



# Balancing your Chi energy

*City Times* meets with internationally certified Feng Shui consultant and lecturer Proshat Sarablou who will be conducting a Feng Shui workshop on 1st and 2nd of June

does it have to include the outside environment like the garden for example? We have Feng Shui for inside and Feng Shui for landscape (outside)

**So it can work separately or together?**

If you have both, you can apply to both, so you will have better energy, you will receive all the positive energy. But if you cannot activate both, if you are living in the apartment for example, you can just bring the Feng Shui in the apartment.

**How can it help bring harmony and happiness in to ones life?**

The concept is that by arranging the furniture, colour, direction and not by hanging superstitious ornament such as crystals, or Chinese statues and accessories.

**But scientifically how can you translate how Feng Shui works?**

In Feng Shui, we are always talking about energy. So we have two kinds of energy, positive and negative. Positive energy is like energy in any material, we do believe it. Anything that exists in this world carries energy. There is another energy, like invisible energy, like antibodies

about our feelings, so if you walk in to a place and you feel depressed or you cant sleep very well at night or you don't like to work in a certain place, that is negative energy, so you feel this kind of negative energy from your own emotions, you don't feel relaxed or cannot feel comfortable, then there is something bothering you.

**Is it from the person as well as the environment?**

It affects both, but you can fix your emotions when you fix your environment. So you can arrange your environment in a way so that when you walk in you have the positive energy, you are quiet, calm and ok with everything.

**In the workshop you will be teaching the five element theory, what does that mean?**

In nature we have 5 elements, which are water, wood, metal, earth and fire. And this is how you bring the balance in the environment that you are living in. It doesn't matter if you apply it in your garden, in your house, in the office, you should have to balance between all these 5 elements. So when you have the balance you feel alright. Now when I say water, it doesn't mean that

in to play. So today the mountain behind is the higher building behind your building, and the roads is the symbol of the river now, so the way the cars are driving is like the water moving.

**What about the importance of colours, are there specific colours for attracting positive energy, harmony etc.?**

Every person has their lucky colour, and each element is represented by a colour. Actually when I do Feng Shui consultancy, I can calculate from a person's birthday their Feng Shui number and element from which I can find their colour.

You have also conducted several seminars and workshops worldwide and integrated Feng Shui in to business modules where you succeeded in helping CEOs, directors and real estate consultants by increasing success and revenue within work environments. Can you tell us more about that? Feng Shui can help everyone. If you use Feng Shui in the house it can increase prosperity, improve physical and mental health and can support in communication, inspire

consultant and lecturer Proshat Sarablou

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this Chinese philosophy and how it all works, read on to find out more.

Most people have a basic understanding of this 3,000 year old concept, that it is the Chinese art of positioning objects in buildings and other places based on the belief in positive and negative effects of the patterns of yin and yang and the flow of chi, the vital force or energy inherent in all

TO be a path to y, success and energy, this Chinese art of Feng Shui, called feng shui, translates to mean water, is an science and art that since one's things as well as ergy and well being