

## Planning Key to Vitality

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Ancient practice helps people integrate wellness and direction.

by Michael Power

Still single at 34?

Feeling tired or can't shake an illness? Changing your sleep direction may be just the thing. That's according to feng shui (pronounced fung shway), an ancient Chinese practice that puts emphasis on arrangement of space to get harmony with your environment. Feng Shui translates from Chinese to wind and water.

Although the system originated in China, it is practiced today throughout Asia, as well as other part of the world'. Which animal you display to attract a mate depends on the year you were born. For example, those born in the year of the boar, such as 1971, should display a rat.

"As for that illness that's bothering you, sleeping in a way that corresponds to your 'auspicious direction' can help improve health and fight fatigue," said Dee Johl, co-owner of World of Feng Shui, a store that opened in Vaughan in May. Getting your sleep direction right can also improve other areas of your life, she noted.

"Another way to use feng shui to deal with illness is putting a small urn-like object-called a wu lou – beside your bed," Ms Johl said. "The wu lou is shaped like a gound and its length represents longevity and health. The notion behind the practice is the wu lou traps and dissolves whatever is ailing you."



Ms Johl and her business partner, Dolly Sidhu, also perform feng shui consultancy. The pair goes to your home and suggests changes to improve your health, wealth, personal growth and family relations. The

partners insist that feng shui is about more than just re-arranging furniture. And it isn't religious or spiritual.

"It's the art of living and you can see and feel the difference," Ms Johl said. "For example, placing your bed under a beam can release energy that can negatively affect your health. The same goes for sleeping under a slanted ceiling or with your head toward, the window or feet toward the door."

"Also, where health is concerned, don't put water features or live plants in your bedroom. It's also important for those interested in the practice to remember not to try to change too much at once. Incorporating principles step-by-step makes the process easier."

Still finding yourself lacking faith in feng shui? The pair's advice is to learn more before giving the practice short shrift. Their store has many books related to the practice. "You have to experience it in order to put a stamp on it and say yes, it works," she said.