

SAGAR CONSTANTIN

Neo

Feng Shui

How simple changes in your home can bring about progress in your personal development, happiness and success.



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INTRODUCTION

THE ROAD OF LIFE

Imagine that you are driving on a road. The road leads you on your life's journey. The car you are driving represents you and your body and reflects your personality. The fuel you have at your disposal represents your life experiences, talent and potential. The road you are driving on is important as far as how easily you progress in life and how you use your fuel. The car and fuel cannot be directly changed. You can, however, change the road you drive on.

You are out driving. The road is narrow with a gravel surface and potholes. It winds up a mountain. You are sitting behind the steering wheel concentrating. You are tense, driving slowly and are very focused on the road ahead. The road produces friction and consumes your fuel. It goes uphill, and the road swerves dramatically. Your concentration increases. You stare at the road and have neither the time nor the energy to enjoy the trip through the picturesque landscape filled with mountains, dales and wide, open spaces that normally appear only in fantasies. The road in front of you turns and that is all that you can see. You take a deep breath and tighten your grip on the steering wheel. Along the sides of the road are colorful flowers swaying in the wind. An older man waves at you, but you do not see him. You are concentrating on the road. You cannot see very far ahead, and you are keeping your eyes on the roadway. You are driving carefully and are aware that your road looks like this and always has. It cannot look any different because you have always driven on this gravel road with potholes. The drive is difficult, and you do not have the time or energy to do much more than just drive the car. You take a deep breath and use more fuel to maintain your concentration. All of your strength is being used to struggle onward. Surplus energy is something you dream about once in a while when you lose your concentration. You have wondered whether the road could somehow be different, but have never

come up with a solution or had an opportunity to change it. The road is just as it is...

All at once things are different, the landscape around you changes, and suddenly the car speeds up. You straighten up at once and see to your great surprise that you are driving on something that appears to be a main road. The car is practically gliding forward; you do not use nearly as much fuel and are suddenly moving effortlessly forward. You lean back, smile and look out the window. The sun is shining, fields of sunflowers come into view, and you suddenly realize that you are not only getting a greater yield from your fuel, but that you also have enough energy to enjoy the trip.

Could it be a dream or an illusion? This is too easy! But the road continues to be main with asphalt, and it is not a dream. Something has changed. You are sitting behind the steering wheel almost euphorically. Before, you had to use all of your energy to move forward, now you are enjoying the trip and looking ahead. Neo Feng Shui has entered your life.

You have experienced that your road suddenly changed from a road that offered resistance and was difficult traverse, to a road that simply carries you forward. Suddenly, the car that you have been driving your whole life feels like a limousine. You no longer need to use all of your resources to fight your way forward on the road of life, but can lean back and enjoy the trip. The road that you choose to travel is important for your well-being. It significantly affects how much surplus energy you have in your daily life, and how you make use of your potential. By using the tools introduced in Neo Feng Shui, you can gain an understanding of the connection between your interior space and your well-being. It is possible to use a physical setting to improve personal development, bring about change and increase understanding of the connection between interior design and well-being. The fundamental building blocks of life are put together so that they support you and your needs. With small changes, you can bring about a great positive effect in your life.

The arrangement of furniture, colors, shapes and materials, as well as natural

energy paths in your house all have an effect on your life and an influence on your journey. With Neo Feng Shui, you can begin to shape your route the way you would like it to be. Instead of fighting your way forward, you can work with your physical surroundings and gain an understanding of how they can work with you if you let them.

All people are different and need different kinds of support and influence at different times in their lives. Once we become aware of the constructive way that we can use our physical surroundings to make improvements, it will be easier for us to fulfill our life dreams. We can consciously use our surroundings to support the changes we would like to make. In a very concrete way you can say that when we paint a new color in the living room, it leads to a change. It will have influence on our lives. Depending on the color, where it is placed, and what other things are situated there, different results will take place. In that way, the road has changed. It will set things in motion – balance or imbalance – and energy levels will fluctuate. If balance and harmony come into being, you will receive optimal support from your surroundings. Neo Feng Shui is an activation of the resources that are already in your surroundings but have not been used previously, because the right vibrations have not been struck and balance has not been attained. If you enter a house where everything is light – furniture, walls and floors – the space will bring forth a certain feeling inside of you. If you enter the house two weeks later, after the walls have been painted dark blue, you will have a completely different experience. If the furniture has been moved around, again, you will have another experience. By moving the furniture you will experience another use of the room. The room may suddenly be shown to its best advantage, or that you change its function. A sofa that you have never sat on is suddenly the most attractive place in the room. You can have an irresistible urge to move things around. New needs may arise or simply a need for change. Why? Undoubtedly because something has happened or is about to happen in your life.

Some people paint regularly, others move often. These are their ways of making their surroundings move with them. Some people live in the same

place for their entire lives and do not move as much as a chair. That is another way to live. We all need different things at different points in our lives. Things can change quickly, and sometimes we are very outgoing, and other times we would prefer to be alone. The more we can get our surroundings to support us in whatever we need, the easier it will be for personal development and with that, a smoother road of life.

Enjoy your trip!

CHAPTER 2

NEO FENG SHUI

**Neo Feng Shui gives insight into
how physical surroundings influence our lives.**

Neo Feng Shui has been adapted to the 21st century. We build, reside and live differently than people did 4,000 years ago. That simple fact makes it necessary to look critically at the wisdom of feng shui and bring its essence forward into the present time. The wisdom regarding the influence of physical surroundings is not Chinese; it is universal. It is the Chinese who wrote it down and we are thankful to them for that. They put the connection between physical surroundings and people into words, leading to a greater understanding of how important our physical environment is in our lives. We have been given a tool that we can use to influence our lives according to our needs and wishes. Starting with an individual, we can use the tools this knowledge offers to optimize our surroundings and through them, our lives. Needs are different from person to person, and therefore, there is no complete list that states how a space ought to look or be adapted. Nor is there anything that is strictly good or bad, but rather something that is more or less optimal for us just now. All people are unique and are at different stages of development and different places in their lives. Therefore, we need individualized support. In Neo Feng Shui, there is always focus on personal needs, desires and possibilities. In this way, the given situation is taken into account, and help is offered here and now. There is always something that can be done. It is more challenging to use the tools according to individual needs than according to a fixed scheme. This also leads to a more powerful effect and an even more varied and unique result.

Culture, superstitions, rules and laws contribute to diminish the simplicity and accessibility of this wisdom of feng shui. These additions serve to put people in boxes, and calculate where and how people and things should be, sometimes directly opposed to common sense. Objects are given additional layers of meaning that are based in an earlier culture, but if a particular object does not have that meaning for you, then the desired effect will not be realized. For example, a set of chimes, a three-legged frog, or a lion will not bring you luck if you do not think that they are valuable and rewarding in your life.

Neo Feng Shui is basically all about becoming conscious and developing your ability to sense energy in your present environment.

Everybody can feel the energy and influences produced by our surroundings. But the question is whether we understand how to use and convey what we notice. This wisdom lies deep inside of us, and Neo Feng Shui can help us to open ourselves to its sources, to learn to listen to and use it. For many, the wisdom is well hidden and forgotten.

Neo Feng Shui can be used to help you become more conscious of how the arrangement and decoration of your interior space is significant and connected to your present situation in life.

Changing colors or moving furniture in a room can be significant concerning how you feel when you use that room. When you place a sofa group just inside a door and find that it is not pleasant to sit there, that it is difficult to enjoy a sense of safety and that you feel uneasy in your own home - then yes, there is an energy related explanation to be found. If you would like to spend time in a safe and comfortable place, it is not appropriate to place a sofa arrangement just inside a doorway. You can discover that by becoming conscious of the energies inside your house. Instead of struggling to make things feel pleasant without knowing what you are doing, you can arrange furniture with a purpose in mind. You can make a small change and create an

opportunity to make your home and its functions support you in your daily life. If you have a room with many doors and want to use it as a living room, you can continuously rearrange the furniture and never make the room function well in the end. Consciousness about energy will make it clear to you that the presence of many doors has the side effect of too much energy in circulation and too much restlessness for you to find it pleasant to sit on the sofa. The room simply does not support the function you intended for it.

**Neo Feng Shui is a combination of
interior arrangement and personal development.**

When you change things in your environment, something will happen to you. What will happen cannot be foreseen; that depends on you and where you are in your life. Neo Feng Shui can support you so that you have a surplus of energy and can also help you see the patterns of activity that keep you stuck in the past. You probably know the feeling that is connected with straightening up and clearing things out: When you are finished, there is airiness. You let go of a lot of old things and then there is room for new energy to enter, followed by new development. With consciousness and small changes, you can create a great positive effect on your life. Neo Feng Shui is basically an instrument that describes the connection between our physical surroundings and our well-being. It allows for the understanding of some of the things that you certainly already sense, but cannot express. Our lives are reflected in our environment. By using Neo Feng Shui, you can gain an understanding of this connection and have the opportunity to constructively change existing conditions.

**Neo Feng Shui is a way for you to
learn about life through your physical surroundings.**



ABOUT THE AUTHOR

Sagar has studied and practiced meditation and psychology, and is a trained Osho therapist. She developed the concept of Neo Feng Shui in year 2000 and has written two books on the subject. She founded and ran the largest Neo Feng Shui academy in Denmark for six years and has advised numerous businesses and private individuals on how to improve the direct surroundings in which they work and live.

Earlier in her career, Sagar worked as a director and photo journalist for national Danish television and SBS Australia, covering events such as the Tour de France and the Olympics in Sydney. Over the years she has also produced several documentary programs. In 2005, she hosted the Danish version of the BBC program *The Life Laundry*, where viewers watched as she transformed the lives of the families featured in ten programs.

Since 2000 Sagar has been working as a therapist and has led seminars in Denmark, India, Russia and Turkey. She brings awareness and inspires others to make the change needed in order to start living the life they want.

Sagar is also a motivational speaker and has recently traveled to many countries giving speeches about Neo feng Shui and her latest book *Living Between*.

