

Feng Shui Your Mind, Body and Spirit.

By Maggie Wilde

Like the different vibrations that affect our homes, offices and environments, our body is home to our spirit and can store different vibrations that affect our emotional, physical and mental health. The impact of these vibrations can be positive or negative depending on the original energy stored.

Each and every organ and cell in the body, our brain, our nervous system, our spinal fluid, even our skin can store the memory of a variety of frequencies that impact on our physical health, behaviour patterns, emotional balance and our mental clarity.

We may not be able to 'shift' or 'move' the position of *organs* inside our body like we can with objects in Feng Shui, but with practice we *can* 'shift' negative or stagnant *energy* (vibrations) in our body to free ourselves from emotional, physical or mental pain.

The mind is the image centre of our being

By understanding that the mind is the image centre of our being, we can use it to help scan through the body. (Visualise, sense, feel or imagine using your minds eye as a video camera or 'third eye' within the body). By doing this we can train ourselves to become aware of negative energy blocks easily. Stagnant or frozen energy that may have hampered our personal growth or health can be 'dissolved' and eventually released.

Even the Buddha taught through meditation techniques like Vipassanna that when we acknowledge different vibrations which manifest as sensations in or on the body/organs/muscles/tissue or skin, we can simply observe these sensations as they arise and eventually free ourselves from the trauma associated with that sensation.

Literally by observing the frequencies within or on our body as sensations they can be released. It is irrelevant whether the sensation is pleasant or unpleasant. It is the observation without attachment or judgment that frees us from it. When we observe a sensation within or on the body and we attach a negative or positive identity, it can no longer be released. In fact it becomes a 'frozen seed' that attracts more energy of the same frequency. Hence we can get stuck repeating negative patterns.

All things arise to pass away

The Buddha stated that all things are impermanent. He called it Anicca. *All things arise to pass away*. It is only when we become attached to positive vibrations or avoid negative ones by suppressing them that they become stuck and unresolved. As more frequencies of the same energy are stored we eventually manifest a 'diseased' area within the body.

When we embrace our emotional, physical and mental pain as simply ‘energy’ we become the detached observer. We acknowledge that the pain has something to tell us. If we make no judgment on that energy, it reveals its wisdom to us. Once that wisdom is acknowledged, the sensation arises and passes away. The pain comes to the surface to be expressed. (When it is judged as good or bad we add to the layer of stagnant energy instead of releasing it).

Case study using detachment

As an example I once worked with a client in my clinic who for many years suffered chronic menstrual cramps. She would take pain killers every four hours for two to three days just to get through her day. Work on those days was sometimes impossible. Heavy bleeding was traumatic, with painful clots and severe fatigue, depression and irritability.

With the use of detachment and sensation observation, she no longer suffers or requires medication of any kind for this issue. She is able to embrace her cycle freely now as an indication of her feminine rhythms.

She was able to give her uterus time to speak its wisdom. It spoke of fear, loneliness, sorrow and emptiness. When she observed deeper still, its wisdom allowed her to embrace the grief and sorrow she had attached to her birthing process and early childhood. She observed fear of abandonment, sensations of numbness and a deep emptiness that she had experienced in the womb.

Speak without judgement

She eventually spoke without judgment to her mother about this issue and her mother was able to speak of the ‘trauma’ and ‘pain’ that she had experienced while pregnant with my client. The mother had felt ‘empty’, ‘exhausted’. She feared the birth and felt she couldn’t cope. She had had four pregnancies within six years and at one point wished she could be ‘free’ of the burden.

The frequency changes

As she began to understand more about her mothers’ experience my client’s internal vibration began to move back into its natural frequency of impermanence. It was no longer ‘stuck’ or ‘stagnant’. She was free to release the ‘frozen’ moment of the past and move forward in her life.

While the judgment of ‘*negative pain*’ was attached to the frequency, the pain was ‘stuck’ in its never ending cycle and over many years became unmanageable. As she freed her internal frequencies to ‘speak’ through detached observation, she was able to communicate to that area of her body that those fears were no longer appropriate to her life. It was now safe.

As we clear the vibrations of stagnant energy (physical, emotional and mental pain) within our body, we open ourselves to replace the traumas with positive energy that flows with life force. We literally begin to feng shui our mind, body and spirit.

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