

The Essence of Feng Shui: Balancing Your Body, Home, and Life with Fragrance

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THE ESSENCE OF FENG SHUI

"Jami Lin clearly focuses on how fragrance brings harmony to one's body, family, society, and life. I highly recommend The Essence of Feng Shui as a way to share the ultimate pleasure of scent to inspire seekers to attain knowledge, fortune, pure heart, and good karma."

— Feng Shui Grand Master Lin Yun

"Jami's work in using aromatherapy in the creation of good Feng Shui is fascinating....The book itself reflects her refreshing enthusiasm and vibrant personality."

- Lillian Too, international Feng Shui expert/author











Everybody wants to smell good and have a beautiful, nurturing home, right? Well, throughout her many years of experience as a Feng Shui expert and interior designer, Jami Lin discovered that fragrance can be a delicious and purposeful tool for personal expansion, as it is tied to interpretations of the cosmos that were presented to us by ancient Earth peoples. In this fascinating book, Jami brings us their most sacred universal teachings, which include the integration of ceremonial fragrance to maximize spiritual growth and individual potential.

As you read through this uniquely informative work, you'll learn:

- how essential oils energize your body and home for greater health, wealth, and happiness;
- how to effectively use the energy centers of your body (the Chakras) and home (the Feng Shui Bagua);
- how to incorporate "sage-old" Kabbalistic, Indian, and Chinese wisdom in your Feng Shui experience; and
- how to use fragrance everywhere to expand consciousness, reduce limiting fears, and enhance all of life's possibilities!

It makes good scents for your body and home to smell good.

Spritz away—it's that simple!



Jami Lin is an internationally renowned lecturer and consultant on Feng Shui who has authored two other favorably reviewed Feng Shui books: The Feng Shui Anthology: Contemporary Earth Design, and Feng Shui Today: Earth Design the Added Dimension, as well as creating an exciting how-to video, Feng Shui Today: Enrich Your Life by Design, noted as "the industry's finest." A graduate of the University of Florida School of Architecture with over 20 years'

interior designer, Jami has pioneered the transformation of Feng Shui into an approachable tool for mainstream use. Her firm, EarthDesign,™ integrates interior design and self-development, bringing Feng Shui home to the spirit.

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experience as a corporate and residential



Please visit the Hay House Website at: www.hayhouse.com and lami Lin's Website at: www.gate.net/~earthdes

Cover Design: Jenny Richards and Paul M. Kane

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The top: The two characters under the three marks call upon all Buddhas and deities to bestow their blessing and protection; the three check marks above are to empower the Charm. Inside the Charm are "The Five Thunders," which act as guardians; "The Bagua," defining everything in the universe that symbolizes the blessing of all aspects of one's life reinforced with the "Six-Syllable Mantra"; and the "Tracing the Nine Star Path" at the bottom, which symbolizes the infinite power of this charm.

Right side (circles) of the Charm: Grandmaster Lin Yun wrote the six faculties in the circles—they are eye, ear, nose, tongue, body, and mind.

Left side (**circles**): Indicate the six phenomena produced by the above faculties. They are visible form, sound, odor, taste, tangible things, and conceptions or thoughts.

Far left: Grandmaster Lin Yun signed off this calligraphy by stating that it was written after bathing, burning incense, and performing the purification ceremony. The Charm was drawn with great respect at my disciple Crystal Chu's "Purple Rainbow" sacred space.

Far right: This Charm was drawn in red cinnabar ink on the day of the May Festival of the year of the Tiger (1998). It was reinforced with numerous mantras to bless Jami Lin, the publisher, and the readers, along with their whole families, with happiness and longevity; to draw in fortune, to enhance wisdom, to expel sickness, and to guard them with safety and peacefulness.

(Translated by Frances Li)

Lin Yun, a worldwide leading authority on Feng Shui, and an I Ching scholar, is the founder and spiritual leader of Contemporary Black Sect Tantric Buddhism. He can be reached at the Yun Lin Temple, 2959 Russell Street, Berkeley, California 94705 • 510-841-2347 • Fax: 510-548-2621



ESSENCE OF FENG SHUI

Also by Jami Lin

Jami Lin pioneered the transformation of Feng Shui by integrating practical interior decorating, and self-development to bring EarthDesign™ home to the spirit.

BOOKS

Feng Shui Today: Earth Design the Added Dimension—Deepak Chopra's review describes this book best...[Professional interior designer and Feng Shui expert] "draws from sacred architecture, geomancy, astrology, and the organic approaches of visionary architects. Jami presents practical and inexpensive ideas to bring harmony to your surroundings in a book that goes far beyond Feng Shui." (EarthDesign, Inc: Literary Division, 1995, ISBN: 0-9643060-9-3.)

Feng Shui Anthology: Contemporary Earth Design—Jami gathered the industry's most knowledgeable Feng Shui specialists to provide you with all of their knowledge, along with their practical and easy-to-follow ideas. Feng Shui Grand Master Lin Yun's words are accurate, "nothing is left out," as The Anthology includes Feng Shui Basics, Feng Shui Schools, Architecture and Landscape, Decorative Feng Shui, Feng Shui for the Healthy Body, Feng Shui for the Healthy Home, Feng Shui for the Spirit, and The Divine Plan. (EarthDesign, Inc: Literary Division, 1997, ISBN: 0-9643060-9-5.)

VIDEO

Feng Shui Today: Enrich Your Life by Design—Fast and fun, this video, "heralded as the finest in the industry," is jam-packed with Feng Shui tips through practical, inexpensive, and easy-to-follow interior decorating ideas. It is produced and directed by a multi–Emmy Award—winning team. (BC Productions and EarthDesign, Inc: Literary Division, 1997, ISBN: 0-9643060-6-9.)

MUSIC

Sound Chi: Feng Shui Music to Heal the Home and Spirit, by Steven Halpern, internationally acclaimed visionary recording artist; and by Jami Lin.

ESSENTIAL OILS

Feng Shui Essentials™ Jami Lin: Chakra/Bagua Blends™—
The perfect complement to balance your body and your home.
Created with finest quality, 100 percent pure essential oils, hand-bottled with love based upon the mind-body-spiritual energetics of the Chakras and the Feng Shui/Bagua. (EarthDesign, Inc., 1-800-EarthDesign.)

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Please visit Jami Lin's EarthDesign Website at: www.gate.net/~earthdes



ESSENCE OF FENG SHUI

Balancing Your Body, Home, and Life with Fragrance

JAMI LIN



Hay House, Inc. Carlsbad, California • Sydney, Australia Copyright © 1998 by Jami Lin

Published and distributed in the United States by: Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (800) 654-5126 • (800) 650-5115 (fax)

Edited by: Jill Kramer • Designed by: Jenny Richards Interior Artwork: Paul Kane, Ardis Heiman, and Jami Lin

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Library of Congress Cataloging-in-Publication Data

Lin, Jami.

The essence of Feng Shui : balancing your body, home, and life with fragrance / Jami Lin.

p. cm. ISBN 1-56170-567-5 (pbk.)

1. Feng-shui. 2. Essences and essential oils—Miscellanea.

3. Odors—Miscellanea. I. Title.

BF1779.F4L5715 1998

133.3'337-dc21

98-17035

CIP

ISBN 1-56170-567-5

03 02 01 00 6 5 4 3 First Printing, September 1998 3rd Printing, January 2000

Printed in the United States of America

Smell is the potent wizard that transports us across thousands of miles and all the years we have lived.

— Helen Keller



Furniture gleaming with the patina of time itself in the room we would share; the rarest flowers, mingling aromas with amber's uncertain redolence; encrusted ceilings echoed in the mirrors and Eastern splendor on the walls—here all would whisper to the soul in secret....

— Baudelaire (Translated by Richard Howard)

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Foreword by FENG SHUI GRAND MASTER LIN YUN*



Jami Lin (right) with Lin Yun

There are many books being published, but only a scarce few impact on the intellect. Regardless of one's degree of understanding (or endorsement), *The Essence of Feng Shui*, the latest work by my good friend Jami Lin, allows one to freely explore and discover one's "inner truth." Jami's book actually has, as a matter of universal event, awakened the subdued intellect with sparkling and wonderful exponential ripples. By thoroughly studying *The Essence of Feng Shui*, one develops a more profound understanding of, and appreciation for, life, thereby allowing one to experience life's ultimate possibilities and joys.

From a certain perspective, books that offer valuable guidance fall under one of two main categories: those which propagate mundane knowledge and those which explain transcendental knowledge. Each is unique in strengths and emphasis. The Essence of Feng Shui, however, is not only a masterpiece that brings a new dimension to the world of publishing, it is a book that spans both the mundane and the transcendental. In reading The Essence of Feng Shui, one realizes that Jami is clearly and precisely focused on how fragrance and scent bring harmony to one's body, family, society, and life. On this point, Jami's methods coincide with methods that I have developed in the fourth and current stage of Black Sect Tantric Buddhism, including my theories and practice on how to work with scent and the sense of smell, chi cultivation, Feng Shui adjustments, and the application of minor transcendental adjustments to enhance, revitalize, or rectify one's living condition. Furthermore, Jami's studies and analyses are far more lucid and comprehensible than mine. In fact, a thorough understanding of this wonderful book allows Feng Shui students, experts, and scholars alike to deduce this important revelation: In addition to understanding and appreciating life through the five senses, one could fine-tune one's life by working with fragrance, be it body scents or others, to influence the health, security, happiness, psychological balance, and harmony of one's family and society.

The Essence of Feng Shui is a book that is at once rooted in tradition, and going beyond. It begins with a discussion on the quintessence of Feng Shui and touches on the interplay between the earth's root, chi, and scent, along with the physiological, psychological, and spiritual well-being of mankind. Jami proceeds to share insights on the body's energy centers by analyzing the various chakras. Having explained the use of the eight trigrams in pinpointing the energy centers in one's environment, she shares various ways of assessing one's life situation. In expounding the application of transcendental and mundane solutions to adjust one's living conditions, Jami emphasizes the use of fragrance, both as a stand-alone solution and as an enhancement to other solutions. Working with yin-yang theory, logic, and chi, Jami's methods correspond to the I Ching's "permanent ways" and coincide with the methods of the Black Sect Tantric Buddhist school of Feng Shui, which applies visible forms (yang), invisible elements (yin), and exterior and interior factors in accordance with principles of science and spiritual studies.

For all these reasons, this book is invaluable to me. Accordingly, due to my personal belief that happiness is multiplied through sharing, I highly recommend *The Essence of Feng Shui* as a way to share the ultimate pleasure of scent to inspire seekers to attain knowledge, fortune, pure heart, and good karma. In this way, they too can take part in a journey of realization into the universe of the miraculous, mystical, and invaluable effects—not only of scents, spices, and fragrances, but also of the application of such through spraying, rubbing, smearing, sprinkling, and "spritzing."

*(Translated by Jonathan W. Y. Chau)

Lin yun Thomas 12

Introduction

Peng Shui (pronounced *FUNG-SHWAY*) has been my greatest blessing—all aspects of my life have grown. In my dedication to share Feng Shui with others, I have met many interesting and wonderful people whose quest, like mine, is to explore personal human potential more deeply. Fragrant Feng Shui is the search for the fragrant fullness of life experience: What does life feel, taste, and smell like while on the path of unlimited possibility?

Back to my college vision (for those who have read my previous introductions), the more I explore my spiritual path, the more excited I get about the universal interpretations of Nature's workings and how it personally applies to each one of us. And as a Gemini messenger, I can't help immersing myself in it—I have released four Feng Shui publications in as many years. I have exhaustively learned that it is more productive to control my excitement about life's inner mysteries at the grocery checkout line and to channel that energy into writing with the intent of sharing my enthusiasm with you. I have found that my communication is a function of my desire to explore my own path, while at the same time share a universally fragrant inner journey that everyone can partake in.

Feng Shui consistently teaches me to work within the flow to be happy. The more fulfilled and happier you are, my dear reader, the happier everybody else is! But why fragrance? Observing the body- and home-fragrance industries, I have found that pleasant smells make people feel good.

Fragrance makes me happy. I love experimenting with essential oils on my body and in my home. So, the essence of this book is to incorporate fragrance into your life to make you feel good. The technique may be as simple as spraying your body and home with your selected fragrance. (I welcome you to go right to chapter 7 for an immediate smell-good fix.)

However, in following the scent for my personal happiness, I discovered that fragrance can also be a delicious and purposeful tool for personal expansion. It is tied to interpretations of the cosmos that were presented to us through the ages by worldwide Earth peoples. We are

graced to receive their most sacred universal teachings, which include the integration of ceremonial fragrance to maximize spiritual growth and individual potential.

While all traditions bring us valuable wisdom, my foremost intention in all the work that I do is to encourage you to seek truth in accordance with your own belief system. Guided by your own development, the more you tap into your spiritual source, the collective unconscious, God, Great Spirit, Nature, Mother Goddess, Jesus, the Divine Universe—or whatever sacred definition works for you—the more you will find the answers according to your own truth.

In the same way that Feng Shui and its manifestation is based upon interpretation of certain basic concepts, practitioner experience and intuition, the client's Chi, and most important, doing the work with intention, spiritual evolution asks that you do the same. Through your examination of Feng Shui, you'll see that it can be a great vehicle to open up spiritual pathways, while at the same time helping you live in its beauty, harmony, and grace.

My greatest desire is that you experience life with the utmost joy. This is how, collectively, we can transform the planet into the Age of Aquarius, the Age of Light, the New Millennium, and the prophetic splendor of the many Earth traditions. So my goal, whatever your path may be, is to welcome you to search for your own truth, questioning tradition as well as my interpretations (since you may find them different from yours), so that you may live in the richness of your own path. This is the catalyst in making your Feng Shui experience most effective.



Part I of this book explores wisdom from many traditions, defining Nature's mysteries and its relationship to human beings. Such "sage-old" traditions as Chinese, Hindu, and Kabbalistic teachings are connected through their universal understanding of energy, sacred geometry, and symbolism. This wisdom will help you understand how to use essential oils to enhance the specific body (Chakra) and home (Bagua) energy centers.

Continuing with your exploration and mine, this ancient knowledge validates that spiritual development is not about external things; it is

about inner growth, or developing personal Chi (life energy).

With the understanding of how and why the body and home energy centers are connected, Part II explains how we can look inward to ask questions about our life's desires. Specific fragrances, scientifically and symbolically linked to each of the home/body energy centers, are discussed, along with how to use them. You can then easily determine which oils to use to enhance all aspects of your life. I have stated that "if it catches your eye, it alters Chi," so it is only natural that "if it catches your nose, it also alters Chi," which is clearly the next dimension of Earth Design.

In Fragrant Feng Shui, fragrance amplifies the development of our personal Chi by linking the energy centers of the home and body with the healing and life-enhancing qualities of specific oils. Our elders combined fragrance in their rituals to magnify their inner quests; why shouldn't we do the same in our homes and bodies? Through simple Fragrant Feng Shui adjustments, changes, and ceremonies, you can add fragrance to clear and energize the energy centers of *your* home and body. You can also *code* your furniture and accessories, symbolically located in significant energy centers, to manifest your Feng Shui results.

While I could have easily combined home and body together with Feng Shui fragrance, I am grateful that all the ancient tools are available so we can fully explore a myriad of possibilities. I am appreciative of your indulgence with my search, my need to share, my desire to incorporate fragrance in my Feng Shui experience, and most important, the fact that you provide me with an outlet, so as not to freak everybody out at the grocery store.

With loving good scents,

Jami Lin Fall 1998

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