

Energetic Profile

Your personal chart follows on the next pages. To help you understand your chart, it may be useful to have some general background on the use of this information.

Just as **Feng Shui** provides energetic information about a place (house, business, etc.) personal charts can provide information about an individual. Feng Shui is about the energetics of place (space). A personal energetic profile is more about the energetics of time and the phases that energy goes through over time.

The following pages include your basic chart details based on time of birth and a general interpretation based on the chart.

The chart provides the energetic details from two methods: **Four Pillars** and **Nine Palace Qi**. The interpretation is general in nature and is only based on the chart. Much more insight can be obtained by combining this chart information with a personal history and assessment.

In both the Four Pillar and the Nine Palace process, the energetic aspects of your birth year, month, day, and time are used to develop an energetic profile. It is important to keep the resulting information in perspective. I believe that no profile can express everything about an individual. However, my experiences have shown that the information from these profiles can provide pieces of insight which, combined with other relevant information, may improve understanding of a person.

Different people and systems emphasize different aspects of the chart. The result is that there can be various interpretations. The interpretations included with this profile are general and can be combined with other life information to provide a more detailed energetic picture.

Specifically, I utilize the Four Pillars to identify strengths and weaknesses in the energetic constitution and the organ systems. I utilize the Nine Palace information to look for energetic tendencies in personality, character, and emotions. This information is not absolute, but may provide insight into the foundation, or context in which the rest of our lives revolve around. Taken together, these pieces of information may provide the insight necessary to allow us to work more in harmony with our own 'natural way.'

I have found the resulting information particularly useful when working with individuals on constitutional issues of strengths and weaknesses.

When reading your chart and interpretation, it will be helpful to know a little bit about the **Five Elements**. The Chinese have used the Five Element system as a way of describing different types of energy and the natural processes those energies cycle through. Specifically, we will use the **Nourishing** cycle which is:

Earth nourishes Metal

Metal nourishes Water

Water nourishes Wood

Wood nourishes Fire

Fire nourishes Earth

and the cycle continues....(see diagram 1).

The Nourishing process is used when one element is weak. For example, if the Metal element is weak, we focus on strengthening the Earth element, which then nourishes the Metal element.

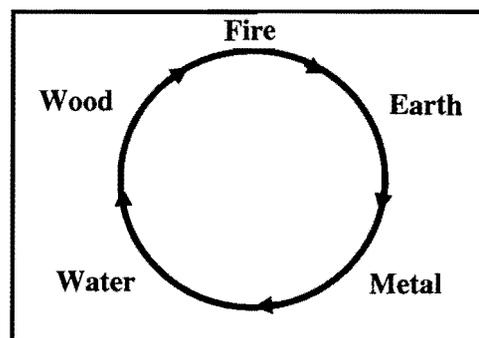


Diagram 1: Five Element Nourish Cycle

(cont'd on back)

There is another process within the Five Elements called the **Control** cycle. Just as one element nourishes another, each element also acts to control another element, so that it does not get excessive. Thus:

Earth controls Water

Water controls Fire

Fire controls Metal

Metal controls Wood

Wood controls Earth

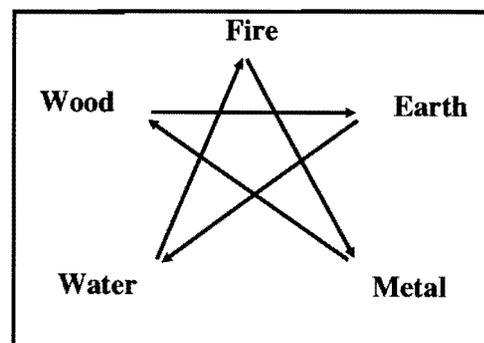


Diagram 2: Five Element Control Cycle

and the cycle continues....(see diagram 2).

Taken together the nourishing and control cycles act to maintain balance between the elements (see diagram 3). This reflects as a balance for the person in their lives, bodies, and health. In your chart, you will see references to the Five Elements and specific suggestions on which elements need to be nourished or controlled.

The Nine Palaces take the basic idea of the Five Elements and expands it to include various levels and strengths of each element. The associations to the Nine Palace numbers are listed in diagram 4.

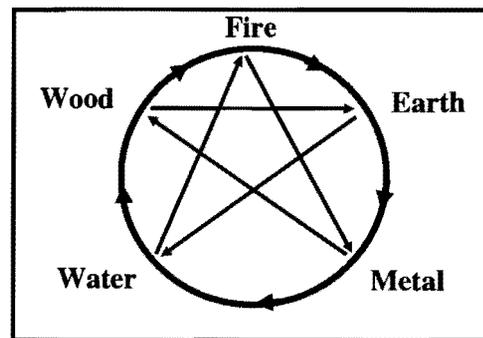


Diagram 3: Five Element Nourish & Control Cycles

After you have read your personal energetic profile you may find it helpful to consult with a knowledgeable practitioner to explore more details and methods of addressing strengths and weaknesses. You may also want to refer to some books for specific information. Recommended books are listed below.

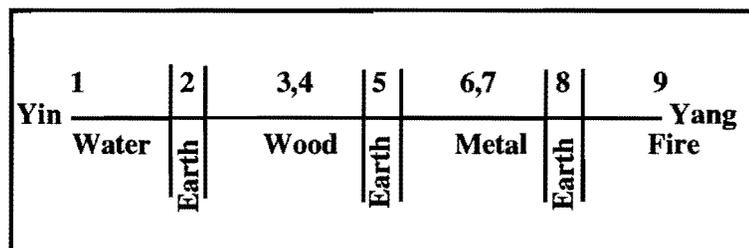


Diagram 4: 9 Palaces from yin to yang

Book References:

Self Massage

Chi Self Massage by Mantak Chia

Chi Nei Tsang: Internal Organs Chi Massage by Mantak Chia

Attune Your Body with Dao In by Hua-Ching Ni

Meditation

Transform Stress into Vitality: The Inner Smile & Six

Healing Sounds by Mantak Chia

Awaken Healing Light by Mantak Chia

Exercise

The Inner Structure of Tai Chi by Mantak Chia

Strength from Movement: Mastering Chi by Hua-Ching Ni

Diet

Healing with Whole Foods by Paul Pitchford

Chinese System of Food Cures by Henry Lu

The Tao of Healthy Eating by Bob Flaws

Feng Shui

(basic) *Interior Design with Feng Shui* by Sarah Rossbach

(advanced) *Feng Shui* by Eva Wong

Four Pillars

Personalize Your Feng Shui by Evelyn Lip

Ming Li Tong Shu Date Book by Robert Fenwick

Nine Palace Qi

Feng Shui Astrology by Jon Sandifer

Complete Guide to Nine Star Ki by Bob Sachs

Five Elements

Five Elements and Ten Stems by Kiiko Matsumoto

Between Heaven and Earth by Harriet Beinfield

Taoist Philosophy

I Ching (Book of Changes) by Richard Wilhelm

Tao Te Ching by Lao Tsu

Tao, Subtle Universal Law by Hua-Ching Ni