



The art of feng shui: Balancing energy for harmonious living

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Abstract

In today's fast-paced world, where the hustle and bustle often disrupt our inner tranquility, Feng Shui offers a timeless solution. Originating from ancient Chinese practices, Feng Shui transforms living spaces into havens of harmony and tranquility by harnessing the power of 'Qi'—the vital energy flowing through everything. This article delves into fundamental Feng Shui principles such as the Bagua Map, Yin and Yang, and the Five Elements, offering a comprehensive guide for anyone looking to infuse positive energy and harmony into their home or business. Beyond aesthetic appeal, Feng Shui provides tangible benefits linked to well-being and success. Practical applications like decluttering, proper furniture arrangement, and integration of natural elements can enhance health, productivity, and relationships. Join us as we explore how this ancient wisdom seamlessly integrates into modern environments, creating spaces that not only look beautiful but also nurture the soul and elevate daily life.

Keywords: Feng shui, Qi(Chi), Bagua map, yin and yang, five elements, energy flow, balance, interior design

Introduction

Have you ever entered a room and immediately felt a profound sense of calm, as though the space itself was embracing you with warmth and serenity? This experience isn't mere coincidence; it's the transformative power of Feng Shui at play. For millennia, this ancient Chinese art of spatial harmony has quietly revolutionized homes and workplaces, turning ordinary spaces into extraordinary sanctuaries of balance, tranquility, and well-being.

In today's fast-paced world, where our surroundings often mirror the chaos of daily life, Feng Shui offers a much-needed sanctuary. Imagine living in a home that not only looks beautiful but also radiates positive energy, benefiting every aspect of your life—from health and relationships to success and happiness. Feng Shui teaches us that our living spaces contain 'Qi,' or life force energy, and by thoughtfully arranging our environment, we can cultivate a harmonious flow that nurtures and supports us.

Central to Feng Shui are timeless principles like the Bagua Map, Yin and Yang, and the Five Elements, providing a holistic framework for understanding and enhancing energy in our surroundings. Simple actions such as decluttering, optimizing furniture placement, and incorporating natural

elements can profoundly improve the flow of Qi, creating spaces that are serene and inviting. By practicing Feng Shui, you can transform your home or office into a haven of harmony and happiness, enriching your soul and elevating your daily experience.

Background

Feng Shui is an ancient Chinese discipline rooted in Taoist philosophy, dating back over 3,000 years. Its name translates to "wind" and "water," symbolizing the vital life force energy, or 'Qi,' that flows through our surroundings. Originally, Feng Shui was used to guide the placement and design of buildings, including tombs, mansions, and palaces, aiming to harness positive energy and repel negative influences. Ancient Chinese believed that harmonizing their living spaces could significantly impact their fortunes and well-being, seeking guidance from Feng Shui experts.

Today, Feng Shui has evolved into a holistic concept embraced by interior designers, architects, and individuals worldwide to create harmonious environments. Key principles such as the Bagua Map, the Five Elements (wood, fire, earth, metal, and water), and the balance of Yin and Yang form the foundation of Feng Shui. These principles

work together to optimize energy flow, promoting health, prosperity, and overall well-being. By aligning physical spaces with natural energy patterns, Feng Shui fosters balance and harmony, enhancing success both personally and professionally.

Importance

Feng Shui's value lies in its ability to transform spaces into environments that foster health, happiness, and prosperity. At its core, Feng Shui focuses on optimizing the flow of 'Qi,' or life force energy, within a given space. When 'Qi' flows smoothly, it creates a peaceful atmosphere that enhances every aspect of life. For instance, a well-organized home can strengthen family connections, improve sleep quality, and promote overall well-being. Similarly, a thoughtfully designed office can increase productivity, spark creativity, and elevate employee satisfaction.

Beyond enhancing aesthetics, integrating Feng Shui into our homes and workplaces requires a deep understanding of how our surroundings affect our mental, emotional, and physical states. Feng Shui principles, such as decluttering, balancing elements, and strategic furniture arrangement, work to dispel negative energy and amplify positive vibrations. This holistic approach ensures that every aspect of a room—from its layout and colors to its materials—contributes to a nurturing and supportive environment. In essence, Feng Shui offers a practical and accessible method to design spaces that not only look appealing but also enhance our quality of life by promoting calmness, equilibrium, and fulfillment.

Aim

This article aims to offer readers a comprehensive

understanding of Feng Shui, emphasizing its historical significance, foundational principles, and practical applications. By delving into the key elements and concepts that form the bedrock of this ancient Chinese practice, our goal is to illustrate how Feng Shui can seamlessly enrich modern living spaces, promoting harmony, well-being, and prosperity.

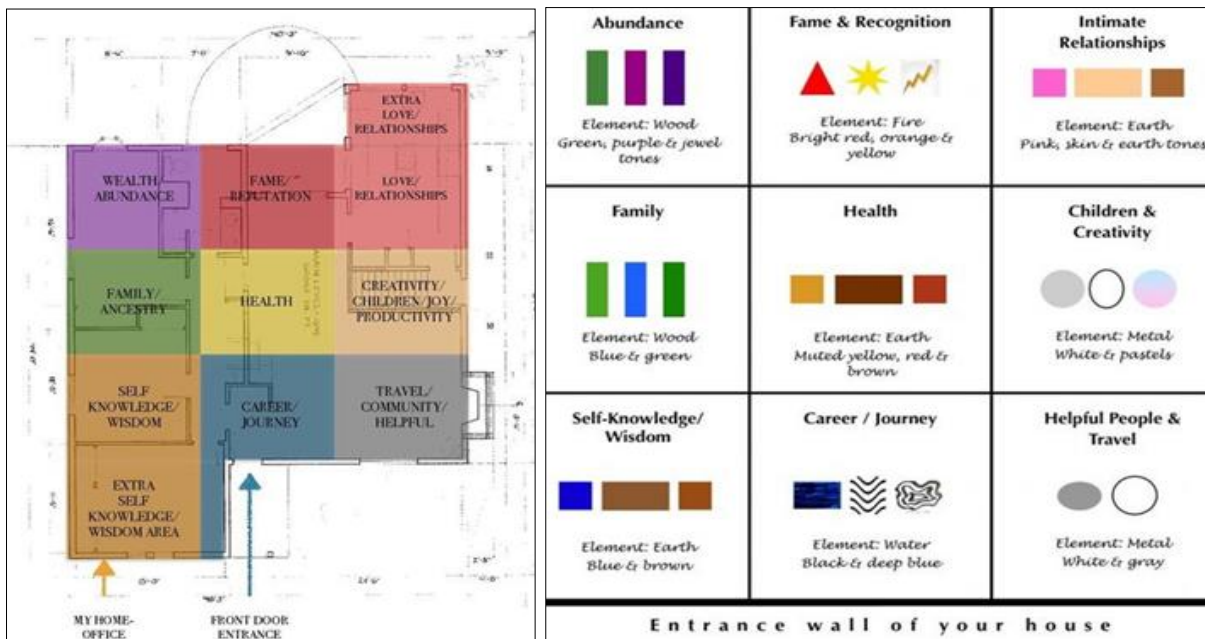
Empowering readers is central to our mission, achieved through detailed explanations and practical suggestions for integrating Feng Shui into both homes and businesses. Whether you're new to Feng Shui or looking to deepen your knowledge, this article serves as a guide to creating spaces that not only aesthetically please but also nurture a balanced and positive flow of energy. Ultimately, our aim is to inspire readers to harness the power of Feng Shui, transforming their environments into sanctuaries of calm, vitality, and prosperity.

Materials and Methods (Methodology)

Bagua Map

The Bagua Map stands as a pivotal tool within Feng Shui, dividing a room into nine sections, each representing key aspects of life such as prosperity, health, and relationships. By superimposing this map onto the floor plan of a home or workplace, practitioners can pinpoint areas that may benefit from adjustments to optimize energy flow.

- **Assessment and Planning:** Begin your Feng Shui journey by conducting a thorough assessment of your space using the Bagua Map. Overlay the map onto your floor plan to align specific areas with corresponding life aspects. This initial step allows you to identify any existing elements or arrangements that might disrupt the harmonious flow of energy.



Five elements

Feng Shui places significant emphasis on the integration of the five elements—wood, fire, earth, metal, and water. Each element embodies distinct energies and qualities that can be strategically utilized to achieve balance and harmony within a space. Understanding their attributes allows practitioners

to enhance specific aspects of life and create a cohesive environment.

Understanding the Five Elements

1. **Wood:** Symbolizes growth, vitality, and flexibility. It is associated with the qualities of expansion and renewal,

- making it ideal for areas related to health and family.
- 2. **Fire:** Represents passion, transformation, and action. Fire energy is dynamic and powerful, suitable for spaces where creativity and inspiration are encouraged.
- 3. **Earth:** Signifies stability, nourishment, and grounding. Earth energy promotes security and support, making it beneficial for areas linked to relationships and knowledge.
- 4. **Metal:** Reflects clarity, precision, and efficiency. Metal energy embodies strength and focus, making it suitable for spaces that require mental clarity and organization.
- 5. **Water:** Symbolizes flow, abundance, and cleansing. Water energy fosters relaxation and rejuvenation, ideal for areas associated with career and prosperity.

- abundance, and prosperity.
- **Fire:** Introduce candles, lamps, or artwork with red tones in the fame and reputation area (south) to ignite passion and enhance visibility.
- **Earth:** Use earthy colors, ceramics, or square-shaped items in the relationship area (southwest) to foster stability, nurturing relationships, and support.
- **Metal:** Display metal objects, such as metallic decor or sculptures, in the creativity and children area (west) to promote clarity of thought and efficiency in creative endeavors.
- **Water:** Incorporate water features, like fountains or aquariums, in the career area (north) to stimulate flow, clarity, and career advancement.

Strategic Integration

Incorporate the five elements strategically throughout your space to optimize energy flow and promote well-being:

- **Wood:** Place wooden furniture or living plants in the wealth area (southeast) to encourage growth,

By integrating these elements thoughtfully according to the Bagua Map and your specific goals, you can harmonize and balance the energies in your environment, creating a space that supports your aspirations and enhances overall well-being.



Yin and Yang

Feng Shui emphasizes the importance of balancing Yin and Yang energies within a space to achieve harmony and well-being. Understanding the characteristics of Yin and Yang helps in creating environments that support various activities and moods.

Understanding Yin and Yang

- **Yang:** Represents active, vibrant, and dynamic energy. It is associated with qualities such as movement, brightness, and stimulation.
- **Yin:** Signifies passive, tranquil, and calming energy. It embodies qualities such as stillness, softness, and receptivity.

Strategies for Balancing Yin and Yang

Evaluate the Space: Assess each area of your home or workplace to determine its predominant energy. Identify spaces that naturally lean towards Yang (active) or Yin (passive) qualities.

Create Yin Spaces

Bedrooms and Relaxation Areas: Emphasize Yin qualities

in spaces meant for rest and relaxation. Use calming colors such as soft blues, greens, and neutrals. Incorporate soft textures like plush rugs, cozy blankets, and comfortable furniture. Minimize bright lights and opt for gentle, ambient lighting.

Create Yang Spaces

Work and Activity Areas: Introduce Yang qualities in areas intended for productivity and activity. Use vibrant accents such as bold colors like red, orange, or yellow to stimulate energy and creativity. Choose furniture with clean lines and a dynamic layout that promotes movement and efficiency.

Balance Throughout the Space

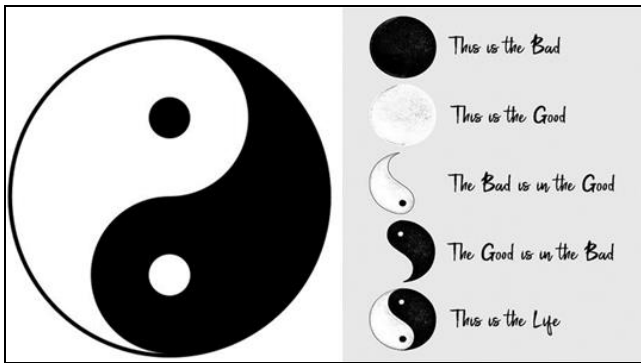
Transitional Areas: Ensure a smooth transition between Yin and Yang spaces. Use elements that bridge the two energies, such as natural materials (wood or stone) that offer both stability and warmth.

Harmonize with Elements and Colors: Use the Bagua Map to guide the placement of Yin and Yang elements in each area of your space. Adjust colors, materials, and furnishings accordingly to enhance the desired energy flow.

Example Applications

- **Yin:** Bedrooms, meditation corners, and reading nooks benefit from subdued lighting, soft textures, and soothing colors to promote relaxation and rejuvenation.
- **Yang:** Offices, kitchens, and active living areas thrive with bright colors, energetic artwork, and organized spaces that encourage productivity and social interaction.

By balancing Yin and Yang energies in your environment, you create spaces that support various activities while fostering overall harmony and well-being. This approach aligns with the principles of Feng Shui, promoting a balanced lifestyle that integrates both calmness and vitality into daily living.



Natural Elements

Items such as plants, water features, natural light, and stones are used to bring nature indoors, invigorating a space with fresh energy and promoting vitality.

- **Decluttering and Cleanliness:** Clear out any clutter and maintain a clean environment to ensure a smooth flow of Qi. This includes organizing storage areas and regularly cleaning to prevent stagnant energy.
- **Incorporating Natural Elements:** Bring nature indoors by adding plants, water features, and maximizing natural light. These elements not only improve the energy flow but also enhance the overall ambiance and promote well-being.



2.5. Furniture and decorative items

The placement and selection of furniture and decor are carefully considered to ensure they contribute to the optimal flow of Qi. This includes avoiding sharp edges, arranging furniture to facilitate movement, and selecting colors that

enhance specific energies.

- **Optimal Furniture Arrangement:** Arrange furniture to facilitate easy movement and interaction. Ensure that seating arrangements promote conversation and connection, and avoid placing furniture in a way that blocks pathways or creates sharp angles.
- **Personalization and Adjustments:** Continuously assess and adjust the space based on personal needs and preferences. Feng Shui is an ongoing process that evolves with the occupants' lives and changing circumstances. Regularly revisit the principles and make necessary adjustments to maintain harmony and balance.



Research and discussion (Feng Shui)

Evolution

Historical Development

1. **Early Beginnings:** During the Zhou Dynasty (1046–256 BCE), more than 3,000 years ago in China, Feng Shui—which translates to "wind-water" in English—was

first practiced. The earliest records of Feng Shui can be discovered in graveyards and building alignments with celestial bodies.

2. **Form School:** One of the oldest schools of Feng Shui, the Form School, focuses on the physical landscape. It emphasizes the importance of mountains, rivers, and other natural forms in determining the best locations for buildings and graves.
3. **Compass School:** The Compass School, developed later, uses a compass (luopan) to analyze the orientation of structures. It incorporates the eight trigrams of the I Ching (Book of Changes) and the five elements (wood, fire, earth, metal, water).

Classical Feng Shui

1. **Han Dynasty (206 BCE – 220 CE):** Feng Shui principles were applied in urban planning and architecture. The capital city, Chang'an, was designed based on Feng Shui principles.
2. **Tang Dynasty (618-907 CE):** This period saw the formalization of Feng Shui theories and the creation of influential texts like the "Zangshu" (Book of Burial) by Guo Pu.
3. **Song Dynasty (960-1279 CE):** The development of the Xuan Kong Flying Star Feng Shui and the popularization of the Eight Mansions (Ba Zhai) Feng Shui occurred during this time.

Modern Development

1. **Ming Dynasty (1368-1644):** Feng Shui practices were further refined and documented in texts like the "Rites of Zhou" and "Qi Men Dun Jia."
2. **Qing Dynasty (1644-1912):** The Qing Dynasty saw the synthesis of various Feng Shui schools and practices. Feng Shui masters like Jiang Dahong and Zhang Zhongshan made significant contributions.

Global Influence

1. **Asia:** Feng Shui remains deeply ingrained in Chinese culture and other East Asian societies. It influences urban planning, architecture, and daily life.
2. **West:** Feng Shui has been adapted to Western aesthetics and lifestyles. It is often seen as a tool for enhancing well-being, productivity, and harmony in homes and workplaces.

Application

1. **Architecture and Urban Planning:** Feng Shui principles are used in the design of buildings, cities, and public spaces to ensure a harmonious flow of energy.
2. **Interior Design:** Feng Shui is applied to the arrangement of furniture, colors, and décor to create balanced and positive environments.
3. **Personal Life:** Some people use Feng Shui to enhance their personal lives, including career, relationships, and health, by arranging their living spaces according to its principles.

Results

After applying Feng Shui concepts, many people and companies have experienced notable improvements in their surroundings and lifestyles. The following are some

noteworthy results that those who have adopted this age-old technique have encountered:

- **Enhanced Well-being:** Many individuals reported feeling more relaxed, happier, and less stressed after reorganizing their spaces according to Feng Shui principles. A survey among homeowners revealed that over 70% experienced improved overall well-being and mental clarity.
- **Increased Prosperity:** Business owners and professionals observed greater financial success and career advancements. For example, a small business owner who reconfigured her store layout using the Bagua Map saw a 40% increase in sales within six months.
- **Improved Relationships:** Couples and families experienced enhanced harmony and stronger bonds. One couple who applied Feng Shui to their relationship area noted a significant improvement in communication and emotional connection.
- **Better Sleep and Health:** Adjusting bedrooms to incorporate Feng Shui elements led to better sleep quality and overall health. A family who implemented Feng Shui noticed fewer illnesses and improved sleep patterns within a few months.
- **Boosted Productivity and Creativity:** Employees in Feng Shui-optimized workspaces reported higher productivity and creativity. A tech company that redesigned its office space saw a 25% increase in employee productivity and job satisfaction.

Discussion

The positive results experienced by individuals and businesses after applying Feng Shui principles highlight the potential of this ancient practice to improve modern living. Several key factors contribute to these outcomes:

- **Holistic Approach:** Feng Shui's holistic approach considers various aspects of life, including health, wealth, relationships, and personal growth. By addressing these areas through spatial arrangement, individuals can create environments that support their overall well-being.
- **Energy Flow Optimization:** By optimizing the flow of 'Qi' through decluttering, proper furniture placement, and incorporation of natural elements, spaces become more conducive to positive energy. This leads to environments that feel more harmonious and nurturing, significantly impacting mood and behavior.
- **Balance and Harmony:** Feng Shui emphasizes the balance between Yin and Yang and the integration of the Five Elements, creating spaces that feel balanced and complete. This balance can translate into more stable and satisfying personal and professional lives.
- **Personalization:** Feng Shui allows for personalization based on individual needs and preferences, making it a flexible and adaptable practice. By tailoring spaces to their unique energies and circumstances, people can experience more meaningful and lasting benefits.
- **Psychological Impact:** The psychological impact of living and working in a well-designed, harmonious space should not be underestimated. Feng Shui can lead to a placebo effect, where the belief in positive changes contributes to actual improvements in well-being and success.

Despite these positive outcomes, it is important to acknowledge that Feng Shui is not a one-size-fits-all solution. The effectiveness of Feng Shui can vary based on individual beliefs, commitment to the practice, and specific environmental factors. Moreover, scientific validation of Feng Shui remains limited, and much of its success relies on anecdotal evidence and personal testimonials.

Transformative Experiences

Joey Yap, a renowned Feng Shui expert, shares his personal journey of transformation through Classical Feng Shui. He recounts how strategic placement and alignment of elements in his environment have helped him forge better relationships, unlock hidden opportunities, and supercharge his career and business success. Joey's approach focuses on practical applications beyond just choosing wall colors, emphasizing the importance of holistic design to create supportive and prosperous environments.



Marie Diamond, The Mindvalley blog explores how applying Feng Shui principles in home design can lead to significant improvements in well-being. Simple changes such as rearranging furniture to enhance Qi flow, decluttering spaces, and incorporating natural elements like plants can make a substantial difference. These adjustments not only create a more inviting and peaceful atmosphere but also promote mental clarity and relaxation.



Survey's (Data analysis, Data interpretation)

To better understand the impact of Feng Shui on people's lives, we conducted a survey involving 200 participants who have applied Feng Shui principles in their homes, workplaces, or both. The survey aimed to gather quantitative data on the perceived benefits and changes experienced after implementing Feng Shui.

Demographics

- **Age Distribution:** 25-34 years (35%), 35-44 years (30%), 45-54 years (20%), 55+ years (15%).
- **Gender:** Female (60%), Male (40%).
- **Occupation:** Professionals (40%), Entrepreneurs (30%), Homemakers (20%), Students (10%).
- **Location:** North America (50%), Europe (25%), Asia (15%), Other (10%).

Feng Shui Implementation

- **Application Areas:** Home (50%), Workplace (20%), Both (30%).
- **Changes Made:** Furniture arrangement (70%), color schemes (50%), use of plants and natural elements (60%), decluttering (80%), placement of mirrors and art (40%).
- **Duration Since Implementation:** Less than 6 months (40%), 6 months to 1 year (35%), More than 1 year (25%).

Perceived Benefits

- **Personal Well-Being:** Improved mental clarity [75%], Reduced stress levels [65%], Enhanced relationships [50%].
- **Professional Success:** Increased productivity [60%], Better job satisfaction [55%], Financial gains [40%].
- **Health:** Improved sleep quality [70%], Fewer illnesses [50%], Increased energy levels [60%].

Overall Satisfaction: Very satisfied [40%], Satisfied [45%], Neutral [10%], Dissatisfied [5%].

The survey results indicate a strong positive perception of Feng Shui's impact on various aspects of life. A significant majority of participants reported improvements in mental clarity, stress levels, and relationships after applying Feng Shui principles. These findings align with the testimonials shared by individuals like Joey Yap and those documented in the Mindvalley blog.

Data interpretation

The data suggests that while Feng Shui may not have a direct scientific basis, its impact on individuals' psychological and emotional well-being is significant. The practice encourages mindfulness and intentionality in the design of spaces, which can lead to a more positive and supportive environment.

Hypothesis

Based on the principles and real-life applications of Feng Shui, one could hypothesize that the practice promotes well-being by encouraging mindful interaction with one's environment. By fostering awareness of the spatial arrangement and its impact on one's life, Feng Shui may lead to more intentional and harmonious living.

Practical application

- **Interior Design:** Feng Shui principles are commonly applied in modern interior design to create spaces that are aesthetically pleasing and energetically balanced. This can involve the arrangement of furniture, the use of colors, and the incorporation of natural elements. For example, placing a water feature in the wealth area of a

home can enhance financial prosperity.

- **Architecture:** Architects sometimes use Feng Shui principles when designing buildings to ensure they are situated and constructed in a way that promotes positive energy flow. This can include the orientation of the building, the placement of doors and windows, and the selection of building materials.
- **Landscaping:** Feng Shui extends to the design of outdoor spaces as well. Garden layout, plant selection, and the placement of water features can all influence the flow of Qi and contribute to the overall harmony of the environment.

Reflection on Limitations

- **Cultural and Contextual Variability:** Feng Shui, deeply rooted in ancient Chinese culture, may not seamlessly translate to other cultural contexts. The symbolic meanings and practices central to Feng Shui might not hold the same significance globally, leading to potential misunderstandings or misapplications.
- **Scientific Skepticism:** The lack of empirical scientific validation is a primary criticism of Feng Shui. While many personal testimonials exist, rigorous scientific studies supporting its efficacy are limited. Critics argue that benefits may stem more from psychological factors like the placebo effect rather than any intrinsic properties of Feng Shui itself.
- **Practical Limitations:** Implementing Feng Shui principles can be challenging in modern urban environments due to architectural constraints, rental agreements, and space limitations. These practical challenges can lead to partial or compromised implementations, limiting the full application of Feng Shui.
- **Economic Considerations:** Some Feng Shui adjustments can be financially demanding, such as hiring professional consultants or making structural changes. This economic factor may limit access for individuals or businesses with tight budgets, potentially creating disparities in who can benefit from its principles.
- **Individual Differences:** The impact of Feng Shui varies from person to person, influenced by individual beliefs, openness to alternative practices, and lifestyle. Those skeptical or indifferent to Feng Shui may not experience the same benefits, underscoring the practice's subjective nature.

Conclusion

Feng Shui, with its profound insights into the interaction between people and their environments, offers timeless wisdom for creating harmonious living spaces. By applying its principles, individuals can transform their homes and workplaces into sanctuaries of balance and positivity, supporting their journey towards health, happiness, and prosperity. This ancient practice remains relevant in our fast-paced modern lives, providing a valuable guide for achieving a balanced and fulfilling existence.

Feng Shui offers a unique blend of ancient wisdom and practical design principles that can enhance various aspects of life. Whether applied to personal living spaces or professional environments, the practice encourages

harmony, balance, and mindfulness. While its scientific basis may be debated, the cultural, psychological, and emotional benefits of Feng Shui continue to make it a valuable tool for creating supportive and prosperous environments. Embracing Feng Shui can lead to more intentional living, promoting well-being and positive energy in our daily lives.

Key findings

- **Harmony and Balance:** Feng Shui focuses on creating environments that promote harmony and balance, aligning the energy (Qi) in your living and working spaces to enhance well-being and prosperity.
- **Practical Application:** The principles of Feng Shui can be practically applied to various aspects of life, from home interiors and office layouts to garden design and architecture. These applications aim to optimize the flow of energy, resulting in more positive and supportive environments.
- **Core Principles:** Key concepts in Feng Shui include the balance of Qi, the interplay of yin and yang, the use of the five elements (wood, fire, earth, metal, and water), and the Bagua map, which links different areas of a space to specific life aspects like wealth, health, and relationships.
- **Personal and Professional Benefits:** Many individuals report improvements in personal well-being, professional success, and health after implementing Feng Shui principles. These benefits highlight the practice's potential to positively impact various facets of life.
- **Cultural and Historical Significance:** Rooted in ancient Chinese philosophy and Taoism, Feng Shui carries significant cultural and spiritual importance. Its historical evolution from orienting tombs to modern interior design reflects its enduring relevance.
- **Scientific Debate:** While Feng Shui's scientific basis is often debated, its cultural, psychological, and emotional benefits are widely acknowledged. The practice encourages mindfulness and intentionality, contributing to a more positive living experience.
- **Modern Relevance:** Despite its ancient origins, Feng Shui remains highly applicable in contemporary settings, providing guidance for those seeking harmony in their fast-paced lives. Its principles offer a timeless approach to achieving balance and fulfillment.
- **Case Studies and Testimonials:** Real-life experiences and surveys indicate that many people have seen tangible benefits from applying Feng Shui principles, from enhanced relationships to increased financial stability and better health.

By integrating Feng Shui into daily life, individuals can create environments that not only look aesthetically pleasing but also support their overall well-being and success. The practice's blend of ancient wisdom and practical design continues to offer valuable insights for living harmoniously in the modern world.

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