



Highlands Feng Shui

Feng Shui Design Consultant Based in the Scottish Highlands

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What is Feng Shui?

Feng Shui literally means Wind (*feng*) and Water (*shui*), often described as the ancient Chinese art of placement.

The art of Feng Shui has been practised in China for thousand of years, but only surfaced in the West in the 1980s. Used by the Chinese to select favourable burial locations and auspicious places and times for temples, homes and gardens, the aim of Feng Shui is to create a harmonious balance between our intentions and our space, making the unseen work with the seen.

While most ancient civilisations were conscious of their intimate relations with their surroundings, the Chinese recorded their philosophy of space in a well-documented and transmissible body of work: the art of Feng Shui.

According to Feng Shui, wind and water are the invisible and visible carriers of Ch'i, the ever-present life-force energy that flows in and around us. Ch'i permeates our sky, land, homes and bodies, moving in a

circular flowing motion, often described as a gently flowing river.

When Ch'i is properly balanced and circulates freely in our body and space, it generates peace, health and well-being. The goal of Feng Shui is to improve our surroundings so as to improve our life itself.

About Me

I encountered Feng Shui fairly recently, as a natural development of my decennial research into relations between creative practice and eastern-western philosophies, religions and aesthetics.



My study and research has always been stimulated by visual imagination in its different forms. After my MA in Art History and a Postgraduate Diploma in the Psychology of Art at Rome's "La Sapienza" University, I spent several years working as a researcher in Nepal and traveling through South and Southeast Asia, driven by a compelling desire to understand and investigate relations between artistic expression and human need. Direct contact with so-called 'primitive societies' in remote areas of the Himalayas and research into the ritual arts of Nepal and India helped me answer some of my questions.

Back in Europe, I was awarded a PhD studentship at the University of the West of Scotland for practice-based research on the impact of myths and traditional beliefs on creative practice. This research was carried out with the collaboration of Silpakorn University, in Bangkok, and I found Thailand a fertile ground for investigating the impact of old and new myths on contemporary daily life.

During my research, an interesting area of investigation opened up in the aesthetics and philosophy of space: how spaces and places have a reciprocal relationship with our past (memories), present (actions) and future (aims and desires). What started as a theoretical investigation forming part of my PhD dissertation progressively became an input for further practice-based research, in which I could combine my creative skills, knowledge gained during my time in South Asia

and a desire to use my creative practice in improving people's lives.

My interest in Feng Shui was a natural consequence and in 2015 I was awarded a Diploma in Feng Shui Design at the New York Institute of Art and Design.

I am currently based in Kingussie (Scotland) and work as a freelance Feng Shui designer, visual artist, and academic tutor in Art and Design at the Interactive Design Institute of Edinburgh.

Feng Shui Schools and My Own Approach

While there are many schools of Feng Shui, the two main traditions are the Form School and the Compass School.

The Form School is the oldest school of Feng Shui and developed in Southern China by observing the energies of natural environments with the aim of finding suitable places for people to live. All Feng Shui schools refer to the Form School in differing degrees.

The Compass School subsequently developed in Northern China in around 3000 B.C.E. At that time man-made constructions were starting to emerge and the emphasis shifted from nature to the individual.

My approach to Feng Shui follows that of the Form School, using the guiding principle of Ch'i flow and observation of the environment. It also includes the Three-Door approach presented by Professor Lin Yun, whose role was essential in disseminating Feng Shui in the West in the 1980s.

The Three-Door approach incorporates the traditional directional methods of Feng Shui in a system of reading energy patterns with the Bagua, a map used in Feng Shui to correlate parts of a space to particular areas of life. It is a flexible, personal and effective approach that works well in contemporary environments and actively engages the user in the Feng Shui process, leaving room for personal taste, style and creative solutions, while ensuring the creation of a balanced and harmonious environment.

Owing to my personal interests and background as a creative practitioner, I have chosen a fairly empiric approach to Feng Shui and focus my practice on Feng Shui Design. My consultations thus address relations between space and the self, and aim at combining Feng Shui skills with creative design in order to increase well-being through awareness of the space in which we live or work. Energy clearing or astrological practices are not included.

Consultations

Feng Shui design consultations makes you aware of how your surroundings affect you and ensures that your personal space reflects more profoundly who you are, achieving specific results and increasing your overall well-being.

Feng Shui Design may involve minor actions - such as moving furniture, changing the colour of a carpet, adding a lamp or a piece of art - or more extensive innovations. This is your choice: both cases give you the chance to examine not only the space in which you live or work, but also your life, priorities, aims and desires.

All consultations are extremely personalised and can be discussed by direct contact with me. There are, however, two main types of Feng Shui Design consultation you may wish to consider: Feng Shui Space Mapping and Room/Home Feng Shui Design.

Feng Shui Space Mapping consists of mapping your home - or office or any other space - according to the Bagua map, and offering advice concerning:

- relations between your own space and the different areas of your life
- colours, materials and elements that would benefit each part of your space
- Feng Shui remedies to enhance your space

This form of consultation enables you to relate your own space to different aspects of your life, such as health, knowledge, career, wealth, love, creativity, friendship and family. It also helps you make minor (or

major) changes to your own space, furthering improvements in the corresponding areas of your life.

Room/Home Feng Shui Design is an extremely personalised and flexible consultation and can be focused on:

- one individual room: this can be a specific room that you aim to change and improve within your home, or a room corresponding to an area of your life that you feel needs to be improved.
- your whole home, room by room

All Feng Shui Design consultations include Feng Shui Space Mapping.

All consultations are strictly confidential.