nature. The constant wars gave off yin energies that diluted or offset the right kind of energies therefore bad feng shui resulted.

The Han dynasty offered the right kind of feng shui setting with thick and concentrated energy.

After the Han, constant movements under the earth angered the dragon that stirred instability and caused chaotic changes in thrones and empires.

The constant movement of the Earth's plates affected the Himalayas and Kunlun Mountains.

Such movements shifted to southeast regions, affecting the rivers, ponds and lakes of China.

With the constant killings in wars and movements of such unstable energies, there was disgruntlement among the citizenry, and rebellions were the result.





Life spans were also low during this period.

Sea levels rose an estimated 195 millimeters from 1870 to 2004 another threat that changes the feng shui landscape. Rises in sea levels may also influence populations in coastal and island regions.

The climatic changes that caused these are the culprits, and are detrimental to feng shui settings.

All feng shui practitioners should know by now that changes to the magnetic field, together with continuously rising sea levels, affect the accuracy of feng shui readings. So it's not the tool that is the problem. It's our own Earth constantly changing its features that leads to inaccurate readings.

## 11

### **Song Dynasty Feng Shui When China's economy ruled the waves**

The Song dynasty ran from 960 until 1279. It succeeded the Five Dynasties and Ten Kingdoms period. The Northern Song lasted from 960 to 1127 and Southern Song from 1127 to 1279.

Continuing the Tang legacy, the Song dynasty restored unity and made China the richest, most skilled and most populous country on Earth.

It had one of the most prosperous and advanced economies in the medieval world. Chinese invested in joint stock companies and in sailing vessels that traveled the world. This heavily influenced foreign economies.

Technology, science, philosophy, mathematics, astronomy and engineering flourished. Social life was vibrant. The visual arts were heightened by developments in landscape and portrait painting.

The period saw the pinnacle of feng shui practices and many well-known practitioners made their names and many popular classical texts were written.

Feng shui schools started to mushroom. Daoism scholar Chen Xia, who drew the yin and yang diagram and popularized the Daoist "sleeping meditation," came from this period.

Li Chunfeng, Zhong Fang, Li Zhicai and Shao Yong were popular feng shui masters that made history.

The difference between current practitioners and these masters was their ability to examine in depth the relation of topographical nature with the time aspect of such metaphysics. Today's practitioners are merely reading the surface.

That is why ancient scholars were called "sharp eyes" they were acute and accurate in feng shui reading.

Confucianism scholars such as Cheng Yi and Zhu Xi had a profound influence on the government. The Classic Four Books by Zhu Xi were made a standard requirement for study by Emperor Lizong.

Not known to many, Zhu Xi's teaching was adopted by the Japanese (Shushigaku) and Koreans (Jujahak).

## 12

### **Yuan Dynasty Feng Shui Genghis Khan tomb holds powerful secrets**

Genghis Khan (1162-1227), the founder and great khan (emperor) of the Mongol empire, defeated Song emperors and established the Yuan dynasty.

As head of the ruling clan, he united the nomadic tribes of the Mongolian plateau and established the largest land empire in history,



conquering huge swaths of central Asia and China.

His descendants expanded the empire even further, advancing to such far-off places as Poland, Vietnam, Syria and Korea. At its peak, the empire covered between 28.5 million and 32 million contiguous square kilometers, an area equivalent to the size of Africa.

Many people were slaughtered in the course of his invasions, and Genghis Khan was known for the brutality of his campaigns.

He acquired land through slaughter and war, but eventually realized enough was enough and that a certain restraint was required.

This restraint was heavily influenced by Daoist master Qiu Chuji, founder of the Dragon Gate sect. Qiu, the most famous of the Seven True Daoists of the North, was also an expert in feng shui and astrology.

In a May 1219 letter, Genghis Khan asked Qiu to pay him a visit. The sage left Shandong in February 1220 and only caught up with Genghis Khan near the northern Indian border in 1222.

Genghis Khan honored Qiu as a great sage, giving him the title of Spirit Immortal.

Qiu advised Genghis not to hunt as that would mean more killing.



On Qiu's advice, Genghis Khan granted religious freedom throughout his empire, abolished torture, encouraged trade and created the first international postal system. He also called for restraint against further unnecessary slaughter.

Genghis Khan died in 1227 during a military campaign against the Chinese kingdom of Xi Xia. His final resting place remains unknown.

To this day, many Japanese and other foreigners have been looking for his tomb to no avail.

Some feng shui masters believe that his tomb will show a feng shui setting and orientation that befits the most powerful leader of the era.

## 13

### Ming Dynasty Feng Shui

#### Natural disasters led to dynastic changes

Earlier we discussed the feng shui factors affecting the Ming Dynasty, which lasted for 276 years after Emperor Zhu moved his capital from Chang An, now Xian, to Nanjing.

It is believed Emperor Zhu built a pagoda on a north-south line in Chang An to prevent the dragon making it more conducive for more leaders to be born.

He also changed the name of Chang An, meaning "forever peaceful," to Xian, or "peaceful in the west." This was to prevent his move to Nanjing being disturbed.

It was a harmonious era, shown by the the Thirteen Tombs of the Ming Dynasty, a tourist site to this day. The dragon's formation was not harmed by any major war. The era prospered from private enterprise, industry and direct trade with European nations.

What caused the Yuan Dynasty to fall into Zhu's hands? During the



final 40 years of the Yuan era (1279-1368), there were famines, drought, flooding on the Yellow River, a bubonic plague pandemic, and other natural disasters.

Many lost their lives, loved ones and jobs. This caused a rebellion.

Zhu Yuanzhang proclaimed himself emperor of the Ming Dynasty in 1368 after defeating the Yuan empire.

In 1644, the Ming era ended with the Manchus and the Qing Empire began.

What caused the fall of the Ming? The same old story a great epidemic started in 1641 that cost many lives, unusual famines, caused by a minor ice age, hit northern China while government misrule contributed to the fall of the empire. All these were attributed to feng shui factors.

An important figure in Chinese medicine, Li Zhizhen (1518-1593), should be noted.

He was a medical scholar and worked independently. He wrote a comprehensive book on herbal and natural medicine that contained important advances in knowledge about traditional medicine.

Li wrote one of the greatest encyclopedias in pre- modern history. The book is required reading for Chinese medicine doctors even today.

14

### **Qing Dynasty Feng Shui**

#### **China stands to gain only by absence of war**

Wars are detrimental to yang energy and lead to the creation of yin energy that may haunt the lives of living beings.

Wars were fought during the Ming and Qing dynasties, filling the Earth with unwanted yin energy that covered the dragon formation, and

thus China lagged behind in economic and social development toward the end of the Qing era.

To rub salt in the wound, occupation by Japanese troops added even more yin energy with their rampant killings.

Areas, including the western provinces of Sichuan, Gansu and Yunnan, were thick with yin energy, which transcended the dragon formation and made conditions ripe for negative events to happen.

The Ming Dynasty lasted 276 years; the capital city at that time was Nanking, as it was known then.

The Qing Dynasty ran from 1644 to 1911, with Beijing the capital.

Readers who followed my columns over the past few weeks will find that China's feng shui is among the best on the planet, with the Himalayas on the southwest, while the five great mountains of Tai Shan, Hua Shan, Heng Shan (Nanyue), Heng Shan (Beiyue) and Song Shan serve as the dragon's peaks and backbone.

Meanwhile, the Heilong, Yangtze, Yellow, Songhuajiang and Zhujiang rivers serve as the water elements in this feng shui setting.

Man-made disasters, especially wars, are detrimental to the feng shui landscape. Since the shifting of dragon energies was largely due to the changing of yin and yang energy, we would want to harness the yang, or kind, energy, and avoid the yin, or unkind, energy if we want to see the new China continue to prosper and grow.

15

### **Why Sun opted for Nanjing as burial site**

Sun Yat-sen is considered to be the "Father of Modern China" both in the mainland and Taiwan, having fought the imperial Qing government and founded the Republic of China following the 1911 revolution.





Even before his death Sun had put in his will that he was to be buried in Nanjing. Sun was born in Guangdong province, so why would he want to be buried in Nanjing?

Sun was born in what is now Zhongshan on November 12, 1866 and died in 1925 in Beijing. His mausoleum is situated at the foot of the second peak of Mount Zijin (Purple Mountain) in Nanjing.

His father and grandfather were buried in Zhongshan but before his death Sun had ordered his staff to bury him in Nanjing.

The reason he wanted the same feng shui site as Emperor Zhu, the founder of the Ming dynasty.

Zhu Yuanzhang also known as Ming Taizu ("Great Ancestor of the Ming") was born into a poor peasant family in what is now Anhui province. He became a beggar and monk and having personally experienced the hardships of the common people joined one of the many insurgent forces. Zhu rose to command the force that conquered China and ended the Yuan dynasty.

The Ming Xiaoling Mausoleum is the tomb of Emperor Zhu and has precious feng shui orientation that includes Mount Zijin and Lake Xixia as a water source.

The Ming dynasty lasted 276 years. Knowing that Mount Zijin is equipped with the right feng shui energy and with the vivid example of the strong and powerful Ming dynasty, Sun wanted to continue his legacy by having a good yin feng shui energy he thought he deserved. After all, both he and Zhu were raised from the grassroots and reformed China.

Sun wanted the energy of Mount Zijin and the water element from Lake Xixia that protected and prolonged the Ming dynasty for 276 years to do a similar favor for him.

He got his wish to be buried there but not the chance for his family members to continue his legacy because his yin feng shui site is diagonal to the Ming dynasty tomb, which he miscalculated.

If you want to know where the actual dragon meridian spot is, please read next week's column.

## 16

### Spot of bother over final resting places

In previous article, we mentioned that Sun Yat-sen wanted to be buried in Nanjing due to the precious feng shui of Mount Zilin.

Nevertheless, his grave is arranged diagonally opposite that of Emperor Zhu of the Ming dynasty but quite a distance away, showing that he miscalculated the meridian spot.

Here we will talk about a tomb that was built in between Sun's and Emperor Zhu's graves.

After Sun was buried, speculation that the site of his mausoleum was not at the actual feng shui meridian point aroused the interest of his successor.

The successor even built a tomb way before he died to secure the meridian spot which is in between Sun's and Emperor Zhu's tombs





in order to tap into the Zijin mountain energy and Lake Zixia water element.

Sun's successor was Chiang Kai-shek. He was a politician and soldier who served as leader of the Republic of China from 1928 until his death in April 1975 at the age of 87.

Chiang, having distinguished himself in the revolution against the Qing dynasty in 1911, was a founding member of the Kuomintang and a protégé of Sun.

He became commandant of the Kuomintang Whampoa Military Academy and took Sun's place as leader of the KMT when Sun died in 1925.

However, after Sun's death Chiang broke with his former leftist allies and began attacking communists in the KMT.

During the civil war, on December 10, 1949, communist troops laid siege to Chengdu, the last KMT-controlled city in the mainland, and Chiang was forced to flee to Formosa, now Taiwan, on the same day.

Chiang, who was born in Zhejiang province, never returned to the mainland, and he died in Taiwan with no luck in the Nanjing meridian spot. His body was entombed in his former residence on the island.

Last week we mentioned that Sun missed the meridian spot, now we find that Chiang did find the spot but could not make it there.

There is a feng shui saying that a good dragon's breath spot belongs only to one person and that person is Emperor Zhu.

## 17

### Asian giants made most of calm waters

What do Lee Kuan Yew and Li Ka-shing have in common when it comes to the ying feng shui of their ancestral graveyards? Lee Kuan Yew,

was born on September 16, 1923 and was prime minister for Singapore for three decades. His son, Lee Hsien Loong, has been prime minister since 2004.

Lee Kuan Yew's great-grandfather, Lee Hua Jing or Bok Boon was buried in Dabu county, Guangdong.

Beside other lengthy yin feng shui requirements that would result in the birth of two would-be prime ministers, the site has the Hanjiang River as a water source, and is protected by the Litou Peak and the Yinna and Phoenix mountains. Yin feng shui normally has a direct impact on grandsons or great grandsons.

Li Ka-shing, born July 29, 1928 in Chaozhou, is a Hong Kong business magnate, investor, and philanthropist. He is the richest person in Asia, with a net worth of about US\$35 billion (HK\$273 billion). His great grandfather Li Peng Wan and grandfather Li Xiao Fan were both buried at the same site in Chaozhou. Again the Hanjiang River provides water and the Lian Far, Yinna and Wu Che mountains the protection.

What do the two sites have in common? They are both in the vicinity of the Hanjiang River with the Yinna mountain the source of the dragon meridian to the sites. The river, which flows into the South China Sea, is located mainly in eastern Guangdong province and has a total length of 410 kilometers. The Yinna is considered one of the three best known Guangdong mountains, It has five main peaks that stand together, resembling five fingers surrounded by dense mist and clouds.

Business or wealth is often linked to the water element and politics to mountains. Therefore, in this case, it is important that nothing detrimental happens to either the Hanjiang or Yinna.

The mountain should remain intact amid green surroundings. As for the river, if something like a flood occurs the impact on the line of Lee Kuan Yew would be great. If there's a drought, Li Ka-shing would be in deep trouble.



So keep on eye open for such events and hope they do not occur. What goes up must come down, so just hope that when it does the landing is not so hard.

## 18

### Position is all for eclipses

According to NASA, the transit or passage of a planet across the face of the sun is a relatively rare occurrence for us here on Earth. Only transits of Mercury and Venus can be seen from Earth.

On average, Mercury transits across the sun 13 times in each century. In contrast, transits of Venus occur in pairs, with more than a century separating each pair. The last Venus transit was in 2004 so the second event of the pair will occur on Tuesday or Wednesday and can be visible in the Western Hemisphere.

The event will be widely visible from the western Pacific, eastern Asia and eastern Australia.

What will this lead to in accordance with the five elements (metal, water, earth, wood and fire) theory? Since Venus is an earth element and the northern part of our world is a water element, this means that earth is destroying water.

I hope that catastrophes such as earthquakes, the spread of contagious diseases and stock market turbulence will not begin in the northern part of the world.

Not all eclipses cause problems. Many people interpret ancient texts just on the surface and cause the ancient astrologers to get a bad image.

The important thing is to see where the eclipses are taking place.

For instance, the May 20 annular solar eclipse did not create major disasters on Earth because of its position. The only phenomenon

that would have an impact on Earth is a solar storm, which will create turbulence in the Earth's magnetic field - and affect living beings.

So you see, the ancient scriptures don't say that all eclipses will cause catastrophes.

*Thought of the week : Being kind is more important than being right - H Jackson Brown Jr*

## 19

### Stop eroding kind earth energies

In 611 AD, China under the Sui dynasty was enjoying more than two decades of peace and prosperity after overthrowing the Chen dynasty in 589 AD. But in his quest to increase his power base, Emperor Yang made a fatal error.







To enable his military to advance and attack his enemies, he ordered rivers to be widened and mountains and forests to be destroyed. But in doing so he brought about his own downfall.

He was defeated not by his inability to fight but by his act of destroying Mother Nature - because good feng shui always goes hand in hand with kind earth energies.

In the two recent big earthquakes in Sichuan, much was attributed to the building of the Three Gorges Dam and countless water reservoirs in its vicinity. The erosion in the reservoir induced by rising waters contributed to huge landslides and paved the way for the disastrous consequence of earthquakes. The earth energy could not be sustained, resulting in bad feng shui.

So it is with Hong Kong. The lack of harmony in the SAR can be partly attributed to land reclamation over the years.

More than 12 percent of our developed land area has been reclaimed from the sea. Reclamation creates various engineering, environmental and marine ecological problems in coastal areas.

Hong Kong's four pillar industries - financial services, trading and logistics, tourism, and producer and professional services - are slowly becoming insignificant in the international arena. China's economy is booming but Hong Kong is not getting bigger slices of the pie.

Shanghai and Qianhai are obvious threats to the SAR's role as a financial center. Hong Kong's once thriving logistics industry is also losing out to the mainland.

Are we going to wait until our two remaining pillars get eroded? Hong Kong will lose its shine if we keep chipping away at its earth energy.

***Thought for the week*** : *Take care with the end as you do with the beginning - Lao Tzu*

## Chapter 2

### ***FENG SHUI AND DAOISM***



## 1

**Skepticism will only drag you down**

Deep messages provide us with insights. Scientists constantly search and explore the cosmic world, but surprisingly they can merely understand 4 percent of it.

We are like a frog in a well unable to describe what seawater is like. Is there a way? Definitely not. But luckily, we admit we don't know. Too many people who always label feng shui or metaphysics as mere superstition better think it over.

Try this one: we're always trusting science and modern technology, but we can't even match the wisdom of ancestors like Lao Tzu, Confucius, the Buddha, Jesus Christ and Muhammad, or great Western philosophers such as Socrates, Plato and Aristotle.

Admit we don't know and lack understanding of this world, admit we can't deny certain subtle and unseen forces that set limitations on our movements and thus thinking.

Skepticism will only drag us down and shut our door to more opportunities. Believe me, I was once there.

Let's look at the tree age concept. Old Tjikko - a 9,550-year-old Norway spruce - is the oldest known living individual clonal tree, located in Fulufjaellet National Park in Sweden.

Last year, a 400-year-old Banyan tree in Hong Kong was reportedly cut down. What a concept of age. Can you comprehend this? An almost 10,000-year-old tree versus one 400 years old. Immediately, we would view 400 years old as still young, as opposed to 10,000 years.

What point do I want readers to understand through the above metaphors? In the quest to learn metaphysics, I have come to understand that it is part of Dao.

Let me tell you that I'm preaching Dao theory and not religious

theory here. During the learning process, I've encountered many incidences that normal people can't understand or comprehend.

The concept of eternity, longevity, super-abnormal power, existence of gods and deities, of life beyond Earth, etc - I was once skeptical about it all, but not anymore.

In the process of raising my daughter, I came to realize that I can only use children's language at certain stages. That's exactly what our ancestors have been trying to tell us, especially the great philosopher Lao Tzu with his famous quote: "The Dao that can be told is not the eternal Dao."

But once you're ready, the answers are there!

## 2

**Pursuit of knowledge only brings distress**

A great deal of knowledge or know-how is needed to make bows, crossbows, nets, arrows and so forth, but the consequences are that the birds will fly higher in distress.

A great deal of knowledge is needed to make fishing lines, traps, baits and hooks, but the result is that the fish will disperse in distress in the water.

A great deal of knowledge is needed to make traps, snares and nets, but the result is that the animals are disturbed and will seek refuge in marshy lands.

Politicians need a great deal of knowledge or lobbying techniques to spread different agendas that include plotting, scheming and, to a point, spreading rumors and debating pointlessly - either to dust off arguments or seek lobbying points and consensus.

This alludes to a point that people are confused. So everything



under heaven is in a state of distress as a result of the pursuit of knowledge and power.

Obsession can only lead to great expenditure. Nowadays, everyone is confused, we can't even separate right from wrong and vice versa.

What is the cause of all this? Shouldn't knowledge bring us modernization?

Yes, but it comes at a hefty cost and with consequences. Violating the law of nature as a result of desire, lust and the

pursuit forever to fulfill unlimited wants will have consequences. As the saying goes: "What goes around comes around."

Like people, all sentient beings have equal rights to inhabit their own space and boundary. If this circle of comfort is broken,

seeking another level of comfort will be next.

"Nature is complete because it does not serve itself," Chapter Seven of Dao Te Ching says.

But humans keep taking advantage by exploiting it to serve their own needs and lust.

"Giving without demanding" is the key to harmony, especially with nature, Chapter Nine says.

Come to think of it, science and modernization will be detrimental tools if we cannot control them and instead allow them to control us. Thought of the day: The actions that were handed down by those who followed Dao in the past were in opposition to what was considered intelligent by the rest of the people. They were regarded as being foolish - Dao Te Ching, Chapter 65.

### 3

#### Dao is the best way to cleanse your heart

While circulating the universe, Dao is formless and bodiless. All things are embedded with their own rationale and reasons for existence. Dao will sense anything that contains a spirit and act accordingly. This is truth and only it can produce harmony.

Dao Heart is also a cosmic heart, therefore once our Normal Heart purifies and enlightens, the connection is a great one. Our heart is tainted because of its inclination to search for power, fame and fortune. As such returning to Dao is the only way we can cleanse our heart and return it to the original where it rightly belongs. The segregation and differentiation of a Dao Heart and Normal Heart is an obvious one. Dao Heart turns man into a sage, while a Normal Heart keep searching for wants and needs.

Whether a person wants to be a sage or a normal being depends on the kind of heart one intends to choose. This view is clearly mentioned in almost all Neidan books (books of Inner Alchemy). Buddhism also has the same concepts written in the form of principles.

Having knowledge of all methodologies and tools, Dao practitioners are advised to use the right and proper tools, and







not fall into a trap in this Mo Fa era.

**Thought of the day:** *Violence, even well intentioned, always rebounds upon oneself - Lao Tzu*

#### 4

### Practice Dao through medium of the body

Daoist practitioners find it hard to get the spiritual outcome they desire without purifying themselves through inner cultivation and refining.

We are often hindered in this quest, without realizing it, by our pursuit of fame and fortune.

But Daoists should abandon such pursuits, being aware that they are distractions. For cleansing and clearing the soul and body is the only way.

Learn to suppress greed, obsessive desire and negative energy to stay on the path of the Dao.

Such a process requires us to refine our energy, spirit and qi, resulting in the suppression of all yin energies and the promotion of pure yang energies.

The following metaphor should help us better understand the difference between cultivation and refining. To build a boat is to cultivate, to pilot a boat is to refine, and it is obvious to all which comes first.

All creations on Earth embrace the real, or the true, and abandon the fake, or the false.

Truth originates from emptiness and purity, while falsehoods are forms and bodies.

After birth, we are deluded with so-called modern and advanced

thinking that leads us to where we are today.

That involves education to become rich, powerful and famous. As such, we use flawed knowledge that results in the devastation of our souls and bodies.

The primary intent is to inculcate improvement in all living beings rather than any personal gains.

The righteous are in the middle path compared to the tainted who tilt to one side or the other.

The way we think, act and react is imperative in Daoist pursuits. As the old saying goes, "At the end of each day, we must regain our composure by assessing what we did wrong during the day, feel remorse and repent."

Since our soul and body are integral to each other, we cannot have one without the other. Our soul is regarded as true, while our body is regarded as false.

If we want to revert to the Dao, we need a medium to practice it, and that medium is the body.

Our soul needs to be in a pure and empty state to do that.

We can also conclude that all forms, intentions and things are false; only formless, emptiness and natural flow of instincts that are free of desire are true.

**Thought of the day:** *All difficult things have their origin in that which is easy, and great things in that which is small - Lao Tzu*

#### 5

### The pine temple behind so many schools

Many may not know that there are two schools of Daoism: Quan Zhen and Zhen Yi.



## 6

Lu Dongbin, or Lu Ju, one of the Eight Immortals of Daoism, once likened a righteous person to an evergreen pine tree, which the Chinese call ching chung.

It's from this that Ching Chung, a temple complex of the Dragon Gate sect of the Quan Zhen school of Daoism, got its name, according to the Discover Hong Kong website.

Ching Chung Koon, or Green Pine Temple, is in Tuen Mun. It opened as a rural retreat in 1949. This peaceful temple also contains many treasures, including lanterns from Beijing's Imperial Palace.

The temple is divided into several houses where many people's ashes are stored.

During the Ching Ming and Chung Yeung festivals, many people come here to pray and remember their relatives or friends.

Confucius advocates the virtues of filial respect not only to elders but ancestors as well.

This temple is also behind schools such as Hong Kong Daoist College, Hong Kong Daoist Association Ching Chung Secondary School, Ching Chung Hau Po Woon Secondary School, two Daoist Ching Chung primary schools, Ching Chung Hau Po Woon Primary School on Lantau Island and two kindergartens.

Besides the temple, there are also gardens, a small man-made hill and fishponds. Ching Chung Koon also features bonsai exhibitions. A clinic offers economical medical services to those living nearby.

The temple housed Lu Ju, Wang Zhongyang and Qiu Zhangchun. The main building is the Palace of Pure Brightness, which holds the temple's most prized relics, the lanterns. Then there's the vegetarian restaurant.

As far as feng shui goes, the dragon and tiger match on the left and right side, and the rose finch and turtle in rear and front too. The Tuen Mun River and Lau Fau Shan provide the water and mountain elements.

### Just take the right road to understanding

Many have asked what emptiness and Wu Wei means and how to comprehend such a notion. I have struggled to explain this, and my master has always been using the metaphor.

He told me that "I can't explain what winter is like to a summer bug" (a bug born in late spring and dying in summer) and "I cannot explain to a frog in a well what seawater is like."

Try this: matter is made up of molecules. Molecules are made up of atoms. Atoms are made up of protons, neutrons and electrons. At a microscopic level, the constituent "particles" of matter obey the laws of quantum mechanics and exhibit wave-particle duality. Protons and neutrons are made up of quarks and gluons so what? Read on. This is the metaphysical world

Plot this on a piece of paper: the smaller the size, the more powerful they are. From matter to molecules to atoms (we have an atomic bomb created at this level) to neutrons (neutron bomb or nuclear power created).

It all leads to "emptiness" or "void" where all energy forces are from.

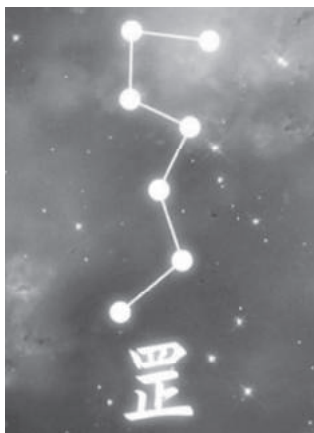
The concept of emptiness in Buddhism and Wu Wei or nothingness in Daoism existed long before science began trying to explain the cosmic. It is the level of difficulty in comprehension that leads to human ignorance. Many motivational speakers use these teachings haphazardly. I urge readers to do research and get the message from the source rather than the branches.

The ultimate teaching of Daoism and Buddhism is to return to the state of emptiness, where the origin of humankind is. Wu Mei has long been misunderstood for being natural and not doing anything. This is sad



because Daoism is about totality with nature rather than a subset of it. The teaching of Zen Buddhism is termed as "No words ascribed, directly link to inner heart," but Zen books try most to explain what "no words" is all about.

To reject or dismiss something that we cannot comprehend is merely ignorant; to say that you have reservations until you are convinced is better than dismissing completely.



7

### **Yin and yang form the basis of everything**

Yin and yang are the basis for everything and foundation of Chinese metaphysics. The eternal (wu chi) transformed to yin and yang (tai chi), from which four phenomena evolved.

They include the four seasons and four directions, and continued to form the Eight Diagrams, or Pa Kua.

I-Ching, the book of changes, describes at length the Pa Kua symbol and its meaning. In-depth understanding of yin and yang is

imperative in studying Chinese metaphysics. As you may know, the Chinese language and culture are uniquely designed, and to understand them you are required to comprehend them in a metaphoric sense.

### ***Some yin and yang differentiations:***

The concept of yin and yang in the broader context  
Heaven (sky) consists of both yin and yang. Earth consists of hard and soft. Human beings are equipped with righteousness and justice (justice at times could harm loved ones).

### ***The segregation***

One yin and one yang is the formation of Dao.  
Sky is yang while Earth is yin. Sunny day is yang and rainy day is yin.  
Clear is yang while muddy is yin.  
Breathing in is yang while breathing out is yin.  
Ascending is yang and descending is yin.  
On top is yang while bottom is yin.  
Left is yang while right is yin.  
Heart is yang, kidney is yin. Liver is yang while lung is yin.

### ***The oneness***

Pure yin without yang devil being!  
Pure yang without yin immortals (celestial beings).  
Yin and yang co-exist human being.

### ***The concept of reciprocity***

Ruler benevolent while courtier loyal.  
Father love while son filial.  
Teacher cares while student respects.





### ***Change***

For change to occur, both yin and yang ought to intertwine. The Chinese believe that Earth's magnetic field forces are in constant movement in accordance with planetary bodies' movement, and the energies related to the time dimension do not stay the same.

For instance, Saturn and Jupiter come into a new alignment every 20 years, which results in changes of magnetic fields. These changes thus filter down to Earth and human beings.

In feng shui, the time element is crucial. No person, home or office enjoys good cycles or bad cycles forever.

We do not believe in luck, but opportunities!

## 8

### **Follow the Dao path to one's inner self**

Dao is taught naturally and cannot be coerced or forced into

cooperating with certain sets of principles. However, having said that, "natural" should be applied in the right perspective or, should I say, it must be ethical. For instance, bravery is good, but robbing is an act of bravery as well, therefore bravery should be accompanied by moral principles in accordance with cultural practices. Therefore, Dao is an enlightened process and, to reach such a state, we are required to follow a certain path leading to the inner self.

Chinese have always said that you should follow your heart and not your head. This involves following your experiences of life. Experiences are a set of behaviors that are learned from or through inexperience.

The meditation process helps us to focus on the inner voices and inner healing, heal from ignorance, heal from unwarranted words that might harm others, especially loved ones.

Revert back to the Wu Wei or "doing nothingness." The core of doing nothingness has to do with our inner heart that is pure and naive.

We need moral because of immoral, we need trust because of untrustworthiness; we need laws because of unlawfulness, etc. This can go on forever, if you know what I mean. The ideal state is to go back to the past whereby one must act in accordance to the ideology of freedom from set ideas or rules. This is seemingly impossible, but this is Dao.

Chinese metaphysics and feng shui in particular are normally directly or indirectly linked to Daoism and Confucian teaching because of sets of ideology of human, heaven and earth interaction.

## 9

### **Let life flow but learn meaning first**

One of the most popular stories in Zhuangzi is about a butcher called Pao Ding.



Pao was carving a joint of beef for a customer who had been coming to his store for many years.

"Pardon me," the customer asked, "but isn't that the same knife you had last year? Don't you need to sharpen it?"

"It's the same knife I've had for the past 19 years," the butcher replied.

"And I haven't had to sharpen it once. For when I cut the meat, I allow the knife to find its own way through the flesh without effort or stress.

"And when I come to a tricky bit with lots of cartilage, I just slow down and allow the mystery to solve itself and in no time the meat falls right off the blade."

The art of grace is effortless but before you reach such a state imagine how much effort you need to put in to refine the practice.

This metaphor is to explain further wu wei, or nothingness, in Daoist teaching.

To reach such a state of nothingness you must know everything.

Furthermore Zen Buddhism preaches "no words ascribed, it is in our heart," although Zen has produced the most books on Buddhism teachings.

Now, let's hear it from Ding himself.

"What I care about is the Way, which goes beyond skill. When I first began cutting up oxen, all I could see was the ox itself.

"After three years I no longer saw the whole ox. And now I go at it by spirit and don't look with my eyes.

"Perception and understanding have come to a stop and the spirit moves where it wants. I go along with the natural setting, strike in the big hollows, guide the knife through the big openings, and follow things as they are.

"So I never touch the smallest ligament or tendon, much less a main



joint.

"There are spaces between the joints, and the blade of the knife has really no thickness in such spaces. Then there's plenty of room, more than enough for the blade to play about in.

"That's why after 19 years the blade of my knife is still as good as when it first came from the grindstone."

The focal point here is implying that nature and our body should be in harmony to reach a healthy and balanced life.

We hear a lot about "going with the flow" and "letting nature take its course," but remember that before we can go with the flow, we must learn how to go and how to flow in a sequential manner in order to go and flow.



## 10

**How Jade Emperor made it to the top slot**

The Jade Emperor is the supreme ruler of the Heavens and Hades and the protector of mankind, according to Chinese folklore, and the highest deity in Daoism.

From the ninth century onwards, he was the patron deity of the imperial family. The Jade Emperor presides over Heaven and Earth just as the earthly emperors once ruled over China.

Based on one account, the Jade Emperor was originally the crown prince of the kingdom of Majestic Heavenly Lights and Ornaments. At birth he emitted a bright light that filled the kingdom. When he was young, he was benevolent, intelligent and wise.

After his father died, he ascended the throne. He made sure that everyone in his kingdom found peace and contentment.

He told his ministers that he wished to cultivate Dao in a mountain cave.

After 1,750 trials, each trial lasting 120,976 years, he attained immortality. After another 100 million years, he finally became the Jade Emperor.

The Jade Emperor is usually depicted seated on a throne in imperial robes, his flat-topped crown embedded with strings of pearls that dangle from the front. He holds a short, flat tablet clasped in both hands before his chest.

His birthday is celebrated on the ninth day of the Lunar New Year, commonly known as Tian Gong Dan, Festival of the Heavenly God.

Daoist temples throughout the world hold prayers to beseech him to grant peace, prosperity, protection from calamities, favorable weather and abundant harvests.

The Jade Emperor is the protector of the Buddhist dharma. He's

called Lord Sakra or Indra, or in the Shurangama Mantra his name is recited as Namō Yin Two La Ye.

According to Buddhist texts, he resides in "Trayastrimsa Heaven" in Sanskrit, meaning "Heaven of the Thirty-three."

There are eight heavens in the east, eight in the west, eight in the north, and eight in the south, making 32.

The 33rd is in the center of the others and is at the peak of Mount Sumeru.

The Heaven of the Thirty-Three is eighty thousand yojanas high, and its city, the City of Good View, is made of the seven precious materials and is 60,000 yojanas high.

At the center of that city is Sakra's palace, which is made of the most exquisite and valuable gems.

At the time of Kashyapa Buddha, Sakra was a poor woman who saw a temple in ruins and vowed to restore it.

With friends and relatives, 32 women repaired the ruined temple.

When each died, she ascended to the heavens and became ruler of her own heaven.

The heaven in which Sakra lives is called the Trayastrimsa Heaven.

## 11

**How the three-man band calls the tune**

The Three Purities are the highest deities in Daoism. In this trinity, the highest is the Primordial Divine Pioneer Patriarch, followed by the Spiritual Treasure Heavenly Patriarch and the Supreme Way Heavenly Patriarch.

These patriarchs are avatars of the Dao, with the word commonly heard but rarely understood and coming to mean "an embodiment, a





manifestation of the divine."

The void, or great emptiness in the beginning, is called wu chi, or primordial chaos. In this state, the Dao exists in a dispersed form, chi. When reunited, it is transformed into a divine being called Tai Shang Lao Zun, or Supreme Patriarch Lao Zi.

He then transforms the "One," the Primordial Divine Pioneer Patriarch (the Reverend Yuan Shi of Yu Qing). He holds a flaming divine pearl that represents the creation of the universe, which, at this stage, is in a chaotic stage.

Later he forms another divine being, Spiritual Treasure Heavenly Patriarch (the Reverend Ling Bao of Shang Qing). At this point in time, there are two forces, the yin and the yang, which are represented as tai chi.

Many things can be formed by these two forces. The Spiritual Treasure Heavenly Patriarch holds a ru yi, a wish-fulfilling ornament.

Finally when all things are created, Tai Shang Lao Zun descends. He holds a mystical fan, symbolizing the completion of the universe, the way the Dao can be spread, and the way living beings can seek salvation.

Feng shui is part and parcel of Daoism. Without the help of the almighty, even the best feng shui spot will not produce the most benevolent energy. Therefore the blessing of deities is crucial. Deities have different functional roles. For instance, the Earth Deity, or Tudi, is said to protect the harmony and energy of your house for yang or residential feng shui.

Most traditional houses or apartments have a small prayer sign for Tudi just outside the main door.

As for yin feng shui, or graveyards, there is a Mountain Deity, or Shanshen, that is in charge of a territory, normally a hill. Many protocols need to be adhered to when visiting a graveyard. When you are on a mountain be careful with your words and gestures, Any disrespect to

ancestors and the Mountain Deity are a no-no.

Do not wear colorful or bright red clothing. This might offend the spirit of the ritual.

## 12

### **Daoist koon offers serenity and tranquility**

Daoist priests who fled China for Hong Kong during the Japanese occupation in 1938 built a replica of their koon or temple.

The design of the temple Wun Chuen Sin Koon at Ping Che, Fan Ling resembles that of ancient palaces and its tradition is grounded in Xiqiao, Guangdong.

If you're looking for a relaxing and cultural atmosphere to stimulate your senses and learn about ancient Eastern philosophy, this is a place for you.

This koon is near the frontier closed area with Shenzhen, with a garden that features lotus ponds, traditional bridges, a stone forest, miniature gardens and exquisite carvings.

Every autumn since 1986, public chrysanthemum exhibitions have been organized. Sources say these traditions attempt to promote equilibrium between the mind and body, and the grounds provide an invigorating backdrop, in which individuals are invited to take part in traditional arts such as tai chi and meditation. This koon embraces serenity and tranquility as a life philosophy.

Chinese beliefs hold there is a "great commander" in charge of that particular year's activities who is called Tai Sui.

It also represents the year's Heavenly Stem and Branch. The first of the 60 Tai Sui begins with Jiazi and ends with Guihai.

Each of them takes turns to be in charge of the world's general



affairs for the year.

Chinese zodiacs are represented by the Stems, and each year there are two to four animal signs in the zodiac that would offend the Tai Sui.

Wan Chuen Sin Koon houses all 60 Tai Sui, so if you offended the "great commander" or clash with the Tai Sui of the year, you are advised to offer a prayer to the commander and ask for blessing in obtaining peace and good fortune.

Many deities would like to descend to this koon since it has one of the most beautiful lotus ponds in Hong Kong. The greenery and surroundings of mountains also enhances the pleasant feng shui settings.

## 13

### Where fairy islands reach to the heavens

One of Hong Kong's most important Daoist temples is Fung Ying Seen Koon.

It catches the eye with its massive orange-tiled double roof, built in traditional Chinese design and supported by stout red pillars of stone. The beautiful structure dominates the skyline of Fan Ling.

The temple, or koon, was moved from Guangzhou more than 80 years ago.

Founded in 1929, Fung Ying Seen Koon was named after the two fairy islands of Fung Lai and Ying Chau, and is believed by many to be the dwelling place of immortals. From the larger structures, such as its pavilions and halls, to its tinier details, including the tiles and decorative elements, the koon is a paradigm of Daoist design. Traditional feng shui places great importance on architecture.

The blue ceiling inside the main palace, which is called the Great Palace of the Three Sages, represents the heavens.

If you look up you can also spot clouds, ornamental columns and fairy crowns on the ceiling. In front of the temple's ancestral hall is the Wall of Dao Te Ching, where 81 chapters of the work Dao Te Ching by the philosopher Lao Tzu are inscribed.

In line with many of Hong Kong's larger koons, a vegetarian restaurant serves visitors with traditional dishes.

Not many know it, but Ip Man's graveyard is beside a hill slope next to the koon. Ip Man is the founder of the Wing Chun school of martial art and the sifu for Bruce Lee.

The most important teaching of Daoism is moral etiquette, respect, righteousness and jus

tice. Learning martial arts taught me the tenets of courtesy, integrity, perseverance, self-control and indomitable spirit, and I guess you all agree these ought to be taught in our varsities here. I also learned that the greatest enemy of all is none other than your own self.

## 14

### Great immortal gives Daoism place on rail

I touched on two MTR stations named after temples, Tin Hau and Che Kung, previously and I will focus now on the lone Daoist Koon on the MTR line.

Wong Tai Sin is a station on the MTR's Kwun Tong Line that started service in 1979. It is named after the Wong Tai Sin Temple. The Daoist temple is among the most popular in Hong Kong.

It is dedicated to a great immortal, Wong, and gained massive popularity for being an ideal place for prayers every New Year's Eve. This temple has also attracted tourists from across the world for its beautiful illustrations and motifs.



The temple was built in the early 20th century in Kowloon. It highlights the great influence of Daoist preacher Leung Renyan who spread the word on Wong Tai Sin from Xiqiao Mountain in Nanhai, Guangdong to Wan Chai.

This Koon was a private shrine for several Daoist families until the government opened it to the public in 1934. It is now managed by the Daoist group Sik Sik Yuen.

Inside the temple is a Nine-Dragon Wall modeled on one in Beijing. The Three-Saint Hall is dedicated to Lu Dongbin (or Lu Ju), Guan Yin (Goddess of Mercy) and Lord Guan (Guan Di). The temple has a portrait of Confucius and a collection of Confucian, Daoist and Buddhist literature, collectively called the Three Teachings.

Who was Wong Tai Sin, or the Great Immortal Wong? It is believed he was a Daoist disciple and merchant who took delight in helping the poor and needy resolve their difficulties, thus projecting him as a living deity.

Wong Tai Sin is the divine form of the individual Huang Chuping, or Wong Cho Ping. Wong, who was born in what is now Jinhua county, Zhejiang province, in 338 AD, was also known as Chisongzi or "Master Red Pine." He was ready to help everyone and his motto was "Ask and I shall give."

The Wong Tai Sin area is also named after this great deity.



### Great Warrior leaves his mark on station

On the third day of the Lunar New Year, Che Kung Temple in Sha Tin is packed with worshippers including government officials praying for good fortune and fewer grievances in the year ahead.

The temple is dedicated to Che Kung, a general during the Southern Song dynasty (1127-1279). The temple, whose origins can be traced back to the end of the Ming dynasty, was renovated in 1890 and reconstructed in 1994.

Che Kung, who was renowned for his loyalty to the emperor, was also famous for being able to put a stop to plagues and for his skill in medicine.

Some worshippers believe he was involved in the attempt to keep the Song state intact by bringing Prince Ping and his brother to the Southern part.

In popular folklore, it is said he escorted the Song dynasty's last emperor on his escape to Sai Kung in what is now the New Territories.

Che Kung, also known as the Great Warrior, was honored by the emperor for suppressing rebellion in southern China. After the general's death, people began worshipping him for his loyalty and bravery.

The original temple was built around 300 years ago in a desperate move to stop an epidemic that was spreading across the Sha Tin area. According to legend, the epidemic began to subside on the day construction was completed.

It is not widely known that the Che Kung in Sha Tin originated in Ho Chung village in Sai Kung and the temple there can still be visited. It is situated on the banks of the Ho Chung river and the village.

The structure of the present temple also known as Che Kung Miu probably dates back to 1878, according to an official there, and the



furniture is from the Xianfeng era (1850-1861).

Che Kung MTR station is the second one to be named after a temple following Tin Hau station. Che Kung Temple station is on the Ma On Shan Line and located on Che Kung Miu Road, Sha Tin.

From a feng shui perspective, the water and mountain elements can be found in these two sites and indeed this has been reflected by the increasing number of worshippers.

## 16

### **How Tin Hau offers a line to safety at sea**

Do you know that an MTR station is named after a temple on Hong Kong Island? The Antiquities and Monuments Office website says the Tin Hau Temple in Causeway Bay was built by the Tai family, Hakka from Guangdong, probably in the early 18th century, who settled in Kowloon.

The family used to go to Causeway Bay to gather grass and, according to legend, some members of the family found a statue of Tin Hau in the rocks near the shore. They erected a shelter for it and, as the shrine became popular with boat people who made donations, a proper temple building was constructed.

Tin Hau or Matsu (Mother Ancestor) was a native of Fujian province. She met a Daoist priest at the age of 13 who taught her how to predict the future and help the sick and weak. She saved many drowning people and was looked on as the goddess of safety at sea.

This 300-year-old temple is one of the oldest in Hong Kong. I notice that the serene and tranquil energy dispersed is not willing to leave the place.

But the oldest and largest Tin Hau was built in 1266, at Joss House

Bay in Sai Kung. This leads me to the origin of Tin Hau temples. During the Song dynasty, two brothers from Fujian migrated to Kowloon. The Chinese Temples Committee says the brothers made a living by shipping salt to the mainland for sale.

One day, the brothers were hit by strong winds and were swept from their boat. Shouting to Tin Hau for help while struggling in the sea, they drifted to safety on the beach at Joss House Bay. The brothers built a temple.

Later, when the descendants of the brothers found the temple had fallen into disrepair, they built a new one at the present location. Apart from the main deity of Tin Hau, the temple also houses Lady Golden Flower, patron of pregnant women.

You can see an iron incense burner, a ceremonial pot and a copper bell from the Qing dynasty. The Tin Hau Festival falls on the 23rd day of the third lunar month.

If you should visit these two temples or others, notice the hill at the back protects the site and harnesses the kind energy a typical feng shui setting.

Che Kung station is also named after a temple. Next week I will explain how the origin of the Che Kung Temple is actually in Sai Kung and not Sha Tin.

## 17

### **Mystical connections help divine the future**

The practice of divination using "planchette writing" is quite common in places such as Hong Kong and Taiwan.

This kind of writing is performed at many local Daoist temples, known as Koon or Guan.





So, what exactly is planchette writing?

The demonstrations are performed by a medium called Ji Tong or Luan Sheng, a specially selected person, with talent, who works either alone or in pairs.

This ritual dates back 5,000 years, when Xi Wang Mu (Goddess of the West) used a mythical bird to communicate or transmit special information to a selected person on earth. It was much later, when these birds became extinct, that it got transformed to the current planchette writing.

A tray of fine sand is placed in front of the Ji Tong who holds a T-shaped writing tool, made of peach and willow wood, in his hand.



Before performing the writing, the deity or deities are invited to descend from the cosmos.

This points to some mystical connections, as Ji Tongs are generally not very educated, and it is astonishing that they are suddenly able to write poems, not just in Chinese but also in foreign languages.

During the planchette writing, Ji Tongs or Luan Shengs are able to carry out their rituals with meticulous care. They are very respectful to the

deities who descend on the Planchette. Several of these writings are in the form of ancient texts as opposed to modern texts. My encounters are mostly written in poems with a brief contemporary explanation at the end of the poem. My aim is to learn about the many unanswered questions related to Chinese metaphysics and gain Daoist knowledge.

People are intrigued by the visible sincerity of the Ji Tongs. Many of the popular Daoist scripture classics are written through planchette writing.

Occasionally, certain writings are meant for the public, and most of them advocate good deeds, proper etiquette, and moral behavior.

I remember one particular writing that advised people to be sincere, respectful toward elders, and to let go of their egos. Several came to ask for the Chinese medicinal form.

Many writings serve to act as a bridge between humans and spirits, and the content usually advocates goodness and discourages evil doings. A lot of these teachings are from Confucius, Lao Tzu, and the Buddha.

## 18

### Dao master who became a giant in history

Lu Dongbin, or Lu Ju for short, is a historical figure who many in the Chinese cultural sphere, especially Daoists, also revere as a deity or an immortal.

He is one of the most widely known in a group known as the Eight Immortals and considered by some to be the de facto leader (the formal leader more likely is said to be Zhongli Quan).

Lu Ju is mentioned in the official book History of Song, which records the history of the Song dynasty (960-1279), and is widely considered to be one of the earliest masters of the tradition of Neidan, or

internal alchemy.

He is often artistically rendered as a scholar who carries a sword on his back that he unsheaths to defeat evil spirits.

Last year I wrote a book called The Great Master of Dao Lu Ju (get a free copy from [kerbykuek.com](http://kerbykuek.com)).

According to the Li Shi Zhen Dao Xian comprehensive text, Lu Ju was born on the 14th day of the fourth month in the 12th year of Tang dynasty Emperor Zhenguan's reign, making it AD638.

He was bright and smart as a child, who could easily memorize many difficult words and sentences.

His larger-than-life status was enhanced by his height he was nearly 2.5 meters tall.

He had a yellow complexion with a stiff smile.

It is believed he failed his scholastic examinations three times before finally passing the jinshi the Tang-era government examination and then going on to serve the kingdom for many years.

One day, he received an awakening in the form of what is now known as his *huang liang meng*, or "golden millet dream."

The dream foretold his rise to high places in officialdom and his death on the orders of the emperor. He left the palace, following his master, Zhongli Quan, in the practice of Dao, eventually becoming an immortal.

He is regarded as an iconic figure in Daoism.

For he taught and led many people in the ways and practice of Dao during the Tang, Song, Yuan, and Qing dynasties.

He is also a master of Buddhism and Confucianism.

He is also a feng shui master and taught many well-known scholars.

The 14th day of the fourth lunar month is a day to commemorate Lu Ju and this year the date falls on May 31.





## 19

**Legend of the 'Seven Sisters' will live on**

If you've ever been to North Point, there is a famous road called Tsat Tsz Mui, which in Chinese means "Seven Sisters."

Before you read on, I must warn you this is a spooky story.

According to sources, in 1849 that particular village and vicinity had around 200 families living there, including a Hakka clan with seven female playmates who grew so close to each other that they considered themselves sisters. They also made a vow not to marry. But one day, one girl's parents arranged for her to marry a guy in the same village. The girl could not disobey.

The climax of the story is, before the night of the wedding, all seven got together and wept, and as the emotions got tense and high, they all jumped into the ocean, crying out: "Even though we were not born on the same day, we shall all die on the same day."

The next day, villagers couldn't find them anywhere, but noticed that seven reef stones resembling the seven sisters appeared beside the bay. The villagers named the new monument "Seven Sisters Stone" and later even changed the village's name to "Seven Sisters Village."

In 1934, the government's land reclamation resulted in the stones being leveled off with houses and townships built on top of them.

Now only the road and post office still carry the name "Tsat Tsz Mui."

In Japan's invasion of the territory in 1941, troops landed near the village. In 2001, a TV series about the sisters was aired.

Many feng shui practitioners shouldn't conduct their readings and findings based only on what they can see with their naked eyes. They should know that feng shui on reclaimed land isn't stable and the energy flow is easily disturbed. But this doesn't imply that all is bad.

## 20

**Mother Nature helps keep us prosperous**

Over the past 150 years, Hong Kong's rural landscape has been transformed from green hills and small valleys into a dynamic city with modern buildings. Feng shui is at work here.

Hong Kong itself is said to have excellent natural feng shui properties. Its geographical position, relative to the mainland, is symbolic of a place where things come to fruition; this may be traced from the source of the dragon from Mount Kunlun (the China side of the Himalayas) that is southbound to Shenzhen's Mount Wutong and ends in Hong Kong.

The various mountain ranges in China are considered to be the pulses from a moving dragon that flow into Hong Kong, while the city gazes back at its ancestral heartland.

It is rather obvious that the trail leading to Hong Kong's prosperity is our motherland, China. Knowing and understanding this will lead us to recognizing factors that will stop Hong Kong from being prosperous. One is harming the "dragon's neck," another is us not allowing prosperity to flourish and, finally, our motherland not allowing us to prosper.

To put it simply, if the trust is not there anymore, the energy channeled by humans is distorted.

Hong Kong's mountains, especially The Peak, appear to bow to Tai Mo Shan and this can be said to be "the return of the dragon to its source" or "gazing back to the ancestral heartland." While Tai Mo Shan





originates from Mount Wutong, the latter originates from Mount Kunlun.

Step by step, link by link, the chain is formed and thus the relationship is evidently hard to break.

Another aspect that involves feng shui is the water element.

The water in Victoria Harbour is in visual harmony with the skies, which brings stability and prosperity.

The natural flow of water from the Pearl River estuary into North Lantau Island is funneled through the Kap Shui Mun and Rambler channels and the kind energies eventually flow into Victoria Harbour, which used to be curved with bays. But over the past 100 years, reclamation has endangered the harbor in that the water flowing in is no longer calm and serene. Those close to and facing Victoria Harbour should by now feel that their best days are behind them.

The natural landscape of Tsim Sha Tsui that connects with Hong Kong Island and is separated by the harbor is definitely distorted.

Therefore, to maintain Hong Kong's success is to maintain its significant status as much as its people will allow it to return to Mother Nature.

## 21

### **Rise of West led to claims of superstition**

In recent columns, I have tried to emphasize the great power of feng shui, a system that is as ancient as China itself. Many people are skeptical though and I can't blame them because I was once like them too.

Chinese have been consulting feng shui masters all along on things such as the building and designing of villages to in-house placements, as it provides guidelines for the setting and improvement of yang residences

for humans as well as yin resting places, for relatives who have passed on, that is tombs or graves.

Many will not challenge the practice because it works for them, with the elderly having a say on the matter too.

Historically, feng shui was widely practiced throughout China, by emperors as well as by the masses.

Its concepts are aimed at achieving a perfect balance with nature, with tradition insisting on conformity.

Planting greenery or vegetation at a site and channeling water into the village it houses were critical.

The structural configurations of feng shui sites can be likened to a human body, therefore the unique structures and architectures of Chinese buildings are great in nature but difficult to maintain.

The traditional importance of the feng shui element is intertwined with nature for harmonious living.

This began to change after the West extended its reach, especially in the early 1800s in southern China, when they labeled feng shui superstitious.

For the West considered it an obstacle to the promotion of their religion and to the introduction of modern architecture and buildings.

The clash of beliefs was at its starkest in mining, with feng shui generally against such quarrying.

With the introduction of theories of western dichotomies and social evolution into China in the 19th century, feng shui was blamed for hindering economic development and criticized for being "mysterious" and "superstitious."

Feng shui was even regarded as cultural dross and neglected by researchers.

Many in the West now see our traditional villages as reflecting a more cohesive integration with nature that renders the flow of energy





much more stable.

For, ultimately, feng shui is all about optimizing kind energy and mitigating destructive energy.

## 22

### **It's time to honor Daoism with a holiday**

Christmas has been a general holiday in Hong Kong for many decades now, and so is the birthday of the Buddha in May.

So it is regrettable that we do not mark Daoism the oldest form of philosophy and the religion of our forefathers with a holiday at all.

The birthday of the Buddha was made a holiday in 1998 following the handover.

As a religion, the Chinese form of Buddhism may be interesting, but it is still "imported."

So, if one wants to identify an authentic Chinese religion, it is

definitely Daoism.

A famous scholar, Lu Xun, even said: "All of Chinese roots are in the Daoist tradition."

So, whether you like it or not, we live in the world of Daoism.

Many live in the world of Dao without even realizing they do so.

That is despite Daoism's yin and yang (male and female) take on the duality of life, its respect for nature and for living in harmony with nature, our visits to Chinese doctors, our temples and the eight trigrams.

The ancient Chinese conception of the universe is also derived from the philosophy of the Dao.

This quote is from a foreign writer on Daoism: "Observing the cosmos and all the living beings consciously, among all the earthly activities and phenomena, we will find the existence of the laws of nature."

"There is a supernatural origin which guides all the operations happening across the galaxy, the earth, and the human beings. We call this source Dao."

It goes on: "Dao existed before primordial time, and even before the universe was merged. It is the origin of the world and it thereafter nurtures all the creatures and beings."

"Since it is unchangeable and does not evolve with time, it is the ultimate truth. It is what all saints and sages throughout human history have been searching for."

The oldest Dao scripture dates from 2,500 years ago the Dao Te Ching is the world's most translated book after the Bible, according to Unesco.

It depicts the essence of Dao as the foundation of nature. The law or the power that existed before the universe was formed is beyond description as there were no civilizations nor creatures, let alone languages.





Since no name can apply to it, we simply call it Dao.

As you can see, Dao is beyond religion: it is the way of life and as such I urge the government to seriously consider acknowledging this mega day. After all, we do live in the world of Dao.

## 23

### **Feng shui more than just wind and water**

Even knowledgeable scientists admit they know only 4 percent of this cosmic world. What about feng shui masters? Do they know it all? Certainly not!

But before you make any judgment call on feng shui, just because you cannot comprehend certain concepts, read on.

The astronomer Copernicus expounded his dream that the Earth is not the center of the universe, and he was sent to jail for eight years and asked to repent.

Since he could not prove his theory, he was cast aside, until Galileo proved it scientifically by using his telescope.

Pythagoras and calculus with their mathematical models were once dismissed as superstition, only to be cheered once people understood them.

Feng shui faces similar doubts since modern science cannot prove the existence of subtle energy.

But if you look at scientific findings like cosmic rays and radioactivity, you will realize that many more terms in science may be used to represent feng shui findings.

In simple terms, the study of feng shui revolves around cause and effect: things start to form, then disperse and decay.

The best move for a wise feng shui master would be to tap into and

harness the best kinds of energy at different facets in the cycle.

In defiance of critics, we should examine the insufficient knowledge human beings had of the cosmos more than 2,000 years ago.

The ancient Chinese managed to chart the five planets Mercury, which represents water, Venus metal, Jupiter wood, Mars fire, and Saturn earth on top of the sun and moon.

The ancient Chinese looked upon the seven stars of the Great Bear as forming a farming clock, with its tail acting like the arm of a clock. It is a simple method to determine 24 seasonal parts in the Chinese calendar.

When the tail points to the east, it is spring; when south, it is summer; when west, it is autumn; and when north, it is winter.

These seven stars, together with the interaction of the sun and moon, provide brightness and exercise influence on Earth, and thus living beings.

Therefore, yin and yang, as well as the five elements, are theories that are not without basis.

Chinese are proud of their ancestors who invented the compass.

The use of a magnetic needle to gauge direction may be pretty basic, but its usefulness is enormous.

Ancient Chinese were able to equate current directions with the movement of air and water.

Air is quicker than water, so is placed ahead, or to the left side of the axis, with water on the right.

Feng shui literally means wind and water, and is called so because it's a thing like wind, which you cannot comprehend, and like water, which you cannot grasp.

But if you are a regular reader, you should know by now that it's a lot more than that



## 24

**It behooves us to believe in higher things**

Some Buddhist monks were looking at a curtain moving in the breeze. One said it was moving of its own accord, while for another the breeze was responsible.

Then a monk stepped out to the front and said: "It is your heart that is moving."

To similarly see things from a unique angle, try this famous poem by Shenxiu, the first disciple of Fifth Chan Buddhist Patriarch Hongren: "The body is the tree of enlightenment (bodhi tree), the mind like a clear mirror stand, time and again wipe it diligently, don't let it gather dust."

Another Hongren disciple, Huineng, came up with the following: "Enlightenment is basically not a tree, and the clear mirror is not a stand, fundamentally there is not a single thing, where can dust collect?"

Huineng became the Sixth Chan Patriarch!

Enlightenment is all piercing through different levels of interpretation, so you may want to spend some time digesting the meaning of the two poems.

Here is another, one I like the most: "One moon shows in every pool, in every pool there is the one moon!"

In geomancy, people often get frustrated easily if their placement of feng shui items does not work.

Imagine we have a tank of water with fish. Some will say it is the tank that really matters, while others would argue it is the water. Others will counter that the fish are important.

What if I were to say that, in feng shui, it is the movement of the fish that really matters.

If you understand this, anything that creates movement like a fan or even a music box may actually change things.

Certain locations are bad if there are disturbances, from renovations or drilling for example.

Similarly a water fountain that costs hundreds of thousands of dollars or a drinking fountain that costs a few hundred.

Consider the placebo effect.

Ancient Chinese knew long before westerners that the placebo actually works.

In this context, your morale or confidence level may be boosted, and your chances of achieving your goal or target lifted. So, it is better to believe in feng shui!

Here is another Chan proverb I like. The student says: "I am very discouraged, what should I do?" The master tells him to encourage others.

## 25

**Chance to get in tune for inner peace**

Over the past few years besides publishing books on feng shui, metaphysic and Daoism, I have worked with my niece, Jacqueline, and Mahmood aka Lam Mo Tak in producing Daoism songs.

My niece is an amateur singer in Malaysia, while Mahmood in the 1980s and 1990s wrote well over 1,000 songs including hits for stars such as Hacken Lee, Leon Lai, Roman Tam, Sammie Cheng, Anita Mui, Alan Tam, Eason Chan, Danny Chan, and many more.

Jacqueline and her friend composed three songs, one in English and two in Putonghua. Return to Dao advises us to come to our senses and love Mother Nature, to seek and find inner peace within. Dao Heart and Human Heart (Dao xin ren xin) is about the differences between the two hearts, and advises us to stop what we are doing right now and



to start thinking about the meaning of "Dao." The Heavenly Dao (Tian xia da Dao) is about the path that will ultimately dictate our life, which is free from desire, lust and hatred. Mahmood's song, Balance, is in three languages and should bring us to the core principles in life, that everything should be in balance.

The chorus is: "What goes up, must come down. What goes around comes around. Nature and balance are one and the same, and Daoism is the name of the game."

I thought this ought to be good time to share these songs with our youngsters during this testing time, and I do hope that they will find the insights to provide comfort for their lives.

Feng shui and metaphysics are part of Dao, and Dao is concerned with harmony. Please do take some time to surf and search for these wonderful songs on YouTube.

#### ***Returnn to Dao English song***

<https://youtu.be/zIMmFrjwT7Y>

#### ***Balance English version link***

<https://youtu.be/XNGwDj7vTbA>

#### ***Balance Cantonese Version***

<https://youtu.be/etxrE7HXnKI>

#### ***Balance mandarin Version***

<https://youtu.be/DSQR4s72aAQ>

#### ***Tiānxià dàdào mandarin song***

[https://youtu.be/\\_CrfALw6qRc?list=PLaHxZHlwAAW2rzL2irvg0k2lf7-wWciSd](https://youtu.be/_CrfALw6qRc?list=PLaHxZHlwAAW2rzL2irvg0k2lf7-wWciSd)

#### ***Dào xīn rén xīn mandarin song***

<https://youtu.be/ejRhSvPxSLQ?list=PLaHxZHlwAAW2rzL2irvg0k2lf7-wWciSd>

## 26

### **Loyalty and empathy should be our goal**

Loyalty means practicing wholeheartedly with no other thoughts in mind, while empathy is the ability to look inwards, to understand oneself completely. It is important to know the process from beginning until end.

Beyond that, to treat people with loyalty and empathy are the right kind of virtues that practitioners should cultivate and refine. In this Mo Fa era or era of chaos, a lack of these attributes has contributed greatly in the shifting of basic human values.

Loyalty and empathy should be the goal of all practitioners, if they want to see improvements in Dao life. One must also understand that disloyalty means disrespect and lack of empathy means failure in our pursuit.

One must reveal one's inner self, understand the importance of loyalty, show loyalty to the teachings of Dao, and express loyalty and empathy toward people. One should begin by practicing to forgive oneself and then others. This process is initiated through our soul, heart and mind.

These two attributes are an essential part of the teachings of Confucianism; one must practice compassion and love in order to master these attributes. The teachings of Daoism and Confucianism place great emphasis on loyalty and empathy. DO NOT underestimate this achievement because such De or virtues that one acquires may make or break oneself in practicing Dao.





After-birth nature, which is hardly comprehended, is termed as Wit, while pre-birth or inborn nature is termed as Inner Intelligence. Both exist in our soul and humans are the most sensitive and responsive creatures on earth to carry soul.

That is the way humans are able to practice Dao through the cultivation and refining process, which enables us to gain in Wit and Intelligence in the quest for higher self-discovery.

Wit is rooted in humans, while Intelligence also forms the foundation of the entire humankind. Both root and foundation are mutually co-related and serve as enrichment in the quest to reach the higher self. The soul or spirit serves as a catalyst to unite both Wit and Intelligence. This unification is critical because if it fails then the root is destroyed and the foundation also cannot find its way back to the origin; such an outcome is detrimental in pursuing Dao.

The barrage of myriad attributes and qualities are merely to weed out the desire, obsessive craving, greed, etc and to advocate morals or ethics of oneself. Please do not let yourself be found off guard in this matter.

***Thought of the week:*** *In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present - Lao Tzu*

### **Stop and change direction to find happiness**

The purification process for humans comprises refinement and cultivation. Purifying the mind and soul will result in a deep realization of or enlightenment on where we have come from, and also of

formlessness and emptiness.

When we arrive in this world, we are pure and untainted.

As years pass, our experiences in life can take us in the wrong direction as we are encouraged to pursue wealth, fame or worldly happiness.

Once we realize deeply enough that our direction is wrong and the methods we use are getting us nowhere, our soul and mind start to work in the right direction.

Realization of the truth is essential to gain pure happiness because only wisdom can disconnect the defilements that are at the root of everything we are doing wrongly, and it is wisdom that can grasp truth.

Muddy water looks clear as long as we do not stir it and can act like a mirror.

That is a perfect allegory for us because if we want to see ourselves clearly, we must not stir.

To see reflections of our heart, mind and body, we must enter a state of quietness. This can only be achieved by exercising the cultivation and refinement process.

Similarly we can only see our inner selves clearly if we are constantly in the quietness mode.

A deep realization of our soul and body is essential to bring us to the state of Dao.

The Dao gyrates between the cosmos and Earth - that is its cycle.

This growth cycle winds close to the regression cycle since nothing is ever the same.

Each day we see day and night alternating in a cycle, similar to the lunar cycle when each month we see a new moon, a waxing moon and finally a waning moon, and the season cycle when each year we see the four seasons regularly repeating.

Humans are the same as we have our own unique cycle.



We cannot be rich forever; neither can we be poor forever.

Things on Earth are never permanent. This cycle is dictated by the yin and yang, and five elements, and it also applies to all living and as well as non-living things. Understanding this cycle will help practitioners in their quest for Dao.

The classic book I Ching talks at great length about change, since that is the only constant.

We have to adopt this theory and live by it. The theory of change underlying the 64 guas explains how things change from one state to the other.

The critical point here is that during our cycle, we must repent all our wrongdoings and wrong thoughts, and take steps to correct them.

This will ensure our good deeds remain intact.

**Thought of the week:** *To the mind that is still, the whole universe surrenders - Lao Tzu*

## 28

### Three steps to achieving dream awakening

If we cannot trace the origin or source of a material it is said to be abstruse or esoteric, while if we can see the material in a form but do not know where it came from it is said to be subtle.

Esoteric materials comprise five elements and thus yin and yang are created. Subtle materials also denote both tai chi and embrace yin and yang. Dao breeds all things, and all things embrace both esoteric and subtle materials. Thus Dao includes both esoteric and subtle materials.

When asked why humans are born, many would look to their parents for an answer. However, no one can give a definitive answer when asked why give birth when one has to die eventually.

Similarly when predicting the weather, modern science can only estimate but cannot make accurate predictions; this is an esoteric law. While the occurrence of many miracles has proven the existence of gods, deities and sages, we cannot see them with our naked eyes. That is a subtle law.

To understand the Dao, one must look for the esoteric in the subtle. Similarly one may look for the subtle in the esoteric. Both qualities are part and parcel of Dao.

Both esoteric and subtle materials are not confined within borders in the universe. Many writings of Daoism founder Lao Tzu are devoid of passion and appear empty and void. Hence, humans should reproduce a law that is free of desire and lust.

Our souls have the abilities to achieve full awareness as well as enlightenment; however, they are tainted soon after birth due to our pursuit of wealth and desire. But we can reclaim these inborn abilities through the practice of Dao.

Mindfulness brings about mental tranquility. Each one of us must transform ourselves to experience love, compassion, sympathetic joy and equanimity, which are so necessary to maintaining a proper balance in life.

But many Daoist practitioners are unable to reclaim the abilities of true awareness and enlightenment even after years of practice. Inner forces and qualities can only be developed once these abilities are reclaimed.

To practice Dao, first cleanse our minds and souls. Then empty our minds of thoughts to achieve quietness. Finally, purify our bodies.

By following these steps, our minds and bodies will react and become "truly aware" and "enlightened."

All things are realized through quietness and emptiness; and through proper wisdom and channelization, the body can now be refined.



By training our souls we also live longer. This is the path of the real Dao, just like in my story of Yellow Millet Dream, which awakened me. That is a very good example of awakening oneself to the truth.

According to Buddhism, each individual is solely responsible for his own liberation and all things are transitory.

In reaching the state of mind that sees things truly as formless, bodiless, wisdomless and empty, we call this true awareness. Zen beyond level two and the Neidan testimonial state will enable us to connect with the higher levels.

**Thought of the week:** *If you realize that all things change, there is nothing you will try to hold on to. If you are not afraid of dying, there is nothing you cannot achieve - Lao Tzu*

## 29

### Set your soul free, let 'quietness' take charge

The Cosmos and Earth are evolving Dao. Dao is like the rotation of the sun and moon. The practitioners of Dao should understand the concept of the Dao cycle to further understand the creation of the soul.

Through the observation of our inner self, we should know that it is our lust, desire, greed, etc that leads us to hell rather than heaven. Lust is as huge as the sea; it can never be satisfied completely, and chasing it contributes to three poisonous bad deeds - tension, confusion and indulgence.

The origin of Dao is similar to where water and mountain originated. For a person, the origin of Dao is just like from a mother's womb, beyond that is "emptiness" and "quietness."

That is why "emptiness" and "quietness" are so critical in the Dao practice. It is important to set our soul pure and free and let "quietness"

take charge. Search and seek our origins, end our soul and return to origin. It is vital that we take the right steps to cultivate our soul and heart through our body while we still have our body.

I have written at great length about the origin of Dao in my book *Dao De Ching Explained*. Most Neidan books (Inner Alchemy) treat this 0 as the origin of soul and the wisdom of body. Ending soul and returning to the origin of Dao is returning to Wu Ji. Practicing Dao is that simple.

Nothing on Earth is permanent and all creations are dependent on the life cycle of growth, maturity and decomposition. What goes up will eventually come down and whoever is born will die one day. To break this life cycle, one has to attain a state of higher self; all human beings who turned into sages and deities are good examples of this unique achievement.

The reincarnation process can be avoided by becoming an immortal. Inner state with the right action leads to an ethical sphere that leads to this metaphysical transition. Dao is present in the spirited souls of all living beings and it can be cultivated through goodness.

All things embrace Dao and if we observe such a state we will discover that the world of formation is derived from formless, and we should know by now that formless is actually Dao. When we reflect, we discover that creation and destruction are part of Dao.

Both the black hole and Big Bang theories are excellent examples of what Lao Tzu is trying to tell us in his ancient scripture *Dao De Ching* from "nothingness to somethingness" and revert from "form to formless."

**Thought of the week:** *He who does not trust enough, will not be trusted - Lao Tzu*



### Cultivate body and soul for Dao harmony

In a nutshell, the most critical thing for all Dao practitioners is to eliminate the source of our soul and body.

As described earlier, while the soul is an inborn trait, the body is influenced after one is born.

Both the soul and body should be properly cultivated and protected for the practice of Dao.

Any deviation would create imbalances that lead to class differences between poor and rich.

The body is the source of creation of all bad and good deeds, and the roots of the source are deep and profound.

Good deeds lead to fame and fortune, while bad deeds lead to poverty and the unknown.

In the quest for Dao, our soul should be cultivated through proper education or through the right channels; understanding oneself is like trying to understand the universe. The metaphor of Dao is emptiness, while people are solid; The Dao is peaceful, while people tend to fight; the Dao is pure while people are polluted.

To be in sync with the Dao, one must eliminate grievances, bad moods, competitiveness, lust and desire from the system.

The most important thing is to be grateful for having a body, because it is only through a body that one can practice Dao.

However, this should be done in a timely manner before our lives end and it is too late to achieve the higher self which is to go back to the original state of emptiness, or become an immortal, deity or Buddha.

While in a mother's womb, the soul is in a chaotic state. The creation of the body and soul is the

result of the fusion of the kidney and heart. This once again can be

explained by the Tai Ji diagram that is formed from Wu Ji; two legs, two hands and two eyes are formed, thus creating soul (Yuan Shin) and body (Yuan Jing).

Upon severing of the umbilical cord at the time of our birth, our soul rises to the heart while our body, that also includes the kidneys, is formed. Thus Qi is formed to keep us alive.

***Thought of the week:** The key to growth is the introduction of higher dimensions of consciousness into our awareness - Lao Tzu*

### Thought, action and Dao

Man is defined by good as well as bad deeds, and a taiji diagram can reflect that. Though its black and white areas are clearly defined, we find black spots on the white and vice versa.

We can see some good in a bad person, just as we can also see some bad in a good person.

Cause and effect is what dictates us and leads us to become who we eventually are.

Free yourself of lust, desire and greed and that will lead to emptiness - a state that is free from both good and bad deeds. The best way to get there is 100 percent commitment to doing only good.

Our mind is a powerful tool; the way we think can dictate action, and actions are what count in the good and bad deeds that define us. And remember that for every action, there is an equal and opposite reaction, or cause and effect.

A thought can kill but it can also save. The power of thought should make us better appreciate the domain of the religious, especially the world of the Dao.





Remember the old saying: what you sow, so shall you reap. Daoists who do not follow proper guidelines will violate the heavenly law and get reprimanded.

*Thought for the week: He who controls others may be powerful, but he who has mastered himself is mightier still - Lao Tzu*

## 32

### Founder of the great diagrams

Chen Tuan (871-989) was a legendary Daoist sage. His courtesy name was Tunan. In his writings, he used the pseudonyms Chen Xiyi, Master Xiyi or Fuyaozi. According to certain Daoist schools which claim

him as a founder, he lived a secluded life in the Nine Room Cave on Mount Wudang. Later at Mount Hua, one of the five sacred mountains of China, he is said to have created the kung fu system Liuhebafa (Six Harmonies and Eight Methods).

As a Daoist master in the late Tang dynasty, Five Dynasties and early Northern Song dynasty, Chen was astonishingly intelligent and erudite in his childhood. In 956, he was summoned to the Imperial Court to be bestowed



the title of court official by the emperor, but he rejected it.

His master, Lu Dongbin, passed him the knowledge of Zi Wei Dou Shu (Purple Star Astrology). Chen was said to have lived until the age of 118 - in many ancient texts he is said to have practiced jigong (the art of breathing or meditation) while asleep.

An expert in face and palm reading, Chen wrote many books on Chinese metaphysics. His most important contribution to this field was the tai chi symbol, right.

This symbol later became an important icon for the study of I-ching, feng shui, astrology and Chinese metaphysics.

He also popularized the bagua (eight symbols) diagrams - a must for learning any form of Chinese metaphysics.

Some of Chen's famous quotes:

If you value the inner sufficiency of your life energy, you will have no need for externa

l expression or expansion.

Quieten your mind; you will find great freedom in your heart.

Do not become entrapped by the small world around you.

## 33

### Don't be a conformist

Over the next few columns, I will summarize the great sage Lu Ju's thoughts on Dao. Clockwise and anti-clockwise

Ordinary people are allowed to live between the cosmos and earth - as long as they move in line with the heavenly Dao.

The common belief is that if this movement were reversed, it would cause destruction.

However, a deeper understanding of Dao would lead one to realize



that the reverse would be the ideal state if one wants to become a sage or deity. Ordinary people toe the line, while sages would go in the reverse.

To understand this, we must realize that humans and all living beings are restricted by the weather, yin and yang, and the five elements.

In order not to be restricted, one needs to get rid of such influences - so that the weather does not make you feel hot or cold, and the five elements do not hurt you.

In this way, one could become an immortal or a sage - as longevity of life would be the natural outcome of going against the norm.

The theory and rationale of this belief that ordinary people move in line, while sages move in the opposite direction is easy to comprehend but difficult to practice.

***Thought for the week:*** *In the world there is nothing more submissive and weak than water. Yet for attacking that which is hard and strong, nothing can surpass it. - Lao Tzu*

## 34

### Emptiness is much to be desired

Over the next few columns, I will summarize the great sage Lu Ju's thoughts on Dao.

#### ***The form of Dao***

The foundation of Dao is emptiness and formlessness. Form is created through the formless and formless is the culmination of form. Fullness is draining, while emptiness is gaining.

While these are regarded as Confucius' teachings of Dao, in reality these have always been the teachings of Dao even before Confucius.

Before I was born (in form), I was between the cosmic and the

earth; even though I call myself "I," I was formless.

After I was born, a form of body was created and I became a reality. My present solid form is the outcome of my past lives' karmic, lusty desires and an attitude of wanting more.

Ordinary human beings should learn the concept of "emptiness" and "solidness" in a broader context. Emptiness is untainted by karma, while solidness is tainted.

All things are created from nothing - or emptiness.

The term "knowledge" is the result of pursuing the material world, and thus creating unnecessary debts and unwarranted karma. Emptiness is the state we want to achieve: free from desire, lust and karma.

Practicing Dao is the only way that can return us to the pure state from where we originated.

Dao in higher self can lead us there by solidifying formless and emptiness of our soul; for this we must purify our heart. Buddha and deities can transform into countless manifestations due to their formless or emptiness states.

Buddhism is the right way to practice. In the mofa era (a time of chaos and the third phase of cosmic life), the world was led by power and humans were tainted.

Our mind and heart should be dedicated toward practicing Dao. Live in a solid form, but from the viewpoint of formlessness and emptiness. Both Buddhism and Daoism place great emphasis on cleansing both soul and body to achieve the desired objective.

***Thought for the week:*** *Great acts are made up of small deeds - Lao Tzu*



### Stay away from the poisons of the world

Over the next few columns, I will summarize the great sage Lu Ju's thoughts on Dao.

#### *Aloof from the world*

Human beings are born in between the echelons of the cosmos and the Earth, through the fusion of the yin creation energy and the yang transformation energy.

Everything moves in a cycle - cultivation in spring, growth in summer, harvest in autumn and hibernation in winter.

Human beings also cannot avoid this cycle of creation and destruction.

In the way of all sages and deities, we are also required to liberate our soul from the influence of our tainted body - for which the best path is Dao.

It could lead us from a busy and noisy world into the serene and quiet inner world; free from the lustful and "want more" attitude to an innocent and pure soul.

Buddha said: "We come from the east and go to the west. Today, we may not know where we came from, but we know for sure where we are heading to."

He also said: "Terminate desire, leave lustful life, abandon the three poisons [greed, hatred and delusion], cultivate yang energy, get enlightened, and return to the inborn nature. Once compassion is entrenched in us, our soul shall not be destroyed."

Today's practitioners are unable to differentiate between aloofness and worldliness; they do not walk the talk. This has to do with the heart - which is distancing and moving away from our original and ancient

wisdom.

From the Dao's point of view, we need to return to the wu ji state of O. It is similar to breaking the chain of reincarnation, and practitioners should remember to walk their talk.

**Thought for the week:** *Governing a great nation is like cooking a small fish; too much handling will spoil it - Lao Tzu*

### Practice to achieve nothingness

Over the next few columns, I will summarize the great sage Lu Ju's thoughts on Dao.

#### *Nature versus nurture*

Ancient wisdom tells us we have to separate our body and soul. While the soul is an inborn trait, the body is the part that is being influenced from the day we are born.

The combined movement of the cosmos or Dao results in the creation of living beings. Our inborn nature depends on the maturity of yin and yang or karmic calculations.

The following metaphor should help us to understand the transformation better:

#### *Inborn (initially)*

Nothing  
Formless  
Soul

#### *Influence (later)*

Something  
Form  
Body

When the soul enters our body, the path of Dao is distant. In order



to practice Dao, we need to move closer to the point of creation.

Before we can achieve Dao, we need to take care of both soul and body as they are interrelated. Our soul is untainted, while our body - due to lust, desire and greed - is tainted and thus prone to karmic or unwarranted debts. Proper and dedicated practice of Dao should end the karmic cycle of debts. This is also the path to becoming a deity, Buddha and immortal. The founder of the Longmen school, Qiu Chuji, placed great emphasis on the strength of Dao and pureness of Te (virtues).

**Thought for the week:** *Being deeply loved by someone gives you strength, while loving someone deeply gives you courage - Lao Tzu*

### 37

#### Creation and growth need balance

In the next few weeks, I will summarize the great sage Lu Ju's thoughts on Dao, the integral part of metaphysics that allows you to excel in every aspect of your life.

#### **Transformation and creation through yin and yang**

All Earth's creatures are dependent on yin and yang for their survival and evolution - similarly the lack of yin-yang fusion leads to the destruction of all creations.

Yin and yang by their very nature are interconnected - they cannot be static nor affect transformation on their own.

The simple form of yin and yang can be observed through sun and moon, day and night; creation of all the things is through such a growth cycle. Cultivation and growth go together to create agricultural produce. Farmers should work hard, but they also need adequate rest.

A mayfly has its own life cycle: it is born at dawn and dies at night.

Life and growth cycles depend on yin and yang. A balance between yin and yang is essential to maintain a proper life cycle, while its imbalance could lead to catastrophe.

The human life cycle is a suitable example - as sickness and illness occur due to the imbalance between yin and yang.

The foundations and fundamentals of metaphysics are also based on the yin and yang theory. Modern scientific terms - such as matter and anti-matter, two dimensional views, cosmic and earth, and moon and sun - are all based on the yin- yang concept of duality.

**Thought for the week:** *It is better to remain silent and be thought a fool than to open one's mouth and remove all doubt - Abraham Lincoln*

### 38

#### More conversations with Lu Ju

**Question:** How do I know if I have reached a state of quietness or emptiness?

**Lu Ju:** Dao's way to observe nothingness and enter into the emptiness state is similar to Buddhism's way of seeking inner peace and nobility. Emptiness and quietness is a state that can be compared with the serenity of the universe.

**Question:** How can I feel my heart and soul connecting to divinity?

Lu Ju: Connecting is the key word here. The common man does not have the ability to develop connectivity as this can be achieved only through enlightenment. In Zen teachings, Level Two of meditation can achieve such a connection. Practitioners are often too rigid to follow texts and thus cannot achieve the desired outcome.



*requires both in order to tap the cosmic energy of peace - Lu Ju*

39

### **Mental peace vital for success**

Ancient wisdom has it that the three treasures in the heavenly realm are the sun, moon and stars, while those on Earth are the oceans, rivers and mountains.

In humans, the three treasures - mind (sen), spirit (jing) and energy (qi) - interact with each other and cause kind and unkind energies.

A person with a lofty mind, spirit or energy will normally be seen as being proactive. In good times, he or she will thrive, while in bad, such a person will be able to survive.

The point here is that no matter how good the place or feng shui is, should you not be in the right frame of mind, things won't be in your favor.

This is why irrespective of how rich a person may be, if they are never contented but always grumbling that the world is unfair, they will not be at peace with themselves.

You have to be at peace with yourself to create the right climate for good feng shui to work. Good people always attract good things!

The rationale of having a good connection within oneself to connect with good feng shui is of utmost importance in metaphysics.

Imagine if the sun, moon and stars were at odds with each other and wouldn't come out on time. Chaos and destruction would follow. Imagine, too, if the oceans, rivers and mountains would not support each other - say, if an ocean reversed the flow of water back into a river.

So, what do you think the consequences will be if our mind, spirit and energy are not at ease with each other? You have the answer.

**Question:** How does one preach Dao?

**Lu Ju:** The majority of us talk the walk rather than walk the talk. There is an old Chinese saying: "It is the humans who preach Dao and not Dao that preaches to the humans." It is also wise to equip ourselves with virtues so that one is able to lead by example. Daoists often indulge in simply promoting and preaching Dao rather than its techniques.

**Question:** How does one experience Dao?

**Lu Ju:** Dao is experienced when one embarks to the other side of the shore. Dao is the only solid entity, since the shore is empty and void. The first stage to becoming a deity or obtaining Dao is the level of human deity; this stage is similar to Level Two of Zen meditation. The process does not end here; one should obey the rules, and perform more good deeds by displaying compassion at the highest level. One needs at least 200-300 years at this level in order to reach the cosmic or heaven-deity level.

**Thought for the week:** *Ancient mirrors require polishing in order to reflect, mustangs require taming for a smooth ride. Likewise, the heart*



**Thought for the week:** *Everything has its own beauty but not everyone sees it – Confucius*

## 40

**Conversations between master and disciple**

Scholar Wang Guowei in his book *Ren Jian Ci Hua* said three things are needed for a person to be successful.

First, use pinnacles to see the other end of the road.

Next, never regret life when you find yourself at the edge of the cliff with nowhere else to go but down, unless it is only to lament that you allowed yourself to be pushed into that position.

Finally, know that hurdles are to be expected in life.

Also unavoidable are ups and downs, sadness, happiness, separation and togetherness.

For a teacher, three rules are paramount: first, the teachings must go to the crux and essence of knowledge. Second, exchanges of views and discussions are crucial to allow students to tap their inner potential. Third, no teacher should stop or block a student from surpassing him or her in knowledge and skill, for that is the only path to the next level.

Knowledge is not about seeking wealth, it is about passing the torch. This is the fundamental value of a teacher.

***An empty barrel makes the most noise***

**Disciple:** A wall next to an ancient tomb is engraved with the words of a da shi or master. Would anyone address himself as master on his tombstone?

**Master:** The ancient tombs dating back to the Song and Ching era were mostly engraved with the name of the master and his

hometown but he would never address himself as a master.

**Disciple:** Hah, so an empty barrel does make the most noise!

A container will not make a sound when it is filled with water but will when it is half full.

Normally, if someone insists on calling himself master, it is an indication that he is low in self-esteem.

The title da shi should be earned, not self-given.

The great sage Lao Tzu placed great emphasis on teaching with a sense of humility and on treading the middle path, never on going to the extremes.

**Thought for the week:** *To salvage our soul, we must study Dao. To study Dao, we must practice Dao - Lu Ju*

## 41

**Conversations with The Great sage**

**Question:** How many times did Confucius pay visits and seek Dao from Lao Tzu?

**Lu Ju:** Confucius did not pay more than three visits. These meetings were marked by formal conversation which resulted in the creation of legendary teachings. The significant feature of these meetings was the mutual respect as neither of them demonstrated any inferiority or superiority over the other.

**Question:** Please summarize the three teachings (Confucianism, Buddhism and Daoism)?

**Lu Ju:** The three teachings were first combined into one during the Tang era. While Confucianism places importance on etiquette, Daoism teaches us to have less desire and adopt wu wei (action



through non-action), and Buddhism asks us to connect with our deep inner selves to reach our soul.

**Question:** What do you think of gays and lesbians?

**Lu Ju:** One must study the karmic debts - or bad choices - incurred in their past lives. It is most likely that they have the worst karmic debt out of the 12 Yin Yuan - cumulated from their previous lives' karmic debts. Sole yin and single yang individually can't stand alone; chances are that these individuals in their past lives were either nuns or monks who violated the adultery rule.

People of such inclinations should be diverted to Dao.

**Question:** How can one practice Dao?

**Lu Ju:** Seek inner peace and look within rather than outside. Uphold the inner peace and quietness rule. Deeply understand emptiness and live with it. Lao Tzu's way of practicing Dao is to "observe somethingness" rather than "observe nothingness."

For instance, one can collect lots of wealth and fame but once that is gone, one can experience a lot of emptiness. Be contented with what you have. Anyway, the super-rich do not have much time to practice Dao, so be contented!

**Thought for the week:** Ancient deity and human heart are indifferent to each other; but not today - Lu Ju

## Rocky road to enlightenment

### Full awareness

After 10 years of apprenticeship, Tenno achieved the rank of Zen





teacher. One rainy day, he went to visit the famous master Nan-in. When he walked in, the master greeted him with a question: "Did you leave your wooden clogs and umbrella on the porch?"

"Yes," Tenno replied. "Tell me," the master continued, "did you place your umbrella to the left of your shoes, or to the right?"

Tenno realized then that he had not yet attained full awareness. So he became Nan-in's apprentice for 10 more years.

### *Perseverance precedes immortality*

A man called Wang wanted to know the secret of immortality. He approached a monastery to learn the truth from its abbot. The master simply said: "You will not be able to cope with the fatigue." On Wang's persistent imploring, the master accepted him as one of his disciples - but set him cutting firewood with the others.

One evening, Wang found two strangers with the master. One of them, an old priest, cut out a circle from paper and pasted it on the wall. To Wang's amazement, it became a moon.

The other stranger wanted some wine. He took out a small kettle which never seemed to run out. Next he suggested asking Chang-ngo, the woman in the moon, to join them. He threw a chopstick at the moon and it changed into a girl, who started singing. After she finished, she turned back into a chopstick.

Both strangers then left by walking into the moon.

The impatient Wang asked the master to teach him some magic instead of the secret to immortality. Because of his constant pestering, the master taught him the secret of walking through a wall. With his newly acquired skill, Wang went home.

He wanted to show off to his wife so he ran toward the wall at full speed. He fell onto the floor, with a big lump on his head.

Moral of the story: perseverance has to be coupled with focus to

attain immortality.

**Thought of the week:** *Cherish that which is within you, and shut off that which is without; for much knowledge is a curse - Zhuangzi.*

## 43

### **A little humility goes a long way**

#### *The gift of insults*

There once lived a great warrior. Though quite old, he was still able to defeat any challenger. His reputation extended far and wide throughout the land and many students sought him out.

One day, a young warrior arrived at the village, determined to be the first to defeat the great master. Along with his strength, the young man had an uncanny ability to spot and exploit any weakness in an opponent. He would wait for his opponent to make the first move, thus revealing a weakness, and then would strike. No one had ever lasted beyond the first move.

Against the advice of his students, the master accepted the young warrior's challenge. As the two squared off, the young warrior began to hurl insults at the old master. He threw dirt and spat in his face. For hours he verbally assaulted him but the old warrior merely stood there motionless and calm.

Finally, the young warrior exhausted himself. Knowing he was defeated, he slunk away. Disappointed that their master did not fight the rude youth, the students questioned him: "How could you endure such indignities?" His reply: "If someone comes bearing a gift and you do not receive it, to whom does the gift belong?"



**Self-control**

One day, an earthquake shook a Zen temple, causing parts of it to collapse. Many of the monks were terrified. When the earthquake stopped, their teacher said: "Now you have had the opportunity to see how a Zen man behaves in a crisis. I did not panic. I led you all to the kitchen, the strongest part of the temple. Because of my decision we have all survived. However, I did feel a bit tense - which is why I drank a large glass of water, something I never do under ordinary circumstances."

One of the monks smiled.

"What are you laughing at?" asked the teacher.

"That wasn't water," the monk replied. "It was soy sauce."

**Thought for the week:** *I know the joy of fishes in the river through my own joy, as I go walking along the same river – Zhuangzi*

44

**Keep calm and carry on****Go with the flow**

An old man was walking with friends along a swift-flowing river when he stumbled and fell in. He was swept downstream through a cluster of fierce rapids, and dashed on the rocks, before plunging over the edge of a steep waterfall.

Friends, fearing for his life, ran to the plunge pool. To their amazement the old man came to the edge of the pool, unharmed.

"Old man," they cried, "how could you have survived both the rapids and the fall?"

"I don't know," he answered.

"I only know that I did not try to fight the water, but allowed myself to be shaped by it. I accommodated myself to the stream, and the stream

carried me without harm."

**Is that so?**

A beautiful girl in a village became pregnant. Her angry parents demanded to know who the father was. At first hesitant to say, the girl finally pointed to Hakuin, a Zen master who everyone had previously respected for living a pure life.

When the outraged parents confronted Hakuin with their daughter's accusation, he simply replied: "Is that so?"

When the child was born, the parents brought it to Hakuin, who was now a pariah in the village. They demanded that he take care of the child since it was his responsibility.

"Is that so?" Hakuin said calmly as he accepted the child. For many months he took very good care of the child until the girl could no longer withstand the lie she had told.

She confessed that the real father was a young man in the village whom she had tried to protect. The parents immediately went to Hakuin to see if he would return the baby.

With profuse apologies they explained what had happened. "Is that so?" was all Hakuin said as he handed them the child.

**Thought for the week:** *I dreamed I was a butterfly; then I awoke. Now I wonder: am I a man dreaming of being a butterfly, or am I a butterfly dreaming that I am a man? – Zhuangzi*

45

**A farmer's story**

One day, a farmer's horse bolted and went missing for days. When a neighbor heard what had happened, he came over to offer words of



comfort.

"I heard that you lost your horse. That is bad news and bad luck," he said.

The farmer replied: "Well, who knows? Maybe it is or maybe it isn't."

The next day, the horse returned to the stable, along with a herd of wild horses it had befriended.

The wild horses liked what they saw and settled down.

The neighbor couldn't believe what he heard. He decided to drop by and see things for himself. "This is a stroke of good luck," he told the farmer.

"Well, who knows?" said the farmer. "Maybe it is or maybe it isn't."

The next day, the farmer's son decided to ride one of the wild horses to break it in.

However, he was thrown off the horse and broke his leg.

Upon hearing this, the neighbor came to offer his sympathy.

"This is terrible," he said. "Your son has broken his leg. This is bad news."

"Well, who knows?" said the farmer. "Maybe it is or maybe it isn't."

Drawing upon his Daoist wisdom, he asked his neighbor: "Who knows what is good or bad?"

The following day, soldiers came and took away young men from the surrounding villages.

Seeing that the farmer's son had a broken leg, they saw no good use for him and left him behind. And, of course, maybe it was good news ... or maybe it wasn't.

This story serves as a reminder that nothing is good or bad news per se - but that it always comes down to how one interprets it.

**Thought for the week:** *Men honor what lies within the sphere of their knowledge, but do not realize how dependent they are on what lies*

*beyond it – Zhuangzi*

## 46

### Know yourself

#### *The mouse*

A little mouse was envious of the sky. He told the sky: "You are the best because you cover the whole world and you are invincible." The sky replied: "No, no, I am not invincible. I am afraid of the clouds because they block my view as and when they want."

The little mouse then went to the clouds and said: "I envy you. You are the best and invincible."

The clouds answered: "No, no, we are not. We are afraid of the wind because the wind blows us away as and when it wants."

The mouse then went to see the wind and said: "I admire you because you are invincible."

The wind responded: "No, no, I am not invincible, I am afraid of walls because they block and knock me down badly."

The mouse then went to the walls and said: "I envy you the most because you are so strong and invincible."

The walls looked at the mouse and said: "We do not think so because you create holes in us as and when you want. You are the one who's invincible!"

Moral of the story: We are all invincible in our own right.

#### *Egotism*

A prime minister of the Tang dynasty was a national hero for his success as both a statesman and military leader. But despite his fame, power and wealth, he considered himself a humble and devout Buddhist.



Often he visited his favorite Zen master to study under him, and they seemed to get along very well.

One day, the prime minister asked the master: "Your Reverence, what is egotism according to Buddhism?"

The master's face turned red, and in a very condescending and insulting tone of voice, he shot back: "What kind of stupid question is that?" This unexpected response so shocked the prime minister that he became sullen and angry.

The Zen master then smiled and said: "This, Your Excellency, is egotism."

***Thought for the week:** Life comes from the earth and life returns to the earth – Zhuangzi*

## 47

### **Be guided by your instinct**

My series on Ancient Chinese wisdom stories continues. This week, we look at how to react to situations with our inner heart.

#### ***The kid and the wise man***

One day, a smart child tried to challenge an old man: "You are a wise man with knowledge of all the answers in life. I am holding a bird in my hand, do you know if the little bird is dead or alive?"

The old man knew that if he said the bird was alive, the youngster would kill the bird. Similarly, if he said the bird was dead, the kid would set the bird free.

Guess what was the man's reply? "The fate of the bird lies in your hands," he answered and walked away.

Moral of the story: You are in control of your own life.

## **80 stories**

A man and his wife lived on the 80th floor. One day they walked up, carrying several bags with them. Up until the 20th story, they were energetic. After the 20th story, they realized they were carrying too much baggage and left their bags on the 25th story.

At each step approaching the 40th story, they criticized each other and got grumpy about not bringing the water they had left in their bag. But they kept moving up.

By the time they had gone past the 60th story, they had no breath left and just looked at each other.

The journey from the 60th to 80th floor was monotonous. When they reached the 80th floor, they realized that the apartment's keys were in the bag left on the 25th story!

Moral of the story: Most of the important decisions in life are taken in our early 20s. The actions and activities of that age shape one's identity and create the path for life's journey.

That is why it is imperative that we should always refer and check our instincts or inner heart for the true answers in life.

***Thought for the week:** We cling to our own point of view, as though everything depended on it. Yet our opinions have no permanence; like autumn and winter, they gradually will pass – Zhuangzi*

## 48

### **Metaphors to live by**

For the next few weeks, I will be writing stories from ancient Chinese wisdom that shed light on our daily choices and enable us to turn around our feng shui at home. After all, metaphor is what metaphysics is all about.



To enable his military to advance and attack his enemies, he ordered rivers to be widened and mountains and forests to be destroyed. But in doing so he brought about his own downfall.

He was defeated not by his inability to fight but by his act of destroying Mother Nature - because good feng shui always goes hand in hand with kind earth energies.

In the two recent big earthquakes in Sichuan, much was attributed to the building of the Three Gorges Dam and countless water reservoirs in its vicinity. The erosion in the reservoir induced by rising waters contributed to huge landslides and paved the way for the disastrous consequence of earthquakes. The earth energy could not be sustained, resulting in bad feng shui.

So it is with Hong Kong. The lack of harmony in the SAR can be partly attributed to land reclamation over the years.

More than 12 percent of our developed land area has been reclaimed from the sea. Reclamation creates various engineering, environmental and marine ecological problems in coastal areas.

Hong Kong's four pillar industries - financial services, trading and logistics, tourism, and producer and professional services - are slowly becoming insignificant in the international arena. China's economy is booming but Hong Kong is not getting bigger slices of the pie.

Shanghai and Qianhai are obvious threats to the SAR's role as a financial center. Hong Kong's once thriving logistics industry is also losing out to the mainland.

Are we going to wait until our two remaining pillars get eroded? Hong Kong will lose its shine if we keep chipping away at its earth energy.

***Thought for the week*** : *Take care with the end as you do with the beginning - Lao Tzu*

## Chapter 3

### ***FENG SHUI METAPHYSIC***





## 1

**Why sunlight is the key to our energy levels**

The electromagnetic spectrum is the range of all possible frequencies of electromagnetic radiation.

In lay terms, we not only receive the sunlight but also the light reflection of our own solar planets and, among others, cosmic rays as well. Such rays are high-energy radiation, mainly originating outside our solar system. Ancient Chinese knew the impact of the energy on humans.

The yin and yang energies are associated with the sun and moon, while the ancient five elements are associated with our solar planets of Mars (fire), Mercury (water), Uranus (earth), Jupiter (wood) and Venus (metal).

Scientists have figured out that the light spectrums consist of 92 or more different rays of radioactivity that impact on earth.

Scientists have shown that sunlight takes at least 8.3 minutes to travel to Earth, implying that the sunlight comes first, followed by a reflection of light from other planets.

That is why the ancient Chinese advised us to tap into the sun's energy early in the morning. Feng shui advises that for a person constantly sick, the house should face east to get early sunlight.

Ancient Chinese believed that each individual is unique and certain rays are conducive to producing kind energy to certain people and unkind to others, depending on the person.

In referring to one's date of birth, the portfolio of elements is in the combination.

Electromagnetic radiation interacts with matter in different ways. This means that even a vacuum is not truly empty because it consists of matter.

Ancient Chinese believed the void or emptiness is not absolutely

empty.

This simply means that Buddhist and Daoist dimensional views are not in agreement.

The best feng shui is original and without interference, especially from man, because such natural harmony is the intention of achieving the desired outcome.

## 2

**Powerful secrets govern direction of life**

Even the best scientists acknowledge they know only 4 percent of this cosmic world. What about feng shui masters, do they know it all? Certainly not. But before you make any call on feng shui just read on.

Nicholas Copernicus, shortly before his death in 1543, established the Earth was not the center of the universe but the sun. This ran contrary to the teachings of the Bible and it was left to Galileo Galilei many years later to prove the theory via a scientific approach and his telescope.

In a similar vein, calculus and the work of Pythagoras were once deemed mere superstition only to be cheered later as mathematical models.

Regarding feng shui today, modern science cannot prove the existence of subtle energy. However, if you look at scientific studies on phenomena such as cosmic rays, radioactivity and the trapping of carbon dioxide in our atmosphere, there may be many more feng shui openings ahead.

The study of feng shui revolves around cause and effect things start to form, then disperse and in turn decay. A wise feng shui master should therefore tap into and harness the best kind of energy.

The ancient Chinese mapped out five planets with Mercury



representing water, Venus metal, Jupiter wood, Mars fire and Saturn earth.

In addition to the sun and moon, they also saw the seven stars of the Great Bear as a farming clock, with the tail acting as its arm.

It determined the 24 seasonal parts of the Chinese calendar. When the tail pointed to the east it was spring, to the south summer, west autumn and north winter.

The seven stars and their interaction with the sun and moon provided brightness, exercised their influence on Earth and people like us.

Therefore the theories of yin and yang, and the five elements are not without basis.

As inventors of the compass, the Chinese are proud of their ancestors. The use of a magnetic needle to find one's direction is a basic function but not many know the enormous amount of information shown by a compass.

The ancient Chinese were able to link directions with the movements of air and water. As air moves quicker than water, it is placed ahead or to the left side of the directional axis. Water, being slower, is placed on the right side.

Feng shui means "wind and water," and is so called, "because it's a thing like wind, which you cannot comprehend, and like water, which you cannot grasp." However, feng shui was originally kan yu, or anything that is associated with cosmic and earthy energies.

As a regular reader, you should now be able to tell others that feng shui is not mere wind and water. There are many so-called "secrets" of feng shui and practical skills are not written down, they were passed down through the generations by word of mouth.

This was to avoid such powerful knowledge being handed over to the bad guys.

### 3

#### **Love lives between a rock and a hard place**

Amah Rock or Mong Fu Shek the stone gazing out for her husband is naturally shaped, 15 meters high and found on a hilltop in southwest Sha Tin.

The hill commands breathtaking views of Sha Tin, Kowloon, Victoria Harbour and Hong Kong Island.

To get there, start at Tsz Wan Shan (North) Bus Terminus and take the concrete steps up to Sha Tin Pass. Follow the Wilson Trail and the nearby catch-water until you see a signpost for Amah Rock, which stands above the entrance to Lion Rock Tunnel.

The rock is shaped like a woman carrying a baby on her back. According to legend, the faithful wife of a fisherman climbed the hills daily, carrying her son, to watch for the return of her husband, not knowing he had drowned at sea. As a reward for being faithful, she was turned into a rock by the Goddess of the Sea so her spirit could be with that of her husband. Similar legends abound throughout China with many rocks called Mong Fu Shek. Many classical poems are dedicated to this kind of rock.

Amah Rock has become a symbol of a wife's infinite patience, loyalty and faithfulness.

Today, it is a venerated place of worship for women. It is also a popular stop among hikers on their way to Lion Rock Country Park.

Many desperate housewives, widows and those without boyfriends make their way up the hill and pray for their wishes to come true.

What we lack today owing to modern transformations are the enduring attributes of patience, loyalty and faithfulness.

Many people seek feng shui consultants to mend their relationships or to blame spouses for not making things happen the way they intended



or desired. We often do not look in the mirror and seek an inner solution.

A simple "give and take," "sorry," or "thank you" may just be the solution if we think calmly and rationally.

To blame is easy, to forgive and forget is not. There are always two sides to a coin yin and yang and perhaps serenity and non-doing (wu wei) may help when it comes to de-escalating problems.

Recognizing symptoms of a problem may prove easy but finding a simple solution may turn out a lot more difficult. Bear that in mind.

#### 4

### **Ancient tombs reflect our cultural heritage**

Did you know the oldest discovered tomb site in Hong Kong is more than 6,000 years old? It was unearthed at Tung Wan Tsai North on Ma Wan in 1997, along with 20 graves.

This week I am going to talk about a tomb that is more than 2,000 years old in Sham Shui Po.

The Lei Cheng Uk Han Tomb was accidentally discovered in August 1955 when the authorities were cutting a hill slope at the Lei Cheng Uk Village to construct resettlement buildings.

Archaeologists believe the tomb was built during the Eastern Han dynasty (AD 25-220). Though closed to the public for conservation reasons, visitors may still view the external structures. The museum's specially designed canopy and refurbished exhibition hall provide a new museum experience.

The tomb was excavated and archaeologists began to investigate the possibility that salt production flourished in Hong Kong around 2,000 years ago. The structure and burial objects show similarities to other Han tombs found in most of southern China showing that Chinese civilization

spread to Hong Kong all those years ago.

Other amazing unearthed material found showed that Hong Kong was under the administration of Panyu county during the Han period.

From the massive burial site and objects found there, we can conclude that the tomb's owner must have been related to the imperial families.

From the feng shui perspective, the tomb was oriented with the Eagle's Nest as back support, with Stonecutters Island as the front view and Rambler Channel as the water element. The branch of Beacon Hill formed as the Green Dragon is on the left. We can't seem to find the right tiger, probably the only flaw of the tomb. Once overlooking the seashore, the site of the tomb is now almost 2,000 meters away from the sea, following a series of land reclamations.

The significant contribution is not the site; rather it is the continuing cultural heritage, which reminds us it is cultural values that will keep our community going for another few thousand years.

The site is located at 41 Tonkin Street in Sham Shui Po district. Please do visit this wonderful piece of history.

And let the world know that Hong Kong people are still interested in culture besides money.

#### 5

### **Energy of grandmaster there for all to see**

Everyone knows who Bruce Lee was, but it is only recently that Lee's master in martial arts Grandmaster Ip Man has come to the public's attention. Wing Chun, romanized as Ving Tsun or Wing Tsun, is a concept-based Chinese martial art and form of self-defense which utilizes both striking and grappling, while specializing in close-range





combat of the Southern Chinese martial arts.

The increasing popularity of this art may be seen by the legion of practitioners that span Asia to Europe, America and the African countries. Grandmaster Ip Man, the most famous master of Wing Chun, whom Bruce Lee learned from, made tremendous contributions to this art.

Last weekend, I had the honor of visiting Grandmaster Ip Man's grave, thanks to Marc Wathen, a reader of The Standard, who was kind enough to show me the site.

The grave is located in Fan Ling next to Fung Ying Seen Koon, a Daoist temple. Along the path we saw a sign that indicates the grave of Wing Chun Grandmaster Ip Man. And it immediately became apparent that this legend must be having plenty of visitors.

From the feng shui point of view, the site of the tomb is equipped with certain settings in order to achieve and elevate the status of Wing Chun by spreading it all over the world.

The dragon (on the left of the tomb) and rose finch (in front of the tomb) must be in good condition. True enough, Marc and I noticed that the left side of the mountain is in a higher position, with a rather flat mountain top while the rose finch in front with protruding peak radiates kind energies.

However, I noticed some flaws, including the presence of too many trees at the back of the tomb. The taller trees, it appears, tend to radiate unkind energies. So too with the trees growing in the front of the tomb.

Excessive yin energies are bad in feng shui and one hopes that the offspring of Ip Man will take immediate action to clear the area and avoid unwarranted energies. I also mentioned to Marc that some grievance issues in Wing Chun will take place next year

As Marc and I were leaving the grave site, we saw at least 10 Westerners, presumably from Europe, who were going to pay their

respects at the site. What a legend.

## 6

### **Lowdown on energy in high-rise buildings**

The dragon's breath and energy can be tapped by situating our house or building at the meridian dragon point.

It is just like a hose that when properly connected allows water to flow with the right kind of force into our house. Since most modern buildings are high-rise, can the energy be funneled correctly?

The real meridian spot will normally have a peak or hill that is unique to that particular site and space. Most of Hong Kong comprises hills and mountains with little flat land. This is why Hong Kong is a good feng shui area.

To tap into the dragon's breath, high-rise buildings are not conducive and receptive to such energy, they only provide a nicer view.

The view of Hong Kong's harbor is one of the best. And most of the wealthy people live in houses or low terraced homes on or around The Peak. This is not hard to understand since the flow of energy from the earth has an upward resistance.

I would suggest that those who live beyond the seventh floor will not benefit from a meridian dragon point! This is in line with the dragon terrain's height that supplies kind energy.

Forms and visible structures are important in feng shui. The kind of mountain formations or structures that contribute to the setting will have different outcomes.

Ancient feng shui texts clearly depict how certain settings can help a business to flourish. And there have to be certain conditions to achieve academic excellence.





In a past column I described the "pen-holder" mountain as radiating kind energy that alluded to scholarly energy, therefore any flat or house that faces Beacon's Hill will have an advantage over the others. In future columns, structures that contribute to wealth and fame will be discussed.

## 7

### It's all down to appearance and application

In this column I would like readers to understand the concept of the two As; appearance versus application.

This may seem easy for some but let us examine the concept further in order to explain how the invisible forces associated with feng shui benefit all.

Feng shui is an association of unseen forces arising from cosmic and earthly interaction that impacts human beings. A metaphor, metaphysics, is often used to explain this subtle and invisible energy.

Understanding this will help us further understand the world in which we live.

When you are driving, you will stop when you come to a red light and go when it turns green.

The red and green lights are the application, while what makes the bulbs the appearance brighten is the traffic light device and the electric current that flows is the channel or medium. Similarly, the mobile phone we use is the device or appearance and, when we talk, the conversation is the application and the frequency the channel.

This will lead us to the four basic elements of feng shui, mountain (appearance), water (appearance) and wind (medium), and the dragon breath (medium). The antenna or mountain peak (application) concept has existed for more than 4,000 years. The peaks of all mountains are

said to receive signals from the stars in cosmic echelons. Good or bad is dictated by the cosmological time as well as positioning of the stars.

Traditional feng shui placed great emphasis on landform or topography. Such a creation is the result of the formation of hard landforms that transform into different "shapes" and "forms."

The process of such a formation requires time and energy and, as a result, different shapes and forms one way or another possess a certain kind or unkind energy.

The radiation of such subtle energy (application) will depend upon the time period and surrounding factors. The ancient Chinese long believed that a tip of a mountain (protruding) would receive information from the sky, as a result of cosmic changes, and reflect such energy outwards. Kind and unkind energies require lengthy explanation and I will not elaborate on this today.

A house is said to have good support when there is a hill or mountain behind it. It could serve as protection from gusty winds or surprise attacks from an unguarded rear since in ancient China wild animal attacks were common. Wind and water interaction would also result in kind or unkind energies for inhabitants.

<i>Appearance (Body)</i>	<i>Application (Usage)</i>	<i>Medium (Channel)</i>
Light Bulb	Light	Electric Current
Phone	Conversation	Frequency
Mountain Peak/Antenna	Dragon	breath/Energy
Water	Wealth	Dragon energy
Human	Deeds	Spirit/Soul



### The magic formula to prolong our lives

All things including both living and non-living beings normally go through a cycle arising from feng shui, which maintains the status quo and disintegration stages. The role of feng shui is critical during all stages.

First, we must understand that each process involves yin and yang and the five elements the process of integration and intercourse which takes place in each and every stage of that cycle.

Observing nature it will help us understand this. Crops are planted in spring and grow in summer; they are harvested in autumn while hibernation is in winter. Spring is rejuvenation and associated with the element wood, while summer is hot with the fire element. The harvest period is associated with metal and winter is cold and associated with the water element.

Understanding this will help us to further realize that all things take place in a cycle, which maintains the status quo and disintegration process.



How does feng shui fit in here? For example, in the arising stage, feng shui will help us to identify the right remedy for our upbringing. The rising stage requires a little bit of luck that can act as a catalyst to achieve an additional, say, 20-30 percent of the initial intended level of achievement. The combination

of using the right color and being in the right place at the right time will do the job, and feng shui will help identify these things.

To maintain the status quo, feng shui will help to sustain this level as long as possible, and before the disintegration cycle, feng shui will

help to delay the aging process and maintain the status quo. Again, the right place, time and color will aid in doing the job.

And, finally, the process of disintegration differs from person to person. Scientists have determined that this is in our genes. Many may not know that our genes constantly accumulate karma or deeds done by our ancestors and our own acts.

Good deeds, along with feng shui, also play an important role in prolonging our lives during this period.

For instance, a good feng shui environment will help the family live in harmony and reduce grievances and pressures among fellow members that will harm the body's cells. Good feng shui also provides better air quality, which improves the quality of our life.

Next week we will focus on color that will help achieve the desired outcome.

### Academic highs for those who deserve it

Many readers and clients often ask me if feng shui really works. I tell them that feng shui often works only for those who deserve it. Today I will further illustrate that certain settings are prone to academic excellence.

Ancient feng shui texts and scriptures clearly depict how certain settings can help business to flourish and certain conditions have to be intact in order to achieve academic excellence.

Ancient Ham Yu text says the mountain should face the calligrapher for academic excellence, and such a setting collects and harnesses the kind energy in the academic arena.

The text further elaborates the setting in details that cannot be



illustrated by words alone. It deals with not just facing the mountain, but what to do if the mountain is at the rear.

In Hong Kong the only hill or mountain that qualifies as a "Calligraphic Holder" is Beacon Hill.

If we matched a line from Beacon Hill to Mount Butler with another from The Peak to Braemar Hill, we would end up surprisingly at Hong Kong Central Library and Queen's College.

Their settings are conducive to harnessing kind energy, particularly in the academic arena, in accordance to ancient text.

A little information about Queen's College. After World War II, the school reopened on a temporary site on Kennedy Road, sharing a campus with Clementi Secondary School in 1947. It moved to the present site on Causeway Road, opposite Victoria Park, on September 22, 1950.

A Queen's College student holds the record of the most A grades in examinations one for each of 10 subjects.

Hong Kong Central Library is the largest in our system of public libraries in terms of floor area and services, and houses the most comprehensive collection of books.

Some of Hong Kong's top-listed schools, such as St Paul's Convent primary and secondary, are also located in the vicinity.

Feng shui is no coincidence after all!

## 10

### **Secret of prosperity on The Peak revealed**

A world-record price tag has been attached to a house on The Peak.

The HK\$819 million asking price for the spread at Sun Hung Kai Properties' exclusive Twelve Peaks development will make it the world's most expensive house at HK\$175,735 per sellable square foot.

The record price for a house sold to date in Hong Kong is at No 10 Skyhigh, Pollock's Path, The Peak, acquired by an undisclosed buyer in 2011.

Let us examine the most expensive site for a house. For so many years, The Peak has been known as an affluent and upper class residential area. To many people the area ought to have good feng shui. Today, we will explore why it is a good feng shui site, and the secret will be revealed for the first time in this column in The Standard.

The Peak mountain terrain, or as jargon says "dragon," originated from the mountain Tai Mo San. The way The Peak turns and looks back at the source or returning and tapping the care of mother such a setting forms the most imperative feng shui according to ancient text and scriptures.

If you look at the vicinity, such auspicious locations do not necessary need to be at the top of The Peak. Pollock's Path and the Twelve Peaks are both surrounded by Jardine's Corner, Mount Gough, The Peak itself, Victoria Gap, Mount Kellett, and Magazine Gap.

As you can see from a map, there is a good combination of both many mountain peaks and gaps. This is the "yin" and "yang" of feng shui, since "sole yin" won't breed, and "sole yang" won't grow

There needs to be an intercourse of both to create a momentum of kind energy.

But hold on this does not stop here, since mountain and water should go hand in hand, and the most critical part of a good mountain is "Dragon Harnessing Water." This means a good mountain should be accompanied by water to provide a source of nutrient to the dragon, such as a lake, pond, river or water reservoir.

If you study a map, Aberdeen Upper and Lower reservoirs serve Mount Gough and The Peak, while Pok Fu Lam reservoir serves Mount Kellett and The Peak as well.





So, next time when someone asks you why The Peak possesses such good feng shui, please do not answer because it is on the top of a hill! If that is the case, you should go and stay in the Himalayas!

## 11

### **Banishing the bedroom blues**

The most basic feng shui principle to observe at home is ensuring there is enough sunlight and space for the right kind of energies to flow in. Besides the usual clutter, crowding it with furniture will also contribute to bad feng shui.

This week, I will consider the basics for bedrooms.

#### **Bedrooms**

Yin energy should be dominant over yang here as this is a place of rest. The choice of color is key, with light blue, light green, beige or other faint pastel paints among the obvious selections. Avoid dark blue, flashy reds and black as they contain too much yang energy.

The ceiling, walls and floor require a balance of this combination for a soothing environment. Good air circulation is also important. Try to avoid having anything above your head or directly under a window, as this will cause headaches.

Exercise equipment, plants, computers, television sets and entertainment systems are said to bring yang energies, so it is not advisable to have them in the bedroom.

#### **Bed positions**

If you do not know your gua number, place your bed diagonally in the room. This is almost the only feng shui choice. The position helps

you avoid the flow of energy to your head or feet through the door. Avoid facing the toilet to fend off unkind energies.

#### ***The five-element theory***

You should understand the basic five-element theory to better equip yourself with metaphysical fundamental knowledge. Ancient Greek philosophers believed water and fire were the original elements underlying reality.

Their Indian contemporaries thought earth and wind also held the metaphysical key.

The ancient Chinese, however, thought the basic elements were wood, fire, earth, metal and water. These were mutually related and interchangeable.

***Thought for the week:*** All religions, arts and sciences are branches of the same tree - Albert Einstein

## 12

### **Wearing the king's colors**

The arrival of every season is regarded as one of the most important dates for ancient Chinese agricultural practice.

It was vital for the emperor to worship and perform certain rituals to usher in the new season.

This is not hard to understand because agricultural activities are dependent on seasons: spring for the cultivation of seeds, summer for growth, autumn for harvesting and winter for hibernation.

This is the natural law of the universe, or Dao.

As such, the emperor would want to do things that are in sync with the seasons - for instance, wear certain colors in different seasons and





execute criminals only in autumn.

So do wear and use colors in accordance with the seasons.

Remember these four dates: every year, spring arrives around February 4; summer May 5; autumn August 8 and winter November 8.

Spring is when nature is blossoming and bursting with energy so it is associated with green and light blue.

Hot sultry summer, when plants are growing, is associated red, purple and pink.

Autumn is when leaves start to change color so its colors are gold, white and silver.

In winter, things are opposite to summer, so the season's colors are dark blue and black.

This is natural law. So if you want to be a king, act like a king and wear like a king.

**Thought of the day:** *"The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction."* - Rachel Carson

## 13

### **Fending off sickness with the fire dragon**

Chinese traditional values influence not only the Chinese but also the rest of the world. China has been civilized for 5,000 years, and its culture encompasses daily activities involving feng shui.

In previous columns we discussed feng shui items and today I will introduce you to the rationale behind some features of everyday life.

Certain characteristics fulfill the yin and yang and five-element theory in a unique way.

### **Chopsticks**

A pair of chopsticks consists of yin (static) and yang (movement).

### **Round dining table**

The ancient Chinese believed that a round table promoted harmony and a tactful environment. A round table had no distinction of classes.

### **Traditional door**

A traditional red Chinese door with an imperial guardian lion knocker, resembles number eight (good luck or fortune) in Chinese culture.

### **Guardian creatures**

The dragon, lion and chi lin comprise symbols within traditional Chinese culture that fence off evil and keep wild animals away from homes.

### **Fire dragon dance**

It takes nearly 300 performers and more than 70,000 incense sticks to put together a 67-meter dragon to perform a fire dragon dance. The magical dance was believed to protect villagers from the plague and viruses. The secret lay in the components of incense, with powder and sulfur said to kill germs.

## 14

### **Here's a help to find health and happiness**

Two questions have always been addressed to me over the past 20 years.



Is feng shui a miracle? The straight answer is no. No legitimate practitioner will promise that feng shui can perform miracles.

Can you earn a living without going to work? Can your business venture succeed without the proper attitude, hard work, business acumen and wisdom? The answer is obvious.

Feng shui serves as a tool to create synergies that attract opportunities conducive to enhancing your wealth, health and happiness. If you are a heavy drinker and smoker and yet want feng shui to enhance your health, that is rather ridiculous.

The second question many have asked is: Do feng shui items work? The answer is perhaps. The use of such items should fulfill the following three criteria.

Her, or peace, is to ensure the energy of all in one or peace.

Shun or docile, must not challenge the law of nature.

Cai or fortune, must be coiled with income or monetary symbols. The use of such items is to fence off unkind energy and generate kind energy.

Next is the use of yin and yang and five elements. Weeks ago I touched upon the 92 light spectra that shine on earth, including the energy of the five elements, which impact on each individual and their different needs.

The element that is not in your favor should be xie or drained away while the element that is in your favor should be bu or nourished. Yin and yang are the basis of Chinese medicine.

Qi, the Chinese word "without fire," refers to early energy or pre-birth and the word with "rice" refers to latter-day energy or after-birth. They both refer to cosmic energy or breath, the formless and invisible matter in the universe.

In feng shui the subtle energy radiated or permeated from different settings, orientations, directions and time is called qi.

In qigong, through cultivation the human body may bring into play the energy of this matter, which may dispel disease and improve physical condition.

The practitioner releases high-energy mass and high-energy matter in the form of light with tiny particles in great density. This high energy mass is called cultivation of energy, gong.

## 15

### Good times to wash over south

Period Eight (2004-2023) doesn't have that many more years to go! However, the period has seen South Korea and China rise in both economic and sociocultural importance.

Chinese models now strut international catwalks, while Korean pop music and soap operas are more popular than ever before.

We're seeing brands such as Samsung, LG, Hyundai and Kia becoming South Korean success stories in the world arena.

This is due to topographical changes that favor the northeast (with certain sets of feng shui conditions).

In the past 30 years, China's economy has changed from being a centrally planned system that was largely closed to international trade, to a more market-oriented one, with its private sector seeing rapid growth.

The mainland's gross domestic product averaged US\$1.25 trillion (HK\$9.75 trillion) annually from 1960 until 2013, reaching an all-time high of US\$9.24 trillion in 2013, according to World Bank data.

Alibaba, Legend and Tencent, to name a few, are China's success stories in this period.

So what's in store for Period Nine, which runs from 2024 to 2043?

I've mentioned that in Period Eight, we would see the northeast



outshine others, while in Period Nine, based on certain metaphysical calculations, the southern hemisphere will outperform.

Hong Kong in Period Eight saw the rise of Cyberport and West Kowloon, with both areas benefiting from being in the southwest and having a strong water component.

In Period Nine, the south needs to have mountains to prosper, while southern areas should be filled with water (seas, ponds, lakes, rivers, etc) to their north to do well.

Hong Kong Island comes equipped with a tract of water that is based to the north, but the narrowing Victoria Gap wouldn't warrant maximizing the potential to the fullest.

Besides Hong Kong Island, we also have Lantau and Tsing Yi that have strong northern water components.

We also see Ma On Shan, Sha Tin and Sai Kung with northern water components, so perhaps such areas would outshine others in Period Nine.

## 16

### **Worship the moon in pursuit of better life**

The Mid-Autumn Festival is one of the most important and significant celebrations in China.

The 15th day of the eighth lunar month is exactly the middle of autumn; hence it's called the Mid-Autumn Festival an evening when families gather together to light lanterns, eat mooncakes and enjoy the moon.

On that night, the moon appears to be at its fullest and brightest, a symbol for family reunions, which is why that day is also known as the Festival of Reunion.

Mid-Autumn Festival celebrations date back more than 2,000 years.

In feudal times, emperors prayed to Heaven for a prosperous year. They chose the morning of the 15th day of the second lunar month to worship the sun, and the night of the 15th day of the eighth lunar month to praise the moon.

This ancient custom became prevalent in the Tang dynasty (618-907). During the Southern Song dynasty (1127-1279), people sent mooncakes to their relatives as gifts as an expression of their best wishes for family reunions. At night, they gazed up at the full silver moon, or went sightseeing by lakes to celebrate the festival.

Since the Ming (1368-1644) and Qing dynasties (1644-1911), the custom of Mid-Autumn Festival celebrations has become increasingly popular.

Special customs in different parts of the country sprung up, such as burning incense, planting mid-autumn trees, lighting lanterns on towers and fire dragon dances.

Whenever the festival set in, people would look up at the full silver moon, drink wine to celebrate their happy lives, or think of their relatives and friends far from home, extending all of their best wishes to them.

In mid-autumn, farmers have just finished gathering their crops and bringing in fruit from the orchards. They are overwhelmed with joy when they have a bumper harvest and, at the same time, they feel quite relaxed and satisfied after a year of hard work.

So the 15th day of the eighth lunar month has gradually evolved as a widely celebrated festival for ordinary people.

Night falls. The land is bathed in silver moonlight. Families set up tables in their courtyards or sit together on their balconies, chatting and sharing offerings to the moon. Together, they enjoy the enchanting spell of night and are reminded of beautiful legends about the moon.

Harmony is the desired outcome by the auspicious setting of feng shui. The energy is conducive to create good results in one's pursuit of a





better life.

## 17

### How an ancient poet inspired dragon boats

Previously we discussed Double Seventh and Double Ninth. Now we touch on Double Fifth.

The fifth day of the fifth lunar month is an important day for the Chinese people.

The day is called Duan Wu Festival, or Dragon Boat Festival.

According to Chinaculture, this festival dates back 2,000 years with several legends explaining its origin. One of the best-known centers on a great patriotic poet called Qu Yuan.

The most popular event of the day is the Dragon Boat Race. These boats are long and thin with dragon heads at the bow, and the races are said to represent the search for the body of Qu (340 BC-278 BC or 343-290 BC), who committed suicide by jumping into the river after tying himself to a rock on the fifth day of the fifth lunar month.

Qu was the No1 adviser of the kingdom of Chu, but people were jealous of his position and said bad things about him and stabbed him in the back.

The king wouldn't follow his advice and, as a result, was killed by enemies in a neighboring kingdom.

The new king continued to enjoy a life of luxury and didn't like Qu either. Later, he was exiled and Qu came to be regarded as a prime example of patriotism.

People threw zongzi water dumplings made of glutinous rice wrapped in bamboo or reed leaves into the water on the day. Doing so was said to prevent fish from eating Qu's body and, later on, this turned

into the custom of eating zongzi.

Zhong Kui is the exorcist or "ghost-buster" of ancient times. His picture, a fierce-looking male brandishing a magic sword, was hung up to scare away evil spirits and demons, especially during the Dragon Boat Festival.

Another traditional practice involved calamus and moxa plants, with most families hanging them on their front doors in the belief they would ward off evil.

It was also believed that if one carried a small bag of spice, it would not only drive away evil spirits but also bring fortune and happiness to the bearer.

The small handmade bags were made of red, yellow, green and blue silk, fine satin or cotton.

Figures of animals, flowers and fruit were often embroidered on the bags and inside were mixed Chinese herbal medicines.

On boat-racing day, do go and feel the energy and excitement created by the competitors.

You never know, it may bring good feng shui to your home.

## 18

### Better red than dead if `Year' pays a visit

The Spring Festival, which normally falls at the end of January or the start of February, is the first day of the lunar calendar. It is the biggest festival in China and one of reunion. No matter how far people are away from home, they will try their best to get back home for reunion dinners or tuan yuan fan.

According to the ChinaCulture site, Guo Nian refers to the arrival of spring. Guo means to pass over and Nian year.





Legend has it that in ancient China there lived a horned monster named "Year" who lived at the bottom of the sea only to climb onshore on New Year's Eve to devour cattle and kill people. Therefore every New Year's Eve villagers would flee along with family members to the mountains to avoid the monster.

One New Year's Eve, villagers in Peach Blossom were preparing to flee when they came across an old beggar. With a stick in his hand and a bag on his arm, his eyes twinkled like stars and his beard was as white as silver.

However, only a grandmother living in the east of the village gave him food and then told him to flee to escape the monster. But he just stroked his beard and said: "If you allow me to stay at your home for the night, I'm sure to drive the monster away." She was not convinced and fled with the others.

Around midnight, Year rushed into the village, where he found the atmosphere quite different from the previous year. The house of the grandmother was brilliantly illuminated, with bright red paper stuck on doors. Shocked, the monster gave a strange loud cry.

Year was intimidated by all he saw and as he approached the red door, there came sounds of explosions. Trembling all over, he dared not take a step further. It turned out the color red, flame and explosions were what he feared most and, when the door of the house was thrown open, an old man in a red robe burst out laughing. The monster was scared out of his wits and ran away.

Now you know why red is auspicious, since red paper, red cloth, red candles and exploding firecrackers are the magical weapons that drove monster Year away.

Since then, every New Year's Eve, families stick on their doors antithetical couplets written on red paper, light firecrackers, keep their homes brilliantly illuminated and stay up late into the night.

### **Festivals to gain protection from ancestors**

Qing Ming, meaning clear and bright, is the most important springtime festival. It normally falls on April 3 or 4. It is also called the Tomb Sweeping Festival, during which people visit the graveyards of their ancestors to pay respects to the dead and hold memorial ceremonies.

People clear away weeds around the graves, plant trees, decorate tombstones with fresh flowers and so on. Today, many cemeteries have been filled so remains of the deceased are placed in urns or shrines instead of graves.

This is one of many ways to demonstrate filial piety that was preached by Confucius. However, it is not just about mourning the dead.

The festival is celebrated two weeks after the Vernal Equinox, the rainy season in April, thus people also go out to celebrate the new season, the onset of warmer weather, the start of spring plowing as well as family outings.

If you want to have good feng shui, paying visits and respects to your ancestors will do the job. However, since the spirits of deceased ancestors still live under the ground and look after the family; the tombs are said to be their houses, thus it is very important to keep the tombs neat and clean and regular visits ensure protection.

The Chinese saying "Spring and Autumn Prayers" refers to Qing Ming in spring and the Double Ninth Festival in autumn.

In Hong Kong many people still pay visits on these two days to show their respect and gratitude toward their ancestors. Unknown to many, some tombs even date back more than 1,000 years.

As part of traditional practice, two things are prohibited on these festive days.

We do not discuss anything on the subject of marriage plans. It is



also inadvisable to shift house on these days as this will invite unwanted yin energies to new homes. Better safe than sorry.

So if you want better feng shui, respect your ancestors.

## 20

### **Why love is in the air on Double Seventh**

Legend has it that the official Chinese Valentine's Day also called the Qixi Festival or Qiqiao Festival celebrates the love story of the cowhand and weaver maid in Chinese mythology.

It's sometimes called the Double Seventh Festival since it falls on the seventh day of the seventh month. This year, it fell on August 20.

The festival originated from the legend of two lovers, Zhi Nu (weaver maid) and Niu Lang (cowhand). The tale has been celebrated during the Qixi Festival since the Han dynasty, dating from some 2000 years ago.

The storyline goes like this: Once upon a time, there was an honest and kind-hearted young man called Niu Lang. His parents died when he was a child, and he was later driven out of his home by his sister-in-law. So he lived by himself herding cattle and farming.

One day, a fairy from heaven, Zhi Nu, fell in love with him and secretly came down to earth and married him. Niu Lang farmed in the field and the weaver maid wove at home. They lived happily, becoming parents to a boy and girl.

Unfortunately, the God of Heaven soon found this out and ordered the Queen Mother of the Western Heavens to bring the weaver maid back, since she had violated the Law of Heaven.

With the help of celestial cattle, the cowhand flew to heaven with his son and daughter. When he was about to catch up with his wife, the

Queen Mother took off one of her gold hairpins and made a stroke. One galaxy river appeared in front of the cowhand, separating them. Their true love touched magpies, so tens of thousands of magpies came to build a bridge to enable Zhi Nu and Niu Lang to reach each other.

The Queen Mother was eventually moved and allowed them to meet once a year, on the seventh day of the seventh lunar month hence Qi Xi (Double Seventh).

Meanwhile, not known to many, it's believed that on this day, we can pray for better relationships, and our wish will come true if we're sincere enough.

If it rains, the water falling from the sky will be a remedy to cure our illness especially to our eyes. What have you got to lose? Try it and you shall see!

## 21

### **The ancient story behind autumn prayers**

Last column we talked about a love story on Double Seventh.

The Double Ninth Festival, also called Chung Yeung Festival, falls on the ninth day of the ninth month in the lunar calendar.

It is based on the concept of yin and yang. Since ancient times, people believed that all natural phenomena could be explained by this theory. Even numbers are yin while odd numbers are yang. The ninth day of the ninth lunar month is a day when the two yang numbers meet.

So it is called Chung Yeung and has been an important festival since ancient times.

As recorded in a historical book of the sixth century, in ancient times there lived a man named Huan Jing.

He was learning the magic arts from Fei Changfang (an immortal



after many years of practicing Daoism).

One day, the two were climbing a mountain. Fei Changfang, suddenly in awe, told Huan Jing: "On the ninth day of the ninth lunar month, disaster will come to your hometown. You must go home immediately.

"Remember to make a red bag for each of your family members and put a spray of dogwood on it. Then you must all tie your bags to your arms, leave home quickly and climb to the top of a mountain.

"Most importantly, you must all drink chrysanthemum wine. Only by doing so can your family members avoid this disaster."

Huan Jing rushed home and asked his family to do what his teacher advised. When the family returned in the evening, they found all their animals dead, including chickens, sheep, dogs and even the ox.

Climbing a mountain, carrying a spray of dogwood and drinking chrysanthemum wine has become a tradition during the Double Ninth Festival to avoid evil spirits and misfortune. The day has become a ritual for climbing hills to offer prayers at our ancestors' tombs.

We pray to our ancestors twice a year. One is Ching Ming and the other Chung Yeung Festival, spring and autumn prayers, as we call them.

## 22

### **Ancient knowledge led to great inventions**

Today let us take a look at the five great inventions of China.

#### ***The compass.***

It was the first country to discover and use magnetic materials.

It is believed that the Nine Heavenly Goddesses offered a compass to Huang Di in the war against Chi You.

Victory came thanks to the help of the compass in detecting the enemy.

The navigation boom on the high seas then called for direction-pointing instruments that placed China at the top of the marine industry.

#### ***Shipbuilding***

With a long coastline stretching from Bohai, Huanghai, Donghai and Nanhai, and bordering the world's largest ocean, the Pacific, China enjoys a special water environment.

Hence, Chinese people began to engage in seafaring activities a long time ago.

Chinese shipbuilding boasts an even longer history, as it began in primeval times.

As early as the Neolithic Age about 10,000-4,000 years ago Chinese people had begun to make canoes, rafts and other craft.

With their courage and wisdom, they then went on to travel the ocean.

Textual research has shown that the ancient Baiyue people, who lived in southeast China, invented the first water-bound vehicle, built according to traditional culture.

#### ***Gunpowder***

In the pursuit of longevity and immortality by the emperors, gunpowder was created.

With a knowledge of chemistry, ancient necromancers tried to seek the elixir of immortality from certain kinds of ores and fuel.

Although they failed to get what they were looking for, they discovered that an explosive mixture could be produced by combining sulfur, charcoal, and saltpeter (potassium nitrate).

This mixture finally led to the invention of gunpowder.





### ***Papermaking***

During the second century, China began to produce writing paper from hemp or bark fiber. Later on, technological processes and equipment for papermaking were further developed.

### ***Printing technology***

According to history, from the Qin dynasty (221-206BC), Chinese characters developed rapidly.

A book titled Shuowen Jiezi that was written in the Eastern Han dynasty (25-220) contained 9,353 characters; and a book titled Yu Pian that was written in the Northern and Southern dynasties (386-589) contained more than 22,000 characters.

With the development of Confucianism, Daoism, Buddhism and the thoughts of various scholars more works appeared.

So, as you can see, feng shui has been complemented by the creation of the compass.

## 23

### **Laba porridge gives one food for thought**

La Ba is celebrated on the eighth day of the last lunar month, referring to the traditional start of celebrations for the Lunar New Year. According to Chinese culture, la in Chinese means the 12th lunar month and ba means eight.

Well over 3,000 years ago sacrificial rites called La were held in the 12th lunar month when people offered up their prey to the gods of heaven and earth. The Chinese characters for "prey" and the 12th month la were interchangeable, and ever since La has referred to both.

Since the festival was held on the eighth day of the last month, the

number eight was added, giving us the current "Laba."

One of the famous foods offered on this day is called Laba porridge, first introduced to China in the Song dynasty about 900 years ago. Buddhism was well accepted in the region inhabited by the Han Chinese, who believed that Shakyamuni, the founder of Buddhism, attained enlightenment on the eighth day of the 12th month. Sutras were chanted in the temples and rice porridge with beans, nuts and dried fruit was prepared for the Buddha.

With the passing of time, the custom extended, especially in rural areas where peasants would pray for a plentiful harvest. Another interesting story is that while preaching and attaining his enlightenment, during the process Shakyamuni fainted by the riverside and a shepherdess found him and fed him porridge made of beans and rice. Hence, according to written records, large Buddhist temples would offer Laba rice porridge to the poor to show their faith to Buddha.

In the Ming dynasty about 500 years ago, it became such a holy food that emperors would offer it to their officials during festivals. As it gained favor in the feudal upper class, it also quickly became popular throughout.

It is believed that if you want to harness the best feng shui on this day, you should go into a meditative mode and eat less meat. This may help to cleanse your bad aura energies.

One interesting thing to note is that the barter trade from Xia to Qing normally involved animals and agricultural produce.

Not until the Tang era did the medium change to shells, coins, jade and so on.

That is why the Chinese word "fortune" or "cai" carries the word for shell on the left. Ancient Chinese also associated Venus with the star of fortune because of the five elements of metal or gold.

Today many treat the deity of fortune in two ways scholarly fortune





and warrior fortune.

The number of practitioners who offer prayers to the two is increasing rapidly but please bear in mind this is not the traditional practice.

## 24

### **River deep, mountain high for most powerful**

An ancient feng shui saying that "a mountain governs health while water governs wealth" implies that a mountain dictates the well-being of people in terms of health and population production. This saying further implies that a mountain breeds a hero (leader), while water breeds wealth (business).

Look at the world's tallest terrain and mountain range, the Himalayas, on the border of China and India, two countries that account for about 45 percent of the world's population. And look at all the coastal regions across the world that bring in business, agricultural and logistics activities to the regions. Not very superstitious after all, right?

This column further examines what leaders and affluent businessmen in China have in common.

#### **Leaders:**

1. Mao Zedong, born in Shaoshan, Hunan
2. Deng Xiaoping, born in Guang'an, Sichuan
3. Jiang Zemin, born in Yangzhou, Jiangsu
4. Hu JinDao, born in Taizhou, Jiangsu
5. Xi Jinping, born in Beijing

**Question:** What do they have in common?

**Answer:** Their birthplaces are inland or close to mountains or their

terrain.

#### **Affluent businessmen:**

1. Jack Ma Yun (Alibaba chairman), born in Hangzhou, Zhejiang
2. Ma Huateng (Tencent chairman), born in Chaoyang, Shantou, Guangdong
3. Li Ka-shing (CK Hutchison and Cheung Kong Property chairman), born in Chaozhou, Guangdong

**Question:** What do they have in common?

**Answer:** Their birthplaces are in coastal regions or in the vicinity of lakes or ponds.

Ancient wisdom is more than science and statistics. With this, I wish to reiterate that, although not 100 percent, at least 70 percent will fall into such categories.

Still not convinced? Carlos Slim Helu, one of the world's richest, was born in Mexico, which is surrounded by water and the capital rests on what was Lake Texcoco.

Microsoft founder Bill Gates, also one of the world's richest, was born in Seattle surrounded by ports and islands, and Washington is a coastal state.

## 25

### **Walled cities built to harness 'kind' energy**

According to the website of the government's Antiquities and Monuments Office, Sam Tung Uk Village is a Hakka walled village restored in 1987 and opened to the public as a museum of the Leisure and Cultural Services Department.



The 200-year-old walled village was declared a historical monument in 1981, in recognition of its significance.

Occupying an area of 21,528 square feet, the symmetrical layout of the village includes entrance, assembly and ancestral halls at the central axis.

With four individual houses in the middle, the village is completely walled in by rows of houses on the two sides and the back.

It was built in 1786 by the Chan clan of Fujian Hakka ancestry, who settled in the 1750s in Tsuen Wan, where they claimed land along the seashore for agriculture.

Sam Tung Uk means "three horizontal rows of building blocks" a typical Chinese style of architecture.

Chan Yam-shing, a clan leader, first constructed three rows of village houses on the site. The design was simple with the buildings made of traditional materials such as bricks, timber and tiles.

From a feng shui perspective, the site's biggest significance is the "walled village" concept that dates back a few thousand years.

The walls were meant to protect the village from rival clans, pirates and animals.

The walled effect also served to harness and avoid leakages of kind energies, if the spot was selected correctly.

Kind energy is constantly dispersed, and if we know how to tap into the energy, we can sustain it.

Another feng shui aspect is the auspicious setting of the ancestral hall, located in the middle central axis of the building after the entrance and assembly halls. The ancestral hall was the most important building at Sam Tung Uk, as it contained the altar of the Chan clan's ancestors where family members gave offerings and paid homage to them on a daily basis.

The fact that no building could be higher than the ancestral hall

shows the significance and respect for this hall. The entrance hall served to invite and induce the right kind of energy, while the assembly hall filtered it and the ancestral hall harnessed and protected it.

But the pitfalls of such buildings are the lack of windows for ventilation and insufficient natural sunlight.

Visit fascinating Sam Tung Uk Village, at 2 Kwu Uk Lane, Tsuen Wan, for a better understanding of the typical traditional customs and concepts of a Chinese family.

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### **Villagers put end to vice den with blast**

In the 1960s, more than 70 percent of the women in Lantau Island's General Obscene Stone village (a direct translation from the Chinese name), were prostitutes.

This created uneasiness and really disturbed the residents of this village, especially the elderly. Later a feng shui solution was able to rid the village of this problem.

As the name "General Obscene Stone" really implies a male chauvinist showing off his private parts, this gigantic rock was later blamed for the vices of this village, one local resident said.

A big part of feng shui is the image that serves as a metaphor for the object that may be in the vicinity.

In the case of the village, it influenced local women to indulge in a vice like prostitution. And guess which places are in close proximity to Lantau? Macau and Zhuhai!

Locals, especially the elderly, were concerned.

They were ashamed of the matter and sought to solve the issue.

What was the remedy? They took the initiative to blast off the



male "private part." Believe it or not, this managed to solve the problem gradually over a few years.

This leads me to write about certain feng shui settings, especially those related to mountains that bring along certain kind and unkind energies. Ancient scriptures state that cosmic energy is mirrored down to Earth, and a protruding mountain or peak will carry significant weight in determining the kind or unkind energies they can harness.

The notion of five planets (Venus, Jupiter, Mercury, Mars and Saturn) influencing the Earth and every living being is because the planets represent the five elements in Chinese metaphysics metal, wood, water, fire and earth.

The attention here is on the form and shape of the hills, especially the outlines of their summits. It is said that the summits of hills and mountains are the embodiment of certain heavenly bodies.

To determine the kind and unkind energies to humans is a lengthy study that I will not go into here.



Also, Chinese metaphysics placed great emphasis on the northern hemisphere (the Dipper and Great Bear constellation).

Later, scientists also proved that the northern part of the Earth controls the amount of carbon dioxide on this planet.

The origin of feng shui is believed to have begun with the ancient Huangdi, and this system is looked upon as being as ancient as China itself.

The system of more than 5,000 years of heritage is not without its merits and followers.

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### Elements of truth in Chinese metaphysics

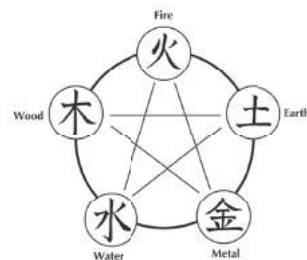
People tend to dismiss something they do not quite understand or comprehend sometimes out of sheer ignorance as superstition.

The jargon used in Chinese metaphysics is hard to understand if one does not understand the Chinese language, in particular how some of the words are formed.

I wonder if Facebook founder Mark Zuckerberg who spoke and did a question-and-answer session in Putonghua with students at Tsinghua University in Beijing in late October really does understand Chinese?

It is easy to understand the concept of yin and yang, but to grasp the "five elements," used in feng shui and traditional Chinese medicine, is rather harder.

I will try to illustrate what the five elements are and the rationale behind them.







Ancient Chinese normally identify them as north (water), east (wood), south (fire), west (metal) and central (Earth), and it is an understanding that persists to this day.

Ancient wisdom would also associate the five elements with the seasons of the year and so on.

Let's start by understanding the word *dongxi*, or things.

The word is made up of *dong*, or east, and *xi*, or west.

East may be associated with wood and west with metal, but for those who know Chinese, most things connote wood and metal, since they are made of these two elements.

The north is traditionally associated with water as it is colder, and the south with fire and heat, which starts to make sense when one considers the north is cooler.

From a geographical standpoint, the sun rises in the east and the moon in the west. East represents wood while the sun is fire, so wood creates fire. West represents metal, while the moon is water, so metal breeds water.

We also see in mainland China that gigantic rivers originate in the west and flow to the east. Therefore, west (metal) breeds water that flows to the east, which breeds wood.

We have sun and its fire creating Earth, and from Earth we can dig out valuable minerals such as metals.

Thus a cycle of creation or generation of life can be perceived.

We have water > wood > fire > earth > metal > water and so on.

Chinese metaphysics like its medicine, cosmology, feng shui, life reading and the I Ching use the five elements as the basis for core essential beliefs.

So next time, before you decide to associate Chinese metaphysics with mere superstition, think again and try to understand the 5,000-year-old wisdom of our ancestors.

### Why predictions can be better by degrees

When some feng shui predictions don't come true, don't blame the masters.

It is not that their technical skills are not good enough, it may be because you are in a cycle of bad luck. Or it may be for some other reasons, which we will look at this week.

According to NASA, compass needles are drifting about one degree per decade in Africa and, globally, the magnetic field has weakened 10 percent since the 19th century.

Sometimes this field flips completely with the north and south poles switching. Such reversals, which have been recorded in the magnetic fields of ancient rocks, are unpredictable. They happen at irregular intervals averaging about 300,000 years; the last one was 780,000 years ago, NASA says.

Our planet's magnetic field is in a constant state of change, and scientists have long known about the shifting of the poles.

During the 20th century, the pole kept going north at an average speed of 10 kilometers per year, later accelerating "to 40km per year," said scientist Larry Newitt of the Geological Survey of Canada. At this rate it will exit North America and reach Siberia in a few decades, according to NASA.

The shifting of the poles by a few degrees over the years and at times the swapping of the north and south poles certainly affects the accuracy of feng shui measurements. Adding to the uncertainty of the prediction are solar storms, which also affect measurements as well.

Practitioners should not merely base their technique solely on books. The changes that have taken place over time, the landscape or the time horizon should also be considered before making any readings and





feng shui consultations.

In this column, I am going to reveal my secret to readers. To make your prediction as accurate as possible, please add six to eight degrees to your compass reading. The only advice is to make sure that the outer kua line is measured with care. Or another traditional method is to use true north.

At least by now you will realize that our ancient wisdom is not wrong, only our interpretation and application is a handicap due to constant changes in the magnetic field.

By understanding such phenomena, it is hoped that readers will understand that Chinese metaphysics by itself is not superstitious. Rather it is the fault of practitioners who do not understand the trends of modern science.

29

### Inside stories from realm of the living dead

Hong Kong has limited land and graveyard space is getting smaller. To cope with demand, the government has set a seven- year limit for each coffin burial. After that, the coffin is removed to make way for others in the queue.

Now Mrs Chung, the cemetery worker we met last week, takes us back to the realm of the living dead.

Yin corpse soil is a direct translation of feng shui jargon. It implies a place with bad feng shui where the buried corpse has intercourse with the soil and such a chemical reaction is not favorable. A removed corpse will still be wet and have a bad smell.

If the place has good feng shui, the corpse will be dry and easy to handle.

Mrs Chung said her encounters confirm that a wet corpse indicates not much good luck compared with a dry one.

She also amazed me with the fact that a place with yin corpse soil will change, meaning after seven years the same spot that produced the wet corpse will not necessarily repeat the process.

The ancient Chinese saying "Yin not at peace so do the yang," means that if our ancestors are not able to rest in peace, then the living generation will suffer. Karma indeed has a role here.

Now you can understand why for more than 5,000 years the Chinese have been concerned about yin feng shui for our ancestors.

Bone structure and texture also play an important role at an auspicious feng shui site. Black and gray with a rough texture are not in favor and shining bones with good color textures are.

Here's the difference between the bones of a father and mother.

While arranging the bones in an urn or a coffin, Mrs Chung can immediately identify the bones of each.

The bones with a less shiny grayish texture as opposed to those of a male show a loss of calcium, indicating that a woman who gives birth will give her calcium to the child.

Noticing this immediately increases our respect for all mothers.

To agree with me, please give a like in the Facebook Standard feng shui column

30

### Making sure the dead will rest in peace

In 2012, I wrote a feng shui book entitled Dragon Tracing Journey The Filial Aspect and Feng Shui. I included many incidences that can't be explained in scientific terms but have important implications that are



easy to recognize.

I would like to share some of the experiences of those working in a graveyard or cemetery who witnessed extraordinary "communications" between the dead and loved ones, especially family members.

I met a Mrs Chung, who has been working in a cemetery on Hong Kong Island for 30 years. And, by the way, she is a Catholic.

The lingering emotions between the dead and their families can be communicated through these channels and methods to get their messages across dreams.

Chung emphasizes the importance of "rest in peace" for the dead. In some incidences, the people's bones were arranged not in accordance with the required form (the right arrangement is the head bones, followed by hand bones and then body bones to feet bones some Hakka people prefer their bones in a golden urn). On many occasions clients would come back and let her know such dreams and Chung would open the urn to fix the problem. That is why she or he couldn't rest in peace. This is critical, not to be overlooked.

On many occasions, Chung couldn't stick the photo of the deceased on the tomb plate and some photos even rolled up. She is convinced that the dead person did not like the photo and wanted a replacement.

Many clients would let her know that the picture requested by the person was still at home. Chung emphasized that the photo requested by the dead person should be provided; otherwise, he or she would not rest peacefully.

During burials over the past 30 years, Chung has noticed that a butterfly will normally appear to watch the process and will fly away afterward.

So the dead can communicate in many subtle ways and ideally the wishes and preferences of our ancestors should be followed closely.

The most critical thing is that we should respect our parents and

loved ones before it is too late, cherish time together and live to the fullest with no regrets. Good feng shui will only follow those who are filial to parents.

Next week we have more of Chung's insights.

### 31

#### **Make your wishes come true at an old well**

Stanley is a favorite tourist spot and an attractive seaside town favored by both expatriates and wealthy locals.

Stanley Market is a street market and a typical example of a traditional open-air facility that has become a leading tourist attraction.

Many of the stalls and shops sell Hong Kong souvenirs as well as clothing. There are several small Chinese restaurants in the marketplace and a variety of restaurants along the seafront.

The nearby Main Street offers larger restaurants, both Western and Chinese.

The Tin Hau Temple at Stanley, built in 1767, is the oldest on Hong Kong Island and one of more than 70 in the territory. The temple is on a foothill at the rear (mountain) and faces the sea (water).

Everyone knows where the Tin Hau Temple is but do you know that to the west, five minutes' walk from Murray House, there is a 1,000-year-old well?

Legend says that if you make a wish at the well, adjacent to Pak Tai Temple, it will come true.

So, next time you are in Stanley pay a visit and try it. The rocks and beach views next to the well are among the best on the island.

Three ancient wells were unearthed at a construction site of the To Kwan Wan MTR station on the Sha Tin-Central Link. It is believed they



date from the Song dynasty.

A well in the olden days not only served as a water source but most importantly in feng shui is related to wealth. Most wealthy families would have a well in their yards.

Ancient scripture said "territory can be changed but not the well," implying the significance of "well-being." The water from a well was used not only for drinking but praying as well. That is why a rock or stone is close by.

In Macau, because of the lack of rivers and ponds, well water is used partly for putting out fire.



### Metaphysical changes bode ill for Hong Kong

In Period 8 (2004-2023), we are seeing the rise of China and South

Korea dominating the world economy. Many economic activities are being created in these two countries, but there are signs of slowing and shifting due to the changing of cosmic energy.

During the past 30 years, China's economy has changed from a centrally planned system that was largely closed to international trade to a more market-oriented one, with a rapidly growing private sector.

GDP in China averaged US\$1.25 trillion (HK\$9.75 trillion) from 1960 until 2013, reaching an all-time high of US\$9.24 trillion in 2013, according to World Bank data.

Alibaba, Legend and Tencent, to name a few, were China's success stories in Period 8.

Meanwhile, South Korea is a developed country ranked 15th in the Human Development Index, the highest in East Asia. In terms of average wage, it has Asia's highest income the world's 10th highest, according to internet sources.

In Period 8, we are seeing brands such as Samsung, LG, Hyundai and Kia as the success stories of South Korea in the world arena.

However, these success stories will change soon due to the change in cosmic energy.

What's in store after Period 8 is Period 9, running from 2024 to 2043. In my previous columns, I kept mentioning that in Period 8, we would see the northeast outshine others, while in Period 9, based on certain metaphysical calculations, the southern hemisphere would outperform others.

That leads to the rise of four plus one new dragons namely Burma, the Philippines, Malaysia and Thailand, plus Indonesia. The change in political power will shift the concentration in attracting foreign direct investment to those new dragons. The cosmic energy changes at the macro level once every 20 years. Hong Kong is definitely not on the agenda.





So, investors please buckle up and grab your spoon to taste the soup before others in the new four-plus-one dragons. Or better yet, for those Hongkongers who are frustrated about Hong Kong's political struggle, start thinking about migrating to work in those countries.

In order of priority are Malaysia, Indonesia, Burma, Thailand and the Philippines. The secret in metaphysical terms is none other than water and mountain.

### 33

#### **Forces given extra boost to deadly effect**

In November, a British expat banker was arrested in Hong Kong and charged with murdering two women in his Wan Chai flat. One victim's body was stuffed in a suitcase left for some time on the balcony, while the other woman's throat was cut.

In the same building in 2012, one resident committed suicide while another drowned in the swimming pool after a heart attack.

Recently, at a Ho Man Tin public housing estate, we saw the rare scene of a triple tragedy as three men plunged to their deaths two within 10 minutes of each other and the third man three hours later.

Scary, isn't it? Same place same incidences. Coincidence?

Suicide and murder cases are rare in Hong Kong even more so if they occur in the same apartment block or housing estates. That can only be explained by metaphysical forces.

After some fact-finding and searches on various victim sites, I came up with the following findings and conclusions, based on historical data and my own past experiences. At almost every housing estate and apartment block in Hong Kong, we can either find murder cases, deaths due to natural illness, suicides or accidents. This is the norm since we do

spend most of our time, excluding work hours, in such places.

However, when it comes to haunted houses or areas that have the symptoms mentioned earlier, most of the places were, in feng shui jargon, "out of gua line," or out of the orderly gua manner.

Since each gua commands three sets of different energy, out of line would carry a mixture of energies, therefore polluting the pure energy. I have also noticed that besides "out of gua," another unkind energy radiated when the "ba sha" energy was offended.

I will explain "ba sha" in a future column.

Of course, when it comes to serious incidents like the above, gua energy alone does not warrant such predicaments. This is not justifiable and a certain extra "boost" is catalyzing to create havoc.

Some places were initially graveyards that were later turned into housing developments. In this case, the yin spirit's homes were destroyed and disturbed and they were waiting for the right time to strike back at humans.

***Remember my saying in the past: cause and effect, merit and demerit, karma and dharma, etc?***

### 34

#### **Logical reason for naming of Nine Dragons**

Kowloon in Chinese means Nine Dragons but how such a name was derived is still disputed. Two possibilities were documented historically.

One stems from the Song era. While the emperor was hiding in Hong Kong, one of his guards looked at the mountains from Lei Yu Mun, and counted eight peaks (dragons). So including the emperor, who was often associated with the dragon, he named the place Nine Dragons.





My hunch is that we can rule out this possibility as it simply does not make any sense.

Another possibility is that it was named after the nine peaks in Kowloon: Tsz Wan Shan, Fei Ngo Shan, Lion Rock, Tate's Cairn, Tung Shan, Unicorn Ridge, Eagle's Nest, Piper's Hill and Beacon Hill.

This can be ruled out since only four of the nine cover the Kowloon area in a valid way. How? Read on.

From a feng shui perspective, the four main mountains Beacon Hill, Lion Rock, Tsz Wan Shan and Fei Ngo Shan diverted nine branches of dragons into the whole of the Kowloon territory. This ended up as nine branches of dragons feeding the vicinity of Kowloon.

Let us go through them one by one.

1. Fei Ngo Shan branched out into the area of Ngau Chi Wan and Choi Hung village.
2. Lion Rock branched out a tail toward Diamond Hill and its vicinity.
3. Lion Rock branched out to the Wong Tai Sin area.
4. Lion Rock branched out to Kowloon City toward Hung Hom from its lower torso or waist.
5. Lion Rock branched out a main trunk toward Yau Ma Tei and went all the way to Tsim Sha Tsui.
6. Lion Rock branched out a second main trunk toward the Mong Kok area.
7. Beacon Hill branched out to So Uk and Beacon Heights area.
8. Tsz Wan Shan branched out to form its own area.
9. Tsz Wan Shan branched out to San Po Kong.

As you can see only four main mountains covered the whole of the Kowloon area while Unicorn Ridge, Eagle's Nest and Piper's Hill are

rather small to form valid branches, and Tate's Cairn and Tung Shan Hill branched out toward the northern region of Sha Tin.

Feng shui logic does make sense after all, doesn't it?

## 35

### Wheel of misfortune

A British company is reportedly planning to build a giant ferris wheel near Central piers nine and 10. From a feng shui perspective, however, this seems to be a bad idea.

For the key to Hong Kong's energy flows from the fact that it has The Peak as a backbone of support and Victoria Harbour in front - two elements essential for the most favorable feng shui setting.

The water element presented by the harbor is a concentration of benevolent energies flowing in from Rambler Channel in Tsing Yi from the west and Lei Yue Mun in the east.

And it is in Central that the constructive energies of the east meet with those of the west. Disturbing the status quo will result in a state of turbulence and the outcome will be unimaginable.

A ferris wheel can look like a dragon's pearl. In feng shui, a dragon normally pairs up with a pearl.

Central - where east meet west - is also the place where two dragons meet.

If a ferris wheel is set down in Central, it then creates an uneasy scenario where two dragons are chasing only one pearl.

Watch any dragon dance and you will notice that it always pairs one dragon with a pearl.

So can you imagine what the implications and consequences will be when you have a situation in which two dragons will be fighting to play



with one pearl?

It would be devastating. You don't want to create conditions that will cause two dragons to fight.

So unless we want animosity and a tense environment for Hong Kong, get rid of the wheel!

***Thought for the week:*** *To see what is right and not to do it is to be lacking in courage - Confucius*

### 36

#### **Why babies and pets are Feng Shui masters**

Often when I'm asked by friends and clients for help in selecting a feng shui apartment or house to live in, I tell them to bring along their children, particularly a baby if any, and other family members. In most instances, a baby or young children are receptive to a vicinity's energy, both kind and unkind.

If I am too busy to do the feng shui audit for them, I will ask them to do the following.

Babies are the best gurus in feng shui. The rationale behind this is simple when a certain unease or unkind energy is radiated, a baby is more receptive than an older person and will either cry or show signs of uneasiness. Therefore, your hunch should tell you not pick the apartment that you're checking!

But if you enter a flat and the baby looks calm and happy, you should pick such an apartment.

Bringing along other family members at flat inspections is important as this will establish whether they like the place to begin with. Based on my experience, children who are less than 10 years old are also receptive to the environment, but not as much as toddlers.

Feng shui is all about finding the right place for the right people with the right kind of energy. The nature of a site and the energy that blends with its inhabitants create a harmonious and balanced energy. Such energy brings out the best in a person.

If the energy is not conducive for certain reasons, this will be reflected by the reaction of the baby, who is more receptive than adults.

Feng shui is about harnessing the best energy in a particular site and forging a meeting of the dragon's breath and water element.

Such meeting points, together with the roads leading to and from buildings, as well as the traffic inflow and outflow near the vicinity, will affect the energy level. Such energy radiates in a subtle manner. When a person is in a relaxed mode, he or she is prone to feel this energy.

At times, certain pets, especially dogs, are also able to help identify kind or unkind energy. When you have difficulty in making the right choice between two apartments, bring along your baby or pet either can be your feng shui master. This can certainly save you money when consulting an expert!

### 37

#### **Wrong values, virtues are causing this mess**

I keep receiving letters from readers wondering what is going on in Hong Kong. Since 2009, I have been writing about Hong Kong feng shui heading south due to the erosion of kind energies, which is hurting the SAR's interests.

In their letters, readers of The Standard quoted past columns.

One said: "In April 2010, in the column Bad move on Tamar , among others, you wrote, 'We can only hope the administration does not end up being corrupt and incompetent.' Since the move of the



government site to Tamar, things are unsettling!"

Another said: "In the December 7, 2012, column Wheel of misfortune, you wrote quite clearly that the Ferris wheel should not be placed in the wrong location. You explained that since Central is the meeting place of two most critical water dragons, building a Ferris wheel would result in two dragons competing for a pearl! See what has happened now!"

A third said: "In one of your columns a few months ago, you wrote, 'In Hong Kong, everything has its own cycle. A gua is assigned to each 20-year span, and as I have said before, we are now in period eight (from 2004 to 2023).' Period nine is also no good for Hong Kong."

In many previous columns I often said that reclaiming land would definitely hurt Hong Kong as a result of eroding the feng shui landscape, that modernization would bring a hefty cost.

But more so, I wanted to get the message across to readers that action and reaction, and cause and effect or karma and dharma really do matter. It is a simple calculation of merits and demerits in life. Collectively it will affect the society we live in.

Everyone carries their own karma, and is responsible for their own good or evil. Each of us should realize that we bear a karma which is the deeds we have done in every single situation. What we see happening to Hong Kong is the result of desire, lust and a craze for power in certain quarters.

Our education should incorporate values and virtues such as love, passion and patriotism over lust, desire and a craze for power. After all, what good is freedom if it is without love to measure, what good is freedom of speech if it is without patriotism?

When I was in the United States and Canada, every home had the national flag flying. I hope one day Hong Kong apartments will at least put up the territory's flag!

## Chapter 4

### ***FENG SHUI AND KIND HEART CORELATION***





## 1

**Warm heart counters bad temper**

In the late 1890s, a Mr Carpentier hired Dean Lung, a Chinese migrant, as a servant, who followed him back to New York.

Due to his temper tantrums, he had fired many of his previous servants. Dean Lung encountered the same fate. Carpentier often verbally abused Dean Lung and fired him over something trivial.

Sometime later, Mr. Carpentier's house caught fire. He was unharmed, but suffered a great loss.

Dean Lung heard about it and came to visit him. He told Mr Carpentier that he would serve him again. Mr. Carpentier was shocked and asked him the reason why.

Dean Lung said: "There was a sage named Kong Zi (Confucius) and he taught people the Dao of Zhong Shu, or loyalty and forgiving. He even said: 'Do not do onto others as you do not want others to do onto you.'"

"Now, your house was burnt down and you are living alone and helpless. I had served you before and I felt sorry for you. That's why I want to offer myself to help you out of this predicament."

Mr Carpentier was moved after hearing this and treated Dean Lung like a friend. He never verbally abused Dean Lung again.

Mr Carpentier said: "I did not know that you liked and understood ancient teachings." Dean Lung replied that he was illiterate and what he knew was told to him by his father.

Mr Carpentier was surprised and replied: "It is good that your father liked to study ancient teachings."

Dean Lung replied: "My father was also illiterate and so were my grandfather and great grandfather. However, Confucius's teachings were embedded in our family's tradition and were passed down from

generation to generation."

Later, Dean Lung became seriously ill. He told Mr Carpentier: "I live without families and have no worries. I am about to leave this world. The entire wage you gave me is in my savings. Since I have neither family nor friends, I would like to give this money to you in gratitude for your kindness all these years."

Mr Carpentier was touched and decided to donate the money, plus some of his own, to establish the post of Dean Lung Professorship for special studies of Han teachings.

In the department of East Asian Studies at the prestigious Columbia University, there is a post for special studies of Chinese culture and Han teachings called the Dean Lung Professorship, which was established and funded by Horace Walpole Carpentier in 1901 to commemorate Dean Lung, his illiterate but noble Chinese servant.

Mr Carpentier (1824-1918) was born in New York City, graduated from Columbia University and later became a lawyer. He served as the first mayor of Oakland, California. In 1888, he returned to his hometown of New York City and was elected to the board of trustees of Columbia University.

Mr Carpentier even wrote a letter to the president of Columbia University to talk about Dean Lung: "Dean Lung came from a poor family. He is not a legend, but a real living being. I say so because I was fortunate enough to encounter someone who was from a humble family, but had a noble character. He was born kind and had never hurt anyone."

The president of Columbia University agreed to name the position the Dean Lung Professorship.

This is a vivid example of how kind- hearted Feng Shui can contribute to changing the world.





### Spot of luck for local with big heart

Tsang Tai Uk, or Big House of the Tsangs, is one of the best preserved Hakka walled villages in Hong Kong.

The Sha Tin village is near Lion Rock Tunnel Road. Wealthy granite merchant, Tsang Koon-man began its construction in 1847, and it took nearly 20 years and a huge amount of money to complete the gigantic project.

Tsang and his siblings arrived from Wuhua, Guangdong, near the end of the Qing dynasty.

He worked as a stonemason in Shau Kei Wan before, a few years later, opening his own stone factory.

During his time in Shau Kei Wan, he often wandered around the hills and one day a shining light appeared at a spot that he later discovered was a "meridian spot" (concentration of earth energy), which is suitable for a graveyard.

He intended to keep it for himself and ordered his family to bury him there when his time came, for such a site is, in feng shui thinking, conducive to prosperity for the family.

One day, following an explosion near the stone factory, Tsang discovered a set of human bones nearby.

Being humane and knowing that Chinese customs mandate that such bones must not be scattered, he buried the bones in the meridian spot that he had reserved for himself. This unselfish act rewarded him handsomely.

On one occasion, a salted-fish seller appeared at his door.

Tsang bought all the barrels of salted fish, thinking the seller could not sell all of them in a sparsely populated place of less than 100 people.

He later discovered that underneath the salted fish was silver and

gold. He wanted to return it but the seller were nowhere to be found.

With that money, he opened the granite factory. To his surprise, when the British took over Hong Kong, almost all demand for granite needed for construction in the colony was supplied by Tsang. This is how construction on Tsang Tai Uk was funded.

Every year during the Ching Ming and Chung Yeung festivals, Tsang ordered his offsprings and relatives to pray for this nameless person that he buried, before praying for their own ancestors.

This was to show respect not only to their ancestors but also gratitude and appreciation for Tsang's wellbeing.

This is something for us to ponder over: benevolence is more than its own reward, or was kind feng shui was at work here? Think about it.





## 3

**How Genghis learned restraint**

In this column, I would like to take us all back to the 1200s - when Genghis Khan, founder and great khan (emperor) of the Mongol Empire, defeated the Song dynasty emperors and established the Yuan dynasty.

As head of the ruling clan, Genghis was filled with the desire to defeat and possess. But, contrary to popular belief, he did not conquer all of the areas of the Mongol Empire.

This restraint was heavily influenced by a Daoist master by the name of Qiu Chuji.

The founder of the Dragon Gate sect of Daoism was the most famous among the Seven True Daoists of the North.

He was also an expert in feng shui and astrology.

In a letter dated May 1219, Genghis commanded Qiu to visit him. The sage left his home in Shandong in February 1220 and journeyed to Beijing - only to learn that Genghis had gone west.

Qiu spent the winter in Beijing then embarked on a journey of thousands of kilometers, passing through 14 states.

The journey lasted two years and Qiu finally met Genghis near the northern Indian border in 1222.

Genghis honored Qiu as a great sage and gave him the title of the Spirit Immortal.

Below is a conversation that led Genghis to respect Qiu and follow his advice to kill less.

Genghis: What is thunder?

Qiu: Thunder is the embodiment of heavenly power. The gravest of human sins is the abuse of filial piety, not being filial (showing respect). Being unfilial is an abuse of the heavenly mandate and as such thunder is the heaven's infuriated warning. Killing is not filial so your majesty

should take note of this heavenly omen and remedy the abuses.

Of course there were many more conversations that enlightened the Mogul emperor and influenced him to kill less. Qiu even advised Genghis not to hunt because that would mean more killing.

A book called *Travels to the West of Qiu Chang Chun* (Qiu's Daoist name) was written by a pupil who accompanied him and explained the journey at great length.

***Thought for the week:*** *The weak can never forgive. Forgiveness is an attribute of the strong - Mahatma Gandhi*

## 4

**Good deeds invite good karma**

One of the famous eight deities or immortals is Lu Ju or Lu Dongbin - or, as he preferred, The One Who Returned to Dao.

According to the *Li Shi Zhen Dao Xian* comprehensive text, he was born on the 14th day of the fourth month in the 12th year of Tang dynasty Emperor Zhenguan's reign (Year 638).

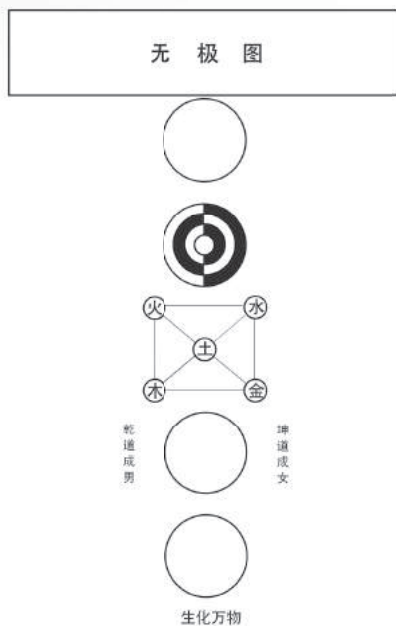
It was said that Lu failed his scholastic examinations three times before he finally passed the jinshi - an academic level in the Tang dynasty allowing him to join the ruling elite.

One day, Lu was awakened by a *huang liang meng*, or "golden millet dream," which foretold that he would end up being killed by the emperor.

Enlightened by the dream, he left the palace and followed his master Zhongli to practice Dao and eventually became an immortal.

He is an icon for today's Daoist world. And metaphysics, or feng shui, is one of the branches of Daoism. Master Lu's teachings encompass Confucianism, Daoism and Buddhism.

He created the famous *zhewedoushu*, a life-predictive astrology



tool that he passed on only to his disciple Chen Xier.

Some of the most important aspects of metaphysics, such as the tai chi diagram, were his inventions.

He is said to come to Earth in many forms to help the needy. He also prescribes Chinese medicine to help cure diseases.

His teachings advocate the importance of yin and yang - at its core is the belief that good and auspicious feng shui is related to good deeds and a few bad karmic debts.

If you watched the movie *Running on Karma*, starring Andy Lau Tak-wah and Cecilia Cheung Pak-chi, you will be able to understand that this world is affected by debt and karmic effect - or simply, cause and

effect.

So, should you want good feng shui ask yourself whether you deserve it or not.

Do good deeds and good feng shui will follow you!

Good deeds do not have to come in only monetary or material forms. A simple gesture of giving up your seat to the elderly on the MTR or bus, helping the handicapped across traffic lights and so on will do the job.

***Thought of the week:*** When Master Zhongli transformed a rock into gold for Lu Ju, Master Lu said: "I do not want to possess the gold as it will turn back to rock 500 years later and that would harm people 500 years later."

## 5

### Thoughts that count

Will bad thoughts count toward bad karma? More often than not, people tend to believe only what they see.

Humans love to set up a hypothesis, test it and come up with data to form a conclusion. That is the scientific method. Humans rely on these facts and figures to form their convictions.

In the early 17th century, Galileo claimed that - contrary to religious teachings - the sun did not revolve around the Earth.

He was summoned to Rome and eventually made to recant.

He was sentenced to jail, later commuted to house arrest, and his book was banned.

Algebra and calculus were called superstitious because of their magical formulas. Yet today, we can't live without such formulas.

It is not religion that creates this fiasco, but the self-interest of



human beings. Even today, people can't think on their own. They prefer to accept what is given to, or interpreted for them, and rely on popular belief, consensus or scientific facts and figures.

Stop and think for yourself!

When I tell my clients that doing good deeds and repaying one's own karmic debt is better than buying expensive feng shui items to alter their destiny, I get cold responses.

People like to do something more concrete or tangible, such as buying feng shui items, or altering their door directions to change their fortunes.

I often have to explain this is not necessary, since feng shui is natural and only natural things will counteract bad feng shui energy.

Today, under the pressure of massive economic development, we are destroying mother nature - directly affecting ourselves, our children and future generations in a tangible way.

What makes you think that intangible things such as swearing, cursing or backstabbing will not have an impact as well?

So, the next time you get angry, think of something nice to say in order not to create bad karmic debt.

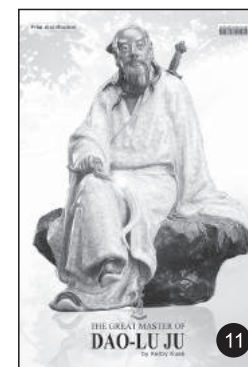
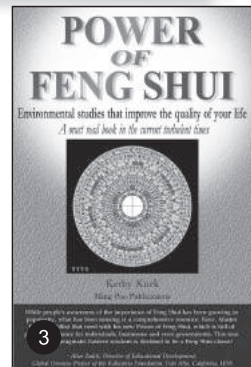
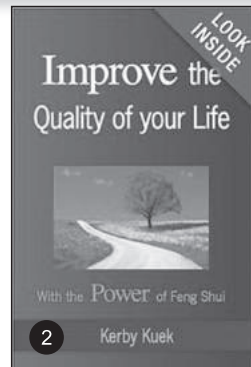
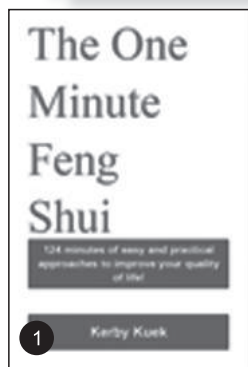
You had better believe in this!

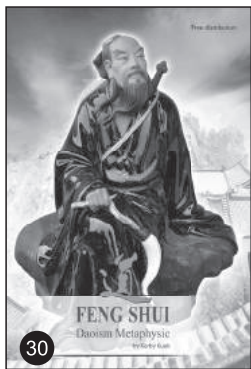
***Thought of the day:*** "Is it so bad to be misunderstood? Pythagoras was misunderstood, and Socrates, and Jesus, and Luther, and Copernicus, and Galileo, and Newton, and every pure and wise spirit that ever took flesh. To be great is to be misunderstood" - Ralph Waldo Emerson

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E-mail : [kerbykuek@gmail.com](mailto:kerbykuek@gmail.com)

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*Kuek Kiong Keng J.P (aka Pak Long)*

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I cannot explain your greatness in words. There  
were so many things that you had thought me  
and especially life lessons, and I got every word!  
Dad, I miss you dearly.*



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