

# Mapping 8 Mansions Feng Shui at Home and Work

It's said, "if you don't like the weather, just stick around for a while and it will change". The same can be said for energy patterns in our homes.

There are energies around us that were set at the time that our house was built (enclosed). There are also more subtle shifts that happen yearly, monthly, daily and so on.

These shifts were observed (and thankfully documented) many hundreds of years ago. And then, ancient "astronomers" in China used this information to set up the living compounds of their rulers...also to decide when and where to plant crops, wage wars, even where their rulers should sleep, govern, and be buried.

It must have worked, because the Chinese have been a superpower ever since...always a force to reckon with, where other cultures have not fared as well over the long term.

We now know that the study of the stars, weather, and seasonal shifting patterns along with subsequent record keeping of the early astronomers eventually led to the discipline of feng shui.

From this amazing documentation of information we can now determine the best places on the land and in our homes to "live" happy and healthy lives. Because, not only did these "astronomers" figure this out, they also passed it along.

Turns out...half of the areas in our homes and workplaces are healthy (life affirming) and half are not. And, we can use these ancient formulas to figure out where these places are in our own homes and places of work even today.

Each time shift is just a bit more subtle than the previous one, but perceptible nonetheless.

Now, just to make life interesting, there is one of eight different energy patterns that each of us was born with at the time we took our first breath.

We may, or may not, match the basic energy pattern of our house. And, we may, or may not match the energy patterns of people we live with

There will also be four of eight areas/directional sectors in our houses that are good/healthy for us, and four that deplete our energy in subtly different ways.

If you are lucky enough to be sleeping in a good area for you personally, then you will tend to be healthier than if you sleep (regenerate) in a place that is not healthy for you.

This also applies to where you work. You'll tend to be more productive in certain areas (directional sectors) and not as productive in other locations).

Lucky for us, we can figure out where these places are. Just remember, our "sweet spots" may be different from others who share our homes with us.

Use the attached two sets of directions to map where your best locations are for productivity and also for sleep. The steps are as follows:

1. Determine your three best directions for sleep from the attached Trigrams chart.
2. Find these directional sectors on a floor plan of your house. (Instructions for how to do this are at the top of the charts.)
3. Try to sleep in one of your three best locations for sleep and work in one of your three best directions for work.