

Feng Shui Directions, Controversy Resolved!

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ARTICLE INFORMATION

Received: 20.11.2022
Revised: 06.12.2022
Accepted: 30.12.2022
Published online: 10.02.2023

Keywords:

Feng Shui,
Orientational Directions,
Chi,
Good Design,
Vernacular Architecture,
Vastu Shastra

ABSTRACT

For thousands of years, Feng Shui has been using the knowledge of forms, colors and directions to propose elements of “good design.” Although these guidelines were carefully designed based on the experiences of generations and meticulously followed in traditional societies, they are looked upon as mere superstitions in our current architectural societies.

The reason may be complicated guidelines and lack of proper education, as well as controversies among Feng Shui Masters in determining the exact principles. One of the areas that have caused the most debates dealing with Feng Shui guidelines is the knowledge of orientation and directions. While some Feng Shui Masters believe the South direction is auspicious and should have the main door located towards it, others believe South brings weakness and fatigue. To resolve this controversy, the researcher has studied the knowledge of human inner chi, as it constitutes a great portion of Feng Shui guidelines and is considered the Life Energy which keeps the body alive and healthy.

In this paper, through the use of AcuGraph aura examination and Pranic Scanning the impact of facing towards the main four orientation directions on human inner chi has been studied. The results show that directions that increase the human chi improve health and therefore were considered auspicious, while the directions that deplete the energy are inauspicious and bring weakness. In this way the controversy among Feng Shui Masters in determining the auspicious directions for orientation and placement of main doors and openings is resolved. Comparative studies between Feng Shui and Vastu shastra further strengthens the research findings.

1. Introduction

For several centuries it was believed that architecture has a direct influence on the physical and psychological health of the users (Kumar, 2005), (Eliade & Trask, 1968), (Day, 2004), (Oliver, 1987). Therefore, many rules and patterns were established in traditional societies based on

the experiences of generations dealing with the built space throughout history and were introduced as a set of guidelines in architecture, which ought to be applied in constructing any property (Rapoport, 1969), (Oliver, 1997), (Kumar, 2005). Feng Shui is one of the remaining traditional systems that look at human beings far beyond their physical existence. In Feng Shui philosophy, human

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This article is published with open access at www.seu.edu.bd/seuja
ISSN No. 2789-2999 (Print), ISSN No. 2789-3006 (Online)

has an energy field that is in constant interaction with other human beings and the environment. Just as the quality of water in the aquarium affects the fish, it is believed that the environmental chi affects the human chi and can promote their health or bring illness.

The psychological impacts of the built space on the users are already revealed through the great amount of research done by various scholars. One of the scholars who proposed that a built environment has a direct influence on the human brain and therefore on the character and psychological states of the users was Carl Gustav Jung, whose theories later were experimented by several researchers such as Clair Cooper Marcus and Toby Israel (Israel, 2003), (Marcus, 1997). Christopher Day and Christopher Alexander are other scholars who have studied the influence of architecture on the human body. In fact, many great theorists such as Churchill believe that *'first we shape our buildings and afterwards our buildings shape us'* through a dynamic relationship, subtle and complex more than one's predictions; thus, the role of dwelling places would be crucial in shaping people's lives. In this case, spatial structure is not only an arena in which social life occurs, but a medium through which social relations are produced and reproduced (Pearson & Richards, 2004, p. 2). Orientation directions in Feng Shui is one of the most significant elements of nature that are believed to have an effect on the health and well-being of the users. Therefore, many guidelines are derived from the concept of auspiciousness of directions in Feng Shui such as the direction towards which the main door, as the mouth of the house, is opened, orientation of the building, slope and even placement of the furniture inside the building. Such guidelines were proposed to receive the maximum benefits from the natural forces including the sun rays and magnetic poles.

Although Feng Shui regards the human inner chi and its interactions with the environment and built space to propose the guidelines of good-design, its guidelines are not widely used today to improve the quality of built space due to several factors. Firstly, lack of knowledge regarding the aura and human inner chi, causes Feng Shui to be perceived as a mere superstition in current architectural societies. The existence and properties of the aura and the acupuncture points, also known as chakras, are scientifically proven in the fields of complementary therapy, biology and medicine. However, it is not being widely discussed in the field of architecture. Therefore, the usage of Feng Shui guidelines is mainly being confined to individuals who are interested in traditional geomancy to improve the flow of energy or chi in their house or office.

Besides the lack of knowledge and experiments, in some

cases the guidelines are so diverse and complicated that their application seems a difficult task. For example, there are many schools of Feng Shui that propose various rules and patterns for a healthy architectural space, which sometimes seem contradictory (Webster, 1998). One of the examples of differences in opinion is in determining the auspicious directions. This in fact has caused the traditional sciences of architecture including Feng Shui to be viewed as a belief system or dismissed as mere superstition.

Many researchers such as Christopher Day, Nicos Salingaros and Christopher Alexander have stated that current architecture is harmful to health, using qualitative and quantitative approaches to prove the harmful effects of materials, forms and improper use of colors and directions on the health of the users. Some have gone one step further and tried to reveal some of the qualities needed for "good design" architecture with life-giving and soul-nourishing properties. Recently, returning to traditional architecture as prototypes for both proper physical and psychological design patterns are becoming more popular (Oliver, 1997), (Day, 2004), since due to latest scholarly observations, some Modernist buildings have failed to provide human beings with their basic needs for satisfactory living (Alexander, 2004), (Salingaros & Mehaffy, 2006). Many scholars of the day believe that traditional houses were more compatible with human nature (Salingaros & Mehaffy, 2006). However, revealing the reason behind the success of traditional architecture in creating a proper place for living requires a detailed study of the traditional architectural guidelines, bringing the knowledge of the human system and the proper flow of chi into account.

In traditional architectural sciences, a human being is viewed as a body with an energy field around them, known as the aura. This energy body can be seen by clairvoyants or mystics (Leadbeater, 1972), (Kumar, 2005), (Krishna, 2001). That is why the existence of a spirit man, who was in charge of guiding the construction processes, in traditional societies is inevitable (Oliver, 1997). Currently, with the aid of certain instruments including the Kirlian Camera and AcuGraph, the aura and its energy field can be observed scientifically.

The well-established guidelines of traditional architecture, as seen in Feng Shui, were basically prescribed based on the observations done on the aura and how it gets influenced by the environment, and the built space. That is how the auspiciousness and inauspiciousness of directions, symbols and architectural elements have been determined.

However, since the exact influences of such guidelines have not been experimented upon and determined by the scholars in the field of architecture, they are being used by the architects of the day without considering their overall

impacts on the users. This may, in some cases, cause irreversible damages (Day, 2004). Furthermore, due to the system of apprenticeship practiced by traditional architects, some of the information have been lost, leading to diversities in determining the auspicious forms and directions. Besides such diversities in determining the exact guidelines, some scholars such as Christopher Alexander and Christopher Day believe that the influences of colors and forms are objective, independent of people's preferences or beliefs, however others like Clare Cooper Marcus arguably believe that the experience of such architectural elements is subjective and highly depend on every individual.

Thus, there is an extensive need for more research to determine the impacts of forms, directions and patterns on the physical and psychological status of the users and determine how personal beliefs and preferences can affect the overall results.

Through the use of aura cameras today, such concepts that constitute a great part of the ancient architectural sciences, introduced as a set of guidelines such as Feng Shui, can be experimented upon scientifically and be presented to the architectural societies. In this research the main focus has been on studying the impact of the main four orientation directions and their impacts on the aura and the health and well-being of the users.

2. Main Concepts in Feng Shui

Chi or Life Force

According to Evelyn Lip (1997) the study of Feng Shui involves the evaluation of Chi or Life Energy, which is the main reason behind success or failure.

As mentioned earlier, the concept of Feng Shui is basically rooted in the idea of Taoism and the existence of chi as a life element in all beings. Every being in the universe is ruled by the laws and principles of nature and "chi" is the core energy or the basic element of magnetic fields in nature (Sang, 2002). The ancient Feng Shui masters believed that universe is filled with life energy that flows endlessly and transforms continuously. Chi is basically both matter and energy, which can be transformed to one another; from matter to energy and from energy into matter. Every particle in the universe is a composition of different types of chi (Twicken, 2002). Chi produces vitality in the body. The balance of body and mind and the healthiness of the person are connected with the amount of chi present in him/her. Chi in the earth creates growth and harmony. Chi is necessary for good health and regeneration (Lip, 1996).

In Feng Shui it is believed that there exist three divisions of chi that supports all life; cosmic or heavenly chi, earthly chi and human chi (Lip, 1997). In this theory, the heavenly or cosmic chi includes all the natural forces emanating from the cosmos. Therefore, all the energies radiating from the sun, the moon and other planets and stars are different sources of this cosmic chi. Gravity is one example of such energy. Cosmic chi is considered as a major factor in configuration of weather, seasons and the solar energies that cause environmental changes. From traditional times, planets have always played an important role in people's lives since their orbit around the sun causes subtle changes in the earth's magnetic field. The Chinese astrology is mainly based on the calculation of cosmic chi patterns (Lip, 1997).

Earthy chi is another form of energy, which emanates from the earth and has a direct effect on people. Mountains, rivers, streams and deserts, are producers of this kind of chi and thus affect the environment and its people. It is believed that places that have harsh weather conditions do not have a good Feng Shui. Ancient Chinese philosophy believes that the source of earthy chi comes from the underground. In this way *'underground watercourses, magnetic fields, energy grids and Ley lines are also governed by earthy chi'* (Abram, 2008, p. 22). This concept also denotes the importance of a proper design for roads, bridges, buildings and all human constructions, since they, as a part of the environment, will either create healthy or harmful chi affecting their surroundings.

Human chi is the energy inside every person that keeps them alive. This chi rules our personality and mood and can be linked to the western idea of bio energies. Therefore, Feng Shui is the science of creating an environment in the way that it suits the human chi. This individual human chi inside every person, is the same human chi that connects people to each other. In this way there would be a connection between all beings (Abram, 2008). Five senses, as the means to take in information from the environment, play a vital role in the experience of place and shaping people's mood since elements of nature and surrounding environment stimulate our senses and change our feelings. In "Pyramid Feng Shui," which will be discussed later, human chi is also defined as the composite of human sensorial impressions and as a filter through which we take in information from the outside world. Thus colors, sounds, textures, light, scent, movement, etc. are the important features of the surrounding environment (Wydra & Baigelman, 2002). In esoteric sciences the human chi is called the etheric body, also known as the energy body or aura, that exists around the human's physical body and nourishes it with life force, "prana" or chi.

In general, Chinese believe that chi is the cosmic breath of the dragon making it the life force or the foundation of all

life (Abram, 2008). It should flow freely without having any blocks on the way. Architectural spaces block this free flow of energy in many different ways; one of the most frequent blocks is the immediate wall standing in front of the entrance door of the residences with a distance of less than 6 to 7 feet. The height of the ceiling also, if short, can make difficulty for the energy to flow easily (Smith & Stewart, 2006). Therefore, understanding the concept of chi is fundamental in understanding the theory of Tao and Feng Shui.

Wind and Water

'Chi, disperse while riding with the Wind, stall when reaching the edge of Water' (Sang, 2002, p. 2).

The above statement means wind disperses the chi energy and water carries it from one place to another (Oliver, 1997). From this Chinese concept, the importance of nature in shaping the Feng Shui principles is known. Taoist observations of nature have proved that curved lines slow the flow of chi energy and bring abundance. Therefore, they believed that "Sheng Chi" or the harmonious chi flows in curved lines following the same pattern that rivers flow, while sharp straight lines create "Shar Chi" or harmful type of energy. As the principles are mostly derived from nature, gaining harmony with the surrounding environment is one of the most important goals in Feng Shui (Levitt, 2000). Therefore, Feng Shui is a guideline for analyzing the site to find the proper orientation, topography, landscape features and view (Oliver, 1997).

Another concept that can be derived from the idea of wind and water is the belief in the visible and invisible forces in nature, also called energy and matter. Water is basically a symbol of *'strength hidden within apparent weakness'* (Abram, 2008, p. 17). Lao Tzu, the founder of Taoism has stated that although water gathers in low places and is considered as a shapeless matter, it can be a powerful obstacle in designing buildings, cities and even in great rocks and mountains. The modern interpretation of water also includes roads and streets in a city. Therefore, water is a representation of matter or visible energy while wind refers to invisible energies of nature and remains an abstract concept as it cannot be measured but can influence people's lives. Wind, in this way, includes all the natural forces that cannot be seen by the naked eyes such as gravity, magnetism, cosmic and radioactive waves (Abram, 2008).

The Principle of Interconnectedness

Another important principle in Feng Shui is the principle of interconnectedness. In this theory, all beings

are considered connected and the flow of energy passes through all matter, combining all as one. Therefore, the status of each being has impact on all (Keller, 2003). With the discovery of quantum physics, the concepts of metaphysics were praised by the physicians and the idea of the universe being created of only solid matter changed to the belief of energy as its basis. This theory led the scientists to the concept of interconnectedness. In this case matters are composed of moving atoms and molecules, within and outside which is energy; everything in the universe is a part of this great universal energy field (Abram, 2008). While energy seeks balance and harmony, the aim of Feng Shui is to make a proper flow of chi in every building (Keller, 2003).

This principle further denotes that energy body and physical body are inter-related. What affects one, affects the other (Sui M. C., 2006).

The Principle of Balance

The term "harmony" suggests that while too little energy movement is harmful and may cause stagnation, the overflow of it is also destructive and should be swept away from the place. Considering the micro-macro concept, the flow of chi as a life-giving quality is similar to the flow of blood or breath through the physical body. Therefore, any obstacle in the proper flow of it will lead to misery and pain (Oliver, 1997). When the earth chi is imbalanced, the effect of cosmic chi may lead to intense velocity making earthquakes, floods, typhoons or other climatic incidents. In the same way, any imbalance in the human chi may cause discomfort for the person as well as family disruptions and social problems. Therefore, maintaining the proper balance is a key to live a better life (Abram, 2008).

Similar to Vastu Shastra, Feng Shui believes that there are various forces that affect one's life. A Chinese proverb states that, "first comes destiny, and then comes luck. Third comes, Feng Shui which is followed by philanthropy and education" (Webster, 1998, p. XI). Following the idea, the roles of three dominant forces is conceivable; the first and most important factor is destiny which can be predicted by astrology, the second one is Feng Shui and the third is the sum of human action. Among the three, Feng Shui will be the focus of this research. The concept also denotes the impact of these three forces on each other. Therefore, recognizing the fact that, time, space and climate may create imbalance in all living beings, ancient Feng Shui masters created various rules and principles to neutralize such forces by blending the idea of "chi" with the Yin/Yang concept, the five elements theory and the use of "productive" and "domination" cycles, which will be

discussed later. It is believed that *'the chemical reactions among five elements and the interactions between chi, time and space'* have direct or indirect influences on life (Sang, 2002, p. 3).

The Aura and Acupuncture Points

Feng Shui applies the knowledge of subtle acupuncture points or chakras, that are energy vortices in the body, to attain the proper flow of energy or life force in buildings. It is believed that every house or building as a container together with all the objects inside has their own energy fields that interact with the energy body of the inhabitants, therefore making them get uplifted and full of energy or depleted. Furthermore, the energy field of every house may be affected by the emotional energies created by the previous settlers as well the history of the land. In fact, every thought or feeling impacts the energy field and the energy centres (Vitruvius & Morgan, 2005). So, it is highly recommended in traditional sciences of architecture including Feng Shui to cleanse and consecrate the house before settling in (Oliver, 1997).

These energy patterns affect the human aura and its energy centres to a certain degree. Chakras are basically energy centres with both physical and psychological functions. They work as power plants that provide energy or chi for different parts of the body to function at optimum level. Chakras also affect the character of a person by affecting the human glands (Sui, 2006).

Christopher Day, in his book "Places of the Soul" (2004) explains how various architectural elements affect the human glands and therefore influence the health of the occupants. Based on Day's investigations, different types of heating and lighting systems create a healthy or unhealthy effect on people. The light generated from a log fire creates a similar spectrum to sunlight and therefore it promotes health. Such light is also being considered warm, enjoyable and comfortable by people. On the other hand, forced-air central heating systems, often leave people with several health issues including dry throats, stuffy nose and lethargy. Natural light, compared to fluorescent light is also healthier and feels more alive and it all goes back to its life-enhancing quality, in a biological sense. 'Growth and other hormones are controlled by the pituitary, pineal and hypothalamus glands, and these are stimulated by light... *With such different effects on our well-being, it comes as no surprise that what feels better is better* (Day, 2004, p. 21).'

Since the glands are connected to the acupuncture points or chakras in human system, the effects of light, colours and other architectural elements on the body and psyche are being studied based on their influences on the chakras.

Besides light, colour is another crucial element that affects the health and mood of the inhabitants, simply by affecting human chakras, and as a result, the bodily glands.

Besides their personal influences on people, based on

their character, memories and subjective ideas, colours also have archetypal effects on the human body (Alexander, 2004; Day, 2004).

Different colours stimulate different chakras and glands on the body. For example, yellow affects the thyroid while blue affects the pituitary gland. Red influences the sexual and adrenal glands. That is why red increase the activity and vividness (Day, 2004).

Day (2004) after discussing the qualities of colours, states that *'Knowledge of this kind can be used to manipulate people and can also be used therapeutically. A home for maladjusted children in England had a swimming pool illuminated underwater making the children's splashing bodies appear coloured: red helps activate autistic children, encouraging them out of themselves into activity; blue calms down hyperactive ones, bring them more into themselves* (Day, 2004, p. 72).'

That is what Feng Shui has been trying to do for thousands of years: to create a therapeutic effect on the inhabitants based on their needs and the functions of each place.

By applying proper Feng Shui in designing a building, the human chi or energy field of the users can be increased, since every object in the environment has a constant interaction with human chakras. In Chinese medicine, the means to treat any physical or psychological ailment is made possible through manipulating the chakras. The knowledge of chakras therefore has been significant not only in architecture, but also in traditional medicine and acupuncture (Sui M. C., 2009) as seen in table 1.

Chakras Names	Traditional Chinese Acupuncture Points	Meanings of the Chinese Terms
Basic Chakra	DU (GV) 1	Abundance Strength
Sex Chakra	RN (CV) 2	Crooked Bone
Navel Chakra	RN (CV) 8	Divine Entrance
	RN (CV) 7	Intersection of Yin
Meng Mein Chakra	DU (GV) 4	Vital Gate
Spleen Chakra	SP 16	Abdomen of Depression
Front Solar Plexus Chakra	RN (CV) 16	Middle of Hall
	RN (CV) 15	Tail of the Dove
Back Solar Plexus Chakra	DU (GV) 9	Arrival of Yang
	DU (GV) 8	Tendon Retraction
Front Heart Chakra	RN (CV) 17	Centre of Senses
	RN (CV) 18	Hall of Jade
Back Heart Chakra	DU (GV) 11	Divine Path
	DU (GV) 10	Temple of Soul
Throat Chakra	RN (CV) 23	Foundation of Purity
Ajna Chakra	EX-HN 3	Hall of Impressions
Forehead Chakra	DU (GV) 24	Divine Temple
Crown Chakra	DU (GV) 20	Meeting of Hundreds of Paths

Table 1 Major Chakras and their Corresponding Acupuncture Points (Sui, 2006, p. 31)

3. Feng Shui Directions and the Controversies

Basically, there are nine directions on the Feng Shui compass representing the eight cardinal points and the center. In fact, nine is considered the number of perfections in Chinese philosophy. Nine is a multiple of three and three

is said to be a symbol of body, mind and spirit; all should be kept in balance in order to gain the optimum health. Three also may represent the concept of birth, death and rebirth. Nine is the dominant number in shaping the magic square since it forms a 3×3 grid system (Kynes, 2008).

In Chinese philosophy **north** is associated with prosperity and is suitable for placing the living room and working desks. **Northeast** is considered as life threatening and inauspicious as well as **northwest** which is believed to be an adversity direction. Northeast is believed to be suitable for storeroom, toilet or kitchen while northwest is proper to place the toilet only.

While **east** is connected with longevity and is auspicious, **west** is considered poor and the source of diseases and misfortune. Therefore, east is good for beds, bedrooms and dining room and west for toilet or the least used rooms.

South in Chinese Feng Shui is a controversial direction as there are conflicting ideas about auspiciousness and inauspiciousness of the south direction. A group of Feng Shui masters believe that **South** in China is ideal and auspicious and together with the **southeast** direction is considered as the best place for putting the main door. Thus, south besides being an ideal direction for placing the front door is considered suitable for storeroom or kitchen and southeast is good for religious altars and beds. However, another group believe that south is inauspicious and should not be used for the main door. Although controversial views are recorded regarding south, **southwest** is commonly believed to be the direction of the ghosts and is extremely inauspicious. Therefore, it is only suitable for storeroom or kitchen (Abram, 2008).

Since south in Vastu Shastra is also considered inauspicious, there is a higher probability that south is not an auspicious direction. In fact, the latter group who believe south is inauspicious argue that south in ancient China was an inauspicious direction while north was considered auspicious. However, because of the environment of China, which is often very cold, doors that were open towards the north direction would bring coldness and often cause flu and disease. Therefore, south later became auspicious (Gorgonia, 2008).

In Chinese rituals, the center is believed to be the place of the spirit, thus it is considered sacred. Since number five is also auspicious in Chinese geomancy, its associated number is five (Kynes, 2008).

Some modern views to Feng Shui, deriving the essence of the traditional practices, suggest a deeper view to the matter in which the direction we face towards is considered important. Therefore, regardless of placing the kitchen, the direction towards which people sit and have their breakfast or cook will be important due to the concept of auspiciousness (Barrett, Coolidge, & Steenburg, 2003).

In Feng Shui, an animal is also assigned to each direction including Green Dragon, White Tiger, Red Phoenix and Black Tortoise. Regarding the animal, there are controversial views as well.

In one school of thought, it is believed that the Black Tortoise represents the higher mountains in the site. The back of the house should be facing these higher mountains to create strength. The Green Dragon represents woodland area filled with tall trees and should be located at the side of the house. White Tiger represents hills that are not as tall as the Green Dragon and is also located at the side of the house. Red Phoenix should be big open area in front of the house, to let the free flow of Chi inside the building (Hanna, 2017).

In another viewpoint it is believed that if you stand inside the house, looking outside from the main door, Green Dragon will be on your left side, White Tiger on your right side, Black Tortoise at your back, and Red Phoenix at your front (Michael Y. MAK A. T., 2015). In this way, if the door is located at the south direction, west direction will represent the white tiger while the east direction represents the green dragon (Bhatt, 2013). However, if you locate the entrance door at the north direction, left will represent the green dragon while right will represent the white tiger (Bigcas, 2014). The data collection in this study aims at addressing this controversy.

These nine directional points are important elements used in shaping the theory of the eight trigrams (Koh, 2003).

4. Directions and the Human Chi

In this research 40 participants went through the experiments to measure and study the impact of sitting towards the main 4 directions for about 20 minutes on the aura and human chi. An online questionnaire prior to the tests, helped the researcher to evaluate their preferences towards different directions and their belief system. AcuGraph and Pranic Scanning were used as methods of measurement to examine and validate the effect of directions on people with various beliefs and backgrounds. Interviews with 3 Feng Shui Masters also helped the author to understand about directions and their effects further.

Personal Preferences / Questionnaire

In this section, the personal preferences and beliefs of the participants were studied through a questionnaire. The aim of this section was to examine if the subjective matters, religion and personal beliefs regarding Feng Shui and directions affect the intensity of the influences of directions on the human aura. Figure 1 summarizes the diversity of religions while Figure 2 summarizes the beliefs of the participants regarding the auspiciousness of directions.

AcuGraph Aura Examination

In this section, the result of AcuGraph and Pranic Scanning on the influences of orientation directions on the aura and human inner chi has been studied. The aim of this section is to examine if the directions generate similar results on the energy field of the participants regardless of their personal beliefs and preferences. The details of the experiments are shown in tables 2 to 5.

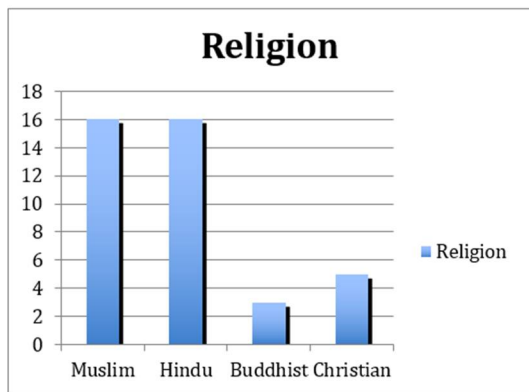


Figure 1 The Religious Beliefs of The Participants

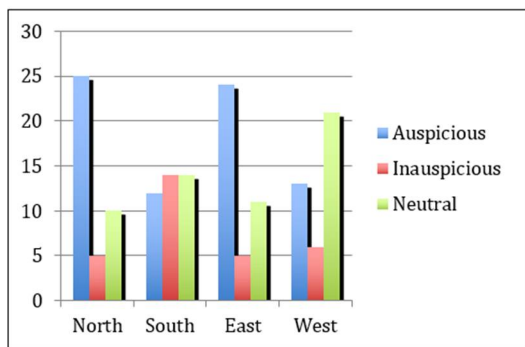


Figure 2 Percentage of Belief Regarding the Auspiciousness of Directions

In the experiments, mainly 3 groups of people were identified. The first group, composed of 77% of the participants, showed normal results as expected. The second group, composed of 10% of the participants, showed less impacts as expected, while the last group, about 13% of the participants, showed results higher than expectation.

In the AcuGraph tests, the green bars signify the meridians that are healthy and balanced. The red bars show congestion of energy. The blue bars show depletion of energy. The purple bars show imbalances of energy between the right and left sides of the body. The height of the bars shows the size of the aura in the meridian.

Pranic Scanning Aura Measurement

Pranic Scanning experiments have been carried out simultaneously with the AcuGraph Aura Examination by two different Pranic Healers to further validate the effect of directions on the aura and the chakras where similar results

were detected.

Tables 6 to 9 present a summary of the changes on the aura and chakras of all the participants before and after sitting towards the main four directions of Feng Shui

Table 2 The result of AcuGraph Examination Before & After Sitting towards the North

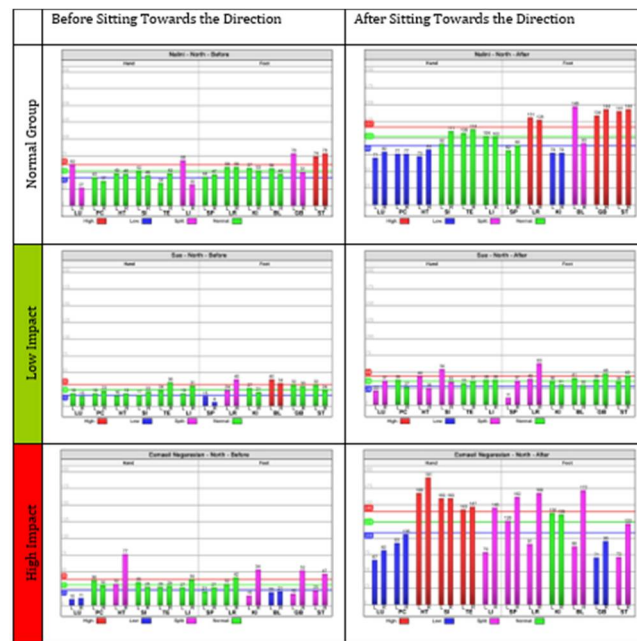


Table 3 The Result of AcuGraph Examination Before & After Sitting towards the South

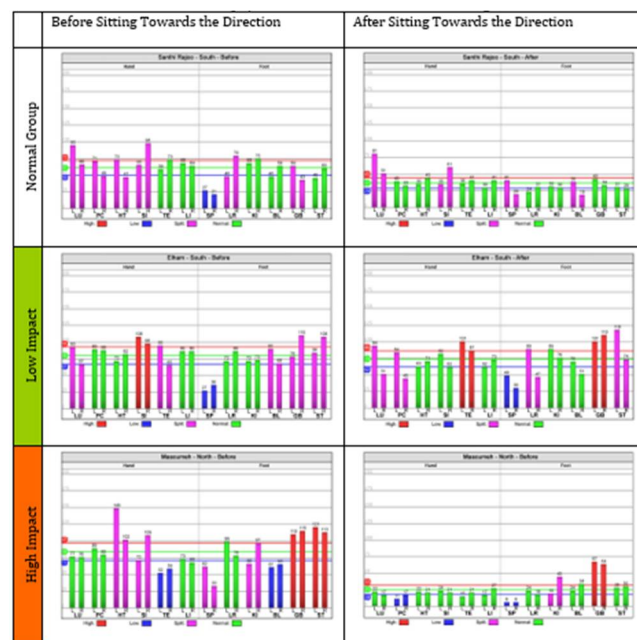


Table 4 The result of AcuGraph Examination Before & After Sitting towards the East

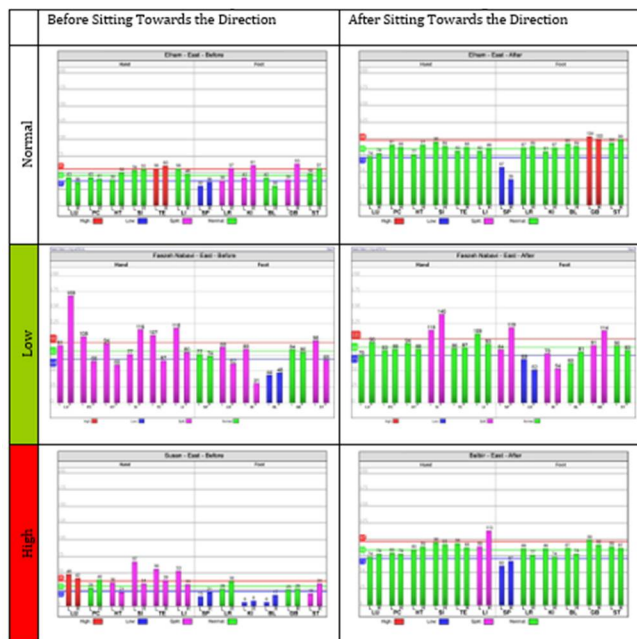
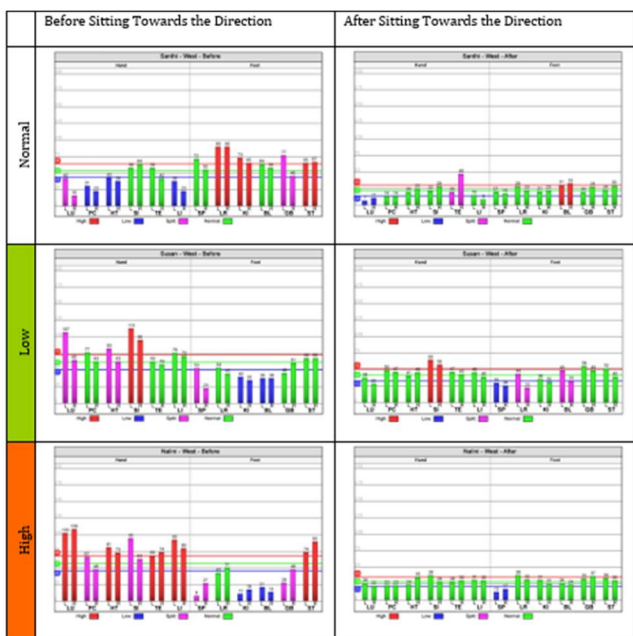


Table 5 The Result of AcuGraph Examination Before & After Sitting towards the West



Discussion

The result of experiments on 40 participants with various cultures, background and religion shows cardinal directions have impact on the size of the aura and activation level of the chakras and energy meridians. That is the reason why certain directions were considered auspicious

while others inauspicious. The result further shows that AcuGraph Aura Examination machine and Pranic Scanning have achieved rather same results.

Directions which increase the size of the aura have been considered auspicious, since based on complementary sciences including Pranic Healing, more Prana, Chi or energy is equivalent to improved health. *'Prana is the energy that keeps the body healthy and alive. Based on our observations and experiments, people with bigger energy body, tend to have a better physical and psychological health (Bhattacharyya, 2016).'*

Table 6 Summary of Pranic Scanning Before & After Sitting towards North

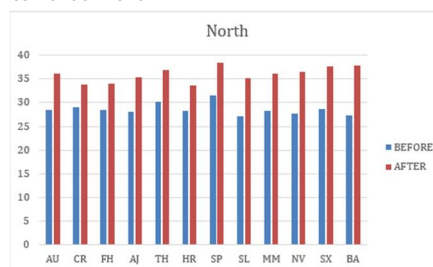


Table 7 Summary of Pranic Scanning Before & After Sitting towards South

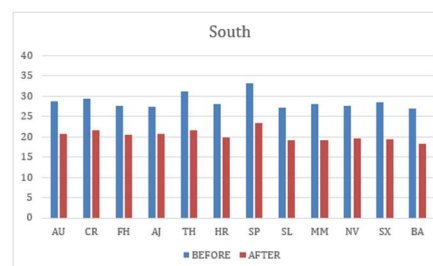


Table 8 Summary of Pranic Scanning Before & After Sitting towards East

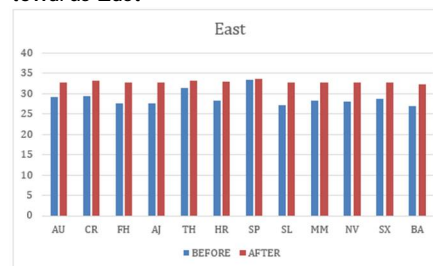
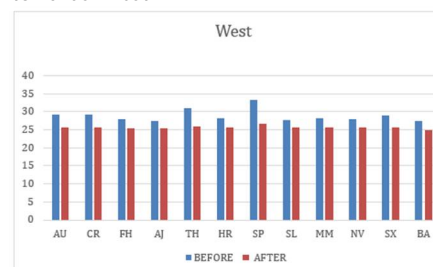


Table 9 Summary of Pranic Scanning Before & After Sitting towards West



4.1 Directions and Directional Energy

Based on the experiments, North direction increases the size of the aura substantially by average of 7 cm. The researcher has observed that previous knowledge in Feng Shui has not really affected the result of the tests, since the majority of the participants have experienced increase. However, the North direction does not create a balancing effect. Its effect is just activation and increased size.

'In Vastu Shastra (which is the Indian Feng Shui), the Lord connected to the North Direction is known as Lord Kubera, who is the Lord of wealth. In Pranic Healing we believe that from the North direction, a type of energy is emanated which is activating and strengthening. The colour of this energy is red. That is why Archangel Gabriel is shown in red and Lord Kubera is the Lord of Wealth. More energy is equivalent to abundance. That is the reason why sitting towards North tends to increase the size of the aura (Bhattacharyya, 2016). Photo of Lord Kubera is shown in figures 3.



Figure 3 Lord Kubera, the Lord of Wealth

Following the above pattern, if we consider the viewpoint of the Feng Shui Masters who believe north direction is auspicious and the main entrance should be located in the north direction, the Red Phoenix (figure 4) will be assigned to the north direction. This pattern validates the ideas regarding the lords of directions in Vastu Shastra which is believed to be the Indian Feng Shui.



Figure 4 Red Phoenix in Feng Shui

The observation further shows sitting towards North direction, activates the lower chakras more compared to the upper chakras. Astha Khurana (2016) explains that in

Pranic Healing, Red prana is used to activate the lower chakras of the body to strengthen the physical body, bones and muscles. (Khurana, 2016) In Pranic Psychotherapy, Master Choa Kok Sui describes the psychological functions of the chakras. The Basic Chakra is connected with wealth and abundance (Sui C. K., 2007).

East direction has increased the size of the aura to an extent by the average of 4 cm and it created a balancing effect on the chakras. That is why the East direction is also considered auspicious. According to Singh (2016), East direction is a spiritual direction. It balances the chakras and increases the size of the aura. That is the reason why meditations in Pranic Healing and other spiritual schools are mainly done towards the east direction (Singh, 2016).

'The color of energy coming from the East direction is violet, which has a higher vibration compared to red. So, it has strengthening effect on the upper chakras including the Crown chakra. The Crown chakra in Pranic Healing is the Centre for Divine Love and Intuition. Once it is activated, the person can experience higher levels of consciousness. (Bhattacharyya, 2016).'

According to Master Choa Kok Sui, the founder of Pranic Healing, the Crown chakra is also called the Centre for Buddhic Consciousness, since its activation leads to illumination. That is the reason behind auspiciousness of the East direction (Sui M. C., 2004).

The lord connected to the East direction is Lord Indra, shown in figure 5, and its planet in astrology is the Sun (Kumar, 2005).

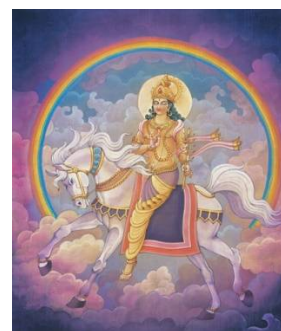


Figure 5 Lord Indra, the Lord of Rain and Growth

Following the pattern, if the entrance door is located at the north direction (Michael Y. MAK, 2015), White Tiger (figure 6) will be located on the right side, which will be the east direction.

According to ancient Chinese beliefs, white tiger is a very auspicious symbol because of its beneficial

characteristics (Dwivedi, 2001).



Figure 6 White Tiger in Feng Shui

The result of the experiments show that the West direction decreases the size of the aura by about 3 cm on average and therefore it has depleting effect on the body. However, it balances the chakras. Therefore, it has been considered inauspicious in Pranic Feng Shui but not as inauspicious as the South direction.

According to Bhattacharyya (2016), the West direction is for healing. However, because of its purifying effect it creates depletion (Bhattacharyya, 2016).

The color of energy coming from the West direction according to Master Choa Kok Sui is green prana. Green prana in Pranic Healing is used for cleansing and purifying the aura (Bhattacharyya, 2016).

The Archangel connected to the West direction is Archangel Rafael who is in charge of healing (Prophet, 1998). The Lord connected to West direction in Vastu Shastra is Lord Varuna who is the lord of water, shown in figure 7 (Kumar, 2005).



Figure 7 Lord Varuna, the Lord of Water and Purification

If the entrance is located in the north direction, the left side of the building represents the Green Dragon (figure 8). In this way the Green Dragon will represent the west direction, which is similar to the ideas presented above, including Vastu Shastra.



Figure 8 Green Dragon in Feng Shui

The experiments show that the South direction decreases the size of the aura by about 8 cm on average and does not create balancing effect on the chakras. In Pranic Feng Shui, the South direction is the most inauspicious direction among the main 4 directions. The reason should be the depleting effects it creates on the aura.

According to Khurana (2016), the South direction in Pranic Feng Shui is very depleting and can severely affect the health of the body. When the aura becomes depleted, the physical body becomes weak and immunity gets lower therefore it becomes susceptible to disease (Khurana, 2016).

From the South direction, orange color energy flows (Bhattacharyya, 2016). Therefore, it is very depleting. Orange in Pranic Healing is used for deeper cleansing and it is not safe to be used on the upper chakras (Sui, 2009). The Lord connected to the South direction is Lord Yama who is the Lord of Death, shown in figure 9 (Kumar, 2005).



Figure 9 Lord Yama, the Lord of Death

Following the above pattern, the south direction will be associated with the Black Tortoise (figure 10). In Indian Vastu Shastra, south direction is the direction of death. That might be the reason why the tortoise is depicted in black color.



Figure 10 Black Tortoise in Feng Shui

As experiments validate, the knowledge of directions are not entirely myth and superstition, but it is highly related to the knowledge of the aura and human chi. Complementary sciences such as Pranic Healing and Cameras such as AcuGraph can validate the science behind Feng Shui and Vastu Shastra and their guidelines related to the directions. As shown in table 10 the colors of directions and their functions discussed in Pranic Healing share many similarities with the Lords of Directions in various cultures.

Table 10 Colors and Directions in Pranic Healing (Author based on (Sui M. C., 2009)

Direction	Color	Property
North	Red	Activating
East	Violet	Enlightening
West	Green	Purifying
South	Orange	Depleting

The idea of directional energy can further be interpreted as the interaction between the celestial and terrestrial forces. *'East-West forces are the terrestrial forces that work upon man in his life from his birth (East) to his death (West); North-South forces are the celestial forces that confront man with the values of heavenly affairs (North) and the nether-world (South)'* (Prijotomo, 1992, p. 31). In this way the cardinal directions and the vertical axis will be the combination of dual order systems while their centers coincide, making a central vertical axis.

In fact, the cardinal directions symbolize the contrasting and confronting forces of the universe, which will reach unity in the realm of the infinite (or the supreme God), and center is the symbol of such realm. The characteristics of the directions can be shown as in table 11.

Table 11 Directions and Their Characteristics (Author based on (Prijotomo, 1992), (Ardalan & Bakhtiar, 1979), (Minorsky, 1971))

The Direction	E	SE	S	SW	W	NW	N	NE	Centre
Auspicious/ Inauspicious / Neutral	Aus	Neu	Aus	Inaus/ Aus after Islam	Inaus	Aus	Aus	Aus	Aus
Symbol	Birth	Death			Nether world	Heaven		Divine	

Apart from the symbolic beliefs, categorization of the auspicious and inauspicious directions was also based on the concepts of the sunrays and the earth's magnetic poles. The result of AcuGraph and Pranic Scanning, further prove that the impacts of directions on the aura are independent from personal preferences and beliefs of the participants.

Although the researcher was expecting to observe greater impact on the participants who had prior knowledge regarding Feng Shui and preconceived ideas about the directions, the results and interviews showed no connection between the beliefs and the results of the tests. Therefore, as Alexander (1979), Day (2004) and Salingaros (1995) have suggested in their studies, the impact of architectural forms, colors and directions are objective and affect the users regardless of their beliefs and preferences. Based on the experiments, the auspiciousness of directions

discussed in Pranic Feng Shui is validated. A summary of the results of the experiments is shown in table 12.

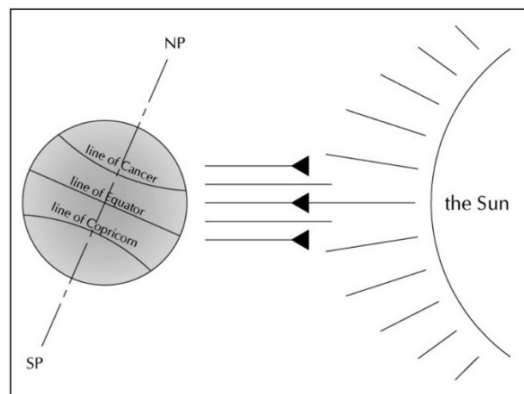
Table 12 Summary of the Auspiciousness of Directions and The Reason behind Their Auspiciousness based on The Experiments

Direction	Auspiciousness Pranic Feng Shui	The Result of the Experiments
North	Auspicious	Increases the size of the aura, activates the lower chakras, strengthens the body
South	Inauspicious	Decreases the size of the aura, depletes the body, causes fatigue and weakness
East	Auspicious	Increases the size of the aura to an extent, balances the chakras, activates the upper chakras
West	Inauspicious	Decreases the size of the aura to an extent, balances the chakras, purifies the aura

4.2. Directions and Environment

Besides the concept of directional energy that is derived from Feng Shui directions, spatial and axial order is another concept that is connected with environmental studies. Axial order refers to the orientation of the plan and its features. Such axial order is the composition of two different axes: horizontal and vertical axes from which the horizontal axis refers to the concept of eight directions and the vertical axis denotes the importance of "centre above" as discussed in Feng Shui (Taghvayi, 2007).

Directions and The Sunrays. Sun rises from the east, passes through the south and sets in the west. However due to the 23.5° inclination of the earth from its vertical axis, as shown in figure 11, the east is not the first direction that receives the sun rays; it is northeast. The same application can be applied to the cardinal west. Hence if we draw an imaginary line from northeast to southwest, shown in figure 12, the southern half will be the light zone with more heat while the northern half is the dark zone with less heat. In this case the southeast which is in the middle of the light zone will have the natural light throughout the day (Kumar, 2005).



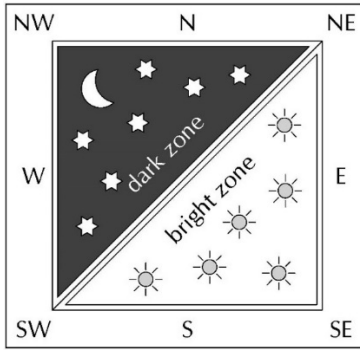


Figure 11 The Inclination of The Earth from Its Vertical Axis (Author based on (Kumar, 2005))

Figure 12 The Pattern of Bright and Dark Zones (Author based on (Kumar, 2005))

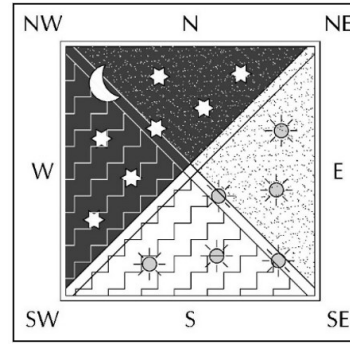


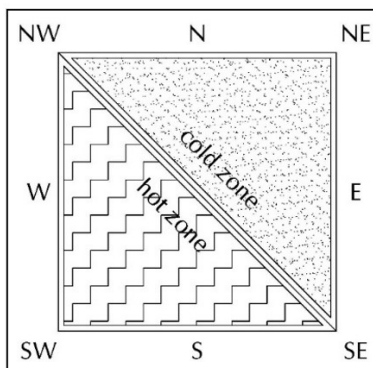
Figure 13 The Pattern of Cold and Hot Zones (Author based on (Kumar, 2005))

Figure 14 Overlapping of the 2 Diagrams (Author based on (Kumar, 2005))

Sunrays consist of visible white light together with invisible infrared and ultraviolet rays. Approximately from 6 am the effects of infrared rays start, which are beneficial to human health and has purifying effects. From 11 am to 3 pm the effect of ultraviolet rays will be very high, which is harmful for the body. From 3 pm until the sunset the effect of infrared rays manifested as heat quality will increase (Vastu Facts, 2009).

Morning rays of the sun are naturally cool and gradually the rays become hotter. Sun is at its hottest during the afternoon hours while passing through the southwest. That is why south and southwest are considered inauspicious.

By drawing an imaginary line from northwest to southeast, shown in figure 13, the hot and cold zones can be pointed. In this case, the sector points are the best places for activities requiring balanced heat. Northeast in the middle of the cold zone is appropriate activities that require less heat such as meditation while the southwest as the hottest and most destructive corner is used for activities that require heat. In India since the southwest was often too hot for any activity, southwest direction was reserved as armory to keep weapons (Kumar, 2005). However, in China, because of cold weather and winds, southwest was considered an auspicious spot in the building. The sum of bright-dark zones and hot-cold zones are shown in figure 14.

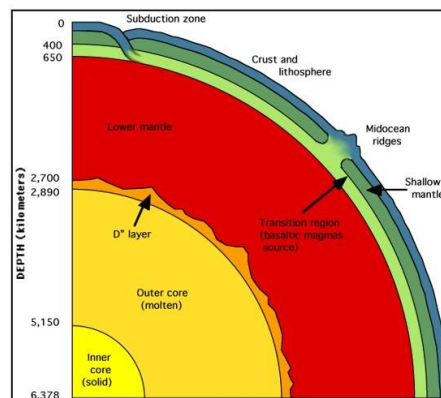


4.3. Directions and The Magnetic Poles

Although sunrays used to play an important role in the placement of rooms inside the house, magnetic poles were considered more important in determining the auspiciousness of directions and deciding the direction towards which the main doors and windows should be opened. Pranic Feng Shui has also been using this knowledge to propose the auspicious directions. In Pranic Feng Shui the auspiciousness of directions is not dependent on the environment or hemisphere, but is fixed and is connected to the magnetic poles of earth.

'When a magnetic needle is suspended freely, free from any outer influence, it ends rest along north-south direction of the earth's magnetic field,' which proves the existence of magnetic energy field of the earth (Kumar, 2005, p. 27).

The earth is composed of a metallic inner core with the size as the moon, shown in figure 15. The temperature of this metallic core is equal to the temperature of the sun's surface and this heat in fact causes churning in the liquid outer core of the earth. In this case, the rotation of the earth, which transforms into a whirlpool of liquid, swirling around the earth's axis, converts the planet into a geodynamo, figure 16 (Strobel, 2008).



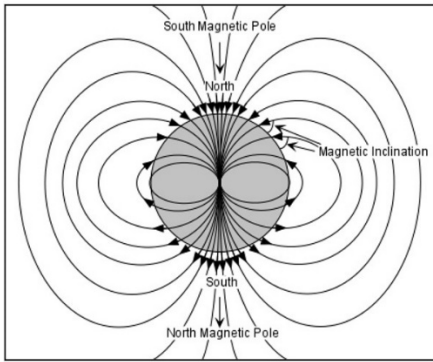


Figure 15 The Solid and Liquid Cores of Planet Earth (ifa.hawaii.edu)

Figure 16 The Magnetic Poles and The Creation of Energy Field Around Earth (earthsci.org)

In fact, earth has two magnetic poles which based on the compass seem to be steady; whereas in reality they are mobile. Ephemeral undulations, known as micro-pulsations, ripple about the ionosphere and produce magnetic disturbances capable of reaching the ground level, which are common, and at the same time hard to detect (Strobel, 2008).

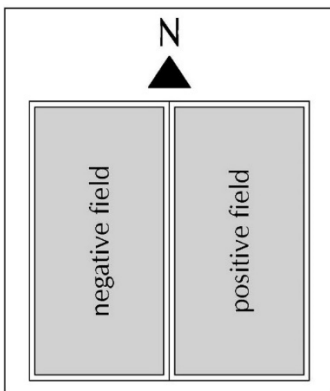
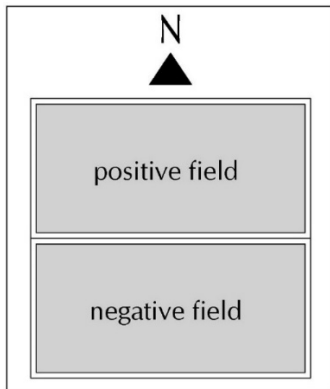


Figure 17 Energy Filed, North – South (Author based on (Kumar, 2005))

Figure 18 Energy Filed, East – West (Author based on (Kumar, 2005))

The north magnetic pole is next to the south geographical direction while the south magnetic pole is near the north geographical direction. The force lines of this magnetic field travel from the north magnetic pole to the south magnetic pole. Scientifically this will provide the north geographical direction with antibiotic properties, which can control infection. Thus, north direction is served as the purifying direction while the south direction, has energy giving properties. Therefore, while the northern half of the plot is full of positive magnetic rays, as shown in figures 17 to 20, the southern part will be empty or depleted. The manifestation of such phenomenon basically has been used to decide the auspiciousness of the directions in Pranic Feng Shui, as well as Indian Vastu Shastra, and their appropriate functions (Kumar, 2005).

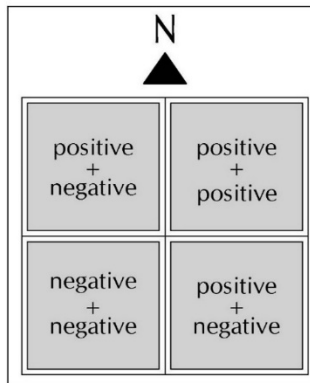
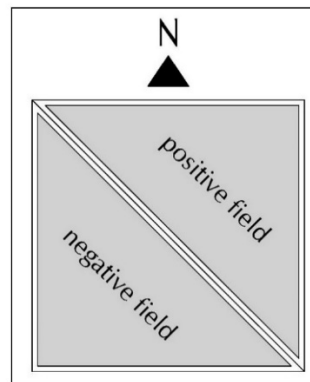


Figure 19 Energy Field, Northeast – Southwest (Author based on (Kumar, 2005))

Figure 20 Overlapping the Positive & Negative Areas (Author based on (Kumar, 2005))

To sum up, the auspicious directions in Pranic Feng Shui are North, East and Northwest while the inauspicious directions are Southwest, South and West. Although Northeast is auspicious but it can be too strong for some people and therefore it is not recommended to use in general, and Southeast is neutral and mainly good for yogis or people on the spiritual path who just want to pursue spirituality, as it tends to affect the prosperity level and the material life (Gorgonia, 2008).

In this case we can conclude that the concept of Feng Shui directions not only have cultural and spiritual

significance but also provide means of using the environments to create places compatible with human comfort.

5. Design Proposals

From the concept of the auspiciousness of directions a set of guidelines can be derived that can guide the architects in the process of planning and design.

Orientation of the Plan:

Traditionally it was believed that the building should face the proper directions. In this way, the building is best to be stretched towards the auspicious directions, with the doors and windows open towards the auspicious directions, to receive the maximum benefit from the auspicious directions as shown in figures 21 and 22.

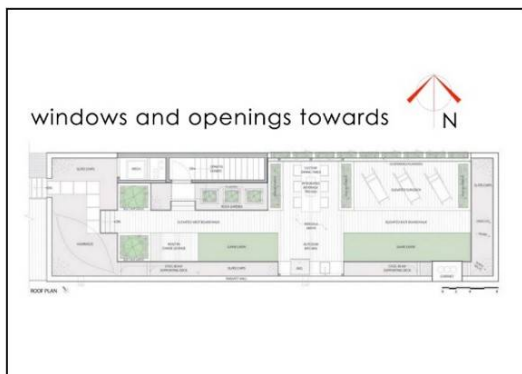


Figure 21 Plan of the House with the Openings towards North (Author)

Figure 22 Plan of the House with the Openings towards East (Author)

Placement of the Building on the Slope:

Since the positive energy flows from north to south and east to west, the best placement of the building on a slope can be proposed as north-facing or east-facing (shown in figures 23 and 24).

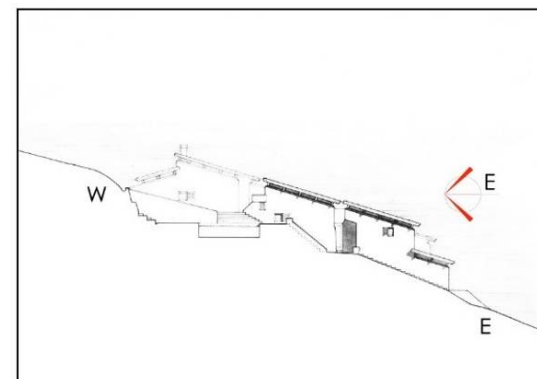
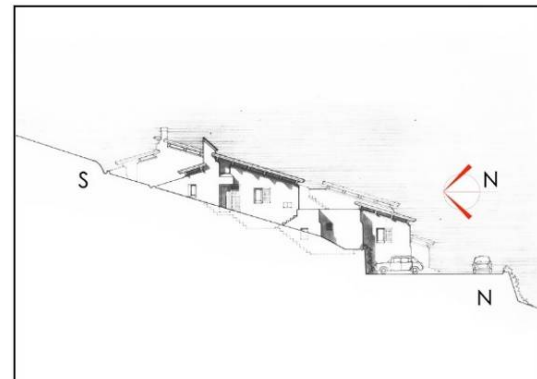


Figure 23 Building on a North-Facing Slope (Author)

Figure 24 Building on an East-Facing Slope (Author)

This placement allows more positive energy to flow inside the building.

This idea validates the pattern of directional animals in Feng Shui. Following the pattern, in an ideal site, the highest mountains should be located at the south direction, represented by Black Tortoise (since the south direction is the most inauspicious direction), while north direction should be open, represented by Red Phoenix, (since the north direction is the most auspicious direction). West direction, representing the Green Dragon, should be higher than the east direction, representing the White Tiger.

Placement of the Openings:

The main door is one of the most important features of the building in Feng Shui and is considered as the mouth of the building. Therefore, the direction towards which the entrance door is opened is very significant. Based on the results of the tests, the favorable directions for the door to open towards is north, east and northwest, shown in figures 25 and 26.

Placement of the Furniture:

In Feng Shui, the direction towards which the furniture is faced are also important as shown in figures 27 and 28. It

is believed that the best direction to place the sofa and desk is towards the auspicious directions including north and east. In this way, the person receives the positive energies while sitting or doing work.



Figure 25 Building with A Door towards North (Author)

Figure 26 Building with A Door towards East (Author)

Sleeping with the head towards the auspicious directions is also crucial. In this way by just applying a small change on the placement of the furniture inside the house, the occupants can receive the beneficial effects of the directions and improve their health and well-being.

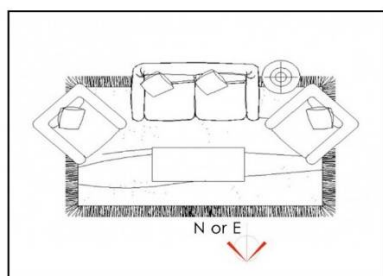
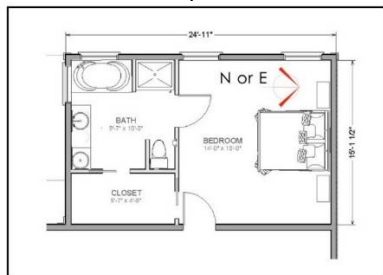


Figure 27 Building Bed Towards North or East (Author)

Figure 28 Sofa Position Towards North or East (Author)

6. Conclusion

To summarize, there is a clear connection between the auspiciousness of directions and the impacts they create on the human aura. The auspicious directions are the ones that increase the size of the aura and improve the energy field around the body.

The directions that cause weakness and fatigue by decreasing the energy of the body have been considered inauspicious.

In this way the knowledge of Feng Shui can help architects and designers to build places that not only consider the environment and physical comfort, but also the other important factors that have been important parts of traditional architecture. Although these forces may not be seen with naked eyes but they can be measured with the help of instruments including AcuGraph.

The results further shows that the impact of the directions on the human chi is objective and is not affected by subjective matters. In this way the controversy among the Feng Shui masters in determining the auspicious directions is resolved.

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