

Red Mountain Press  
Aspen, Colorado

*Feng Shui*

*Luck*

風水

*by Anita Rosenberg*

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*me on the set of my TV pilot, The Feng Shui Way*



*Does your house have Great Feng Shui?*



*yin yang neon in Kowloon*

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Central market in Hong Kong



*that's me with the cast of Friends and my painting in the background on the Central Perk set*

*I've always enjoyed using Anita's artwork in my sets... they add a whimsical touch that helped me create the characters of Ross, Monica, Phoebe, Joey, Chandler and Rachel.*

**-Greg Grande**

Emmy Award Winning Production  
Designer for Friends

# Feng Shui Eyes

Seeing the world through Feng Shui Eyes offers a new way of looking at everything. It is not about spending a lot of money. It is about living with what you love. It shows you that less is more, and offers a creative solution for most every problem.

Feng Shui (say it right: *fung shway*) is a 3,000-year-old Chinese Art. Some say it's 4,000 years old and Europeans pronounce it *fung shoey*. Either way, everyone agrees it is not a fad or religion.



*The five essential factors that determine the quality of one's life: first comes destiny, then comes luck, third is Feng Shui, then right action and education."*

**-Chinese Proverb**



Luo Pan Compass in Beijing

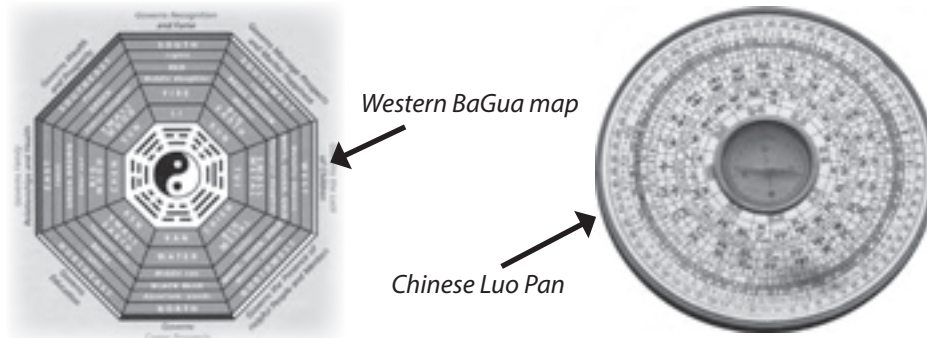
## *Schools of Thought*

*There are different schools of Feng Shui,  
and all roads lead to nirvana...*

*I*n an attempt to bring clarity to a complex study, I thought we'd break it down to a few popular schools (called *pai*.) All systems share core principals of the **Five Elements, Time, Location and Direction**. They all consider the surrounding environment. And they all use a compass or *Luo Pan*. If your consultant is not referring to their Feng Shui compass, you have hired the wrong person.

*Flying Stars or Xuan Kong* (meaning mysterious and void) was developed at the turn of the 20th century. It is popular because it is a short-term technique with fast results. A compass is used to plot the Flying Stars, which are energy and not stars themselves. The basic concept is that there are areas of the house we want to use and areas to keep quiet. It is a complex system and I highly recommend hiring an expert, this is not a DIY project.

*Yearly Stars* is not a school, but a technique I find helpful when the Chinese calendar changes each year on February 4th. A Yearly Star chart maps out energy patterns within your home for that year only. There are rooms to activate and rooms to keep quiet. Elemental triggers are used to balance or activate sectors. Having your Yearly Stars set up is a powerful way to reboot your Feng Shui.



**Black Tibetan Sect** or **Black Hat School** is the New Age or modern interpretation that Professor Thomas Lin Yun brought to the West around forty years ago. He developed this method because it was easier for Westerners to understand. It uses mirrors, flutes and chimes as cures. Black Hat is basically an intuitive approach using the BaGua based on the location of the front door instead of the compass direction.

**Intuitive Feng Shui** is not a school, but a concept I use to describe what Designers and Realtors tap into when working on a property. They know what feels right, and what looks right. You might even have Intuitive Feng Shui. Have you ever gone to a friend's house and fell in love with how it made you feel? It is warm, cozy and comfy. You practically have to be pushed out the door to keep from camping out on their floor! On the flip side, you go for a business meeting and the office feels strange and you can't put your finger on it. This person is nice enough, but the office makes your head hurt, stomach cramp and feel uncomfortable. Intuitive Feng Shui tells you to move on and not do business here. If you go with your gut instinct you can never go wrong.

**8 Mansions or BaZhai** is my favorite way to work. Eight Mansions goes back to the Yellow Emperor House Mansions Classics. It is called 8 Mansions, because there are eight types of people (Life Gua) living in eight types of houses (House Gua.) The goal is to personalize your Feng Shui so you feel comfortable and want to stay for a long time. The challenge is that rarely do you find an entire family with the same Life Gua. So the goal is to make sure everyone in the house is able to tap into the positive energy and be happy. To use 8 Mansions you must have everyone's birth date to determine their Life Gua and be able to use a Luo Pan to find the facing and sitting positions of the house. I will not be covering this method in this book.

The basic principals of Feng Shui are founded in common sense.

When Feng Shui is done right, it is subtle and invisible. If your place starts looking like a Chinese souvenir shop with hanging crystals and coins tied with red strings the practitioner is not doing their job. Also note that some problems in a person's life have nothing to do with their Feng Shui, but everything to do with their current "luck cycle." In BaZi Chinese Astrology we look to a person's ten-year luck cycle to get another perspective on what is going on in their life, and then we create a smart and pro-active game plan. Working correctly with Chinese Metaphysics offers a host of tools to solve problems. It is a fascinating subject and I look forward to giving you a taste throughout my *Anita's Lucky Series*.

# Lucky House Numbers

*what is your house saying about you?*



*clearly marked mailbox in Cincinnati*

Your address is the key to your castle. Matching the perfect house number with your personality, gives you the WOW factor. Knowing what your number means is the key to personal nirvana. This is not Feng Shui, it is numerology and it's powerful information. Addresses must be clearly marked and easily visible. If a visitor can't locate your address, neither can the universe and opportunities will pass you by. To figure out your house number, add up the numbers of your address until they reduce to a single digit.

**Example: 12310 = #7 or 1741 = 13 = 1+3 = #4**

What is closest to you affects you the most, so if you live or work in an apartment or office building, the building tells you what affects the tenants. The suite or apartment number is what affects you the most.

*\*Note that house number information helps sell property, because when you know the personality trait of the perfect buyer you can target prospects.*



## New Beginnings

When you move into a #1 house or office, chances are you are making changes in your life or are being pulled into new projects, new endeavors, new businesses or starting a new family. Since you are the star and it's all about you, number one energy is difficult for relationships. This house is better suited to live alone and focus on yourself. Working in a #1 office is a great place to fire up your reputation and get noticed.

**Anita's Tip:** If you live in a #1 house, make sure to get out and about.



## Relationships

If you live or work in a #2 house, you will find yourself in sync with your mate, spouse or partner. This is a great place to start a new relationship or rekindle an existing one. Be careful not to insulate yourself too much because you might find you have little need for outsiders. Make sure to invite friends over and entertain. Share your love and happiness with others.

**Anita's Tip:** If you live in a #2 house, make sure to socialize.





## *Room by Room*

*N*ow that we have a sense of how to attract positive Qi to our exterior, let's move inside to the *Tai Qi* or small Qi energy to fine tune. The three important rooms in Classical Feng Shui are the *Main Entrance, Kitchen* and *Bedrooms*. In our modern world, we now include the *Home Office*.

Don't get hung up on room colors or furniture placement. Some people believe that Feng Shui is all about "where to place the couch." But I promise you that it is not. Interior tweaks are a bonus when everything else is correctly aligned. Also note that not everything has a cure or needs to be cured. If you avoid the problem to begin with, you won't have to hang wind chimes and crystals, which I don't recommend anyway. An example is when **Paula Abdul** hired me for a Listing Blitz on her house (which she promptly sold), we pulled up little mirrors that a previous practitioner placed in all the corners. When I asked what they were for, no one seemed to know. The point is, your home should not look like it's been *Feng Shui'd* with Chinese objects. It should just feel incredible.

*There is no such thing as perfect Feng Shui. We do what we can and don't worry about what we can't.*



*Saraswati from Blue Hut in Rohet, India*

## *Inner Feng Shui*

*Inner Feng Shui* is like having it all. It is a balance of all things. It is about staying healthy, being happy, supporting your friends and family, giving it your all in your work, having a solid reputation and going with the flow. Inner Feng Shui is listening to your inner self at times of worry and frustration. Hearing what is out of balance and trying to re-gain your equilibrium. Inner Feng Shui is trying not to over emphasize any one element in your life, but coming to the understanding that different life arenas need focus and energy at various times. It is okay to work on one area now, then switch gears and direct your energies into another life arena, If you are truly lucky - you are happy, healthy and loving most of the time. Nothing really gets to you and you are living in the natural flow of life. All is perfect in your world.

*Inspirational Books  
by Anita Rosenberg*

**The Art of Painted Furniture**  
Sterling Publishing

**Thursdays with Mom & Michael;**

*A daughter's loving tribute to her mother's weekly dinner parties in Aspen*  
IPP gold medal winner, Red Mountain Press  
*(Author's proceeds benefit The Breast Cancer Research Foundation [www.bcrfcure.org](http://www.bcrfcure.org))*

**The Tipster Chronicles**  
*Tipping on the NYC Graffiti scene 1979-82*

**Shopping for Nirvana in India**  
*52 spirited adventures - travel card deck*

**Buddha-licious - Shopping for Buddha  
Ganesh Mania & other Sacred Stuff  
Goddess Guide**  
*(soon-to-be-released)*

*More in Anita's Lucky Series*

**Practical Magic & Household Luck**  
**Heavenly Luck** *(soon-to-be-released)*

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- ☯ Family Dynamics
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## Anita Rosenberg

**A**s the glam guru of Hollywood Feng Shui, my unique blend of Western and Ancient Chinese Metaphysics along with timeless Hollywood glamour will transform and illuminate your home, business and life. I've had over fifteen years of experience and high-profile clients like *Paula Abdul* and *W Hollywood Residences*, so I know my stuff. Earning multiple certifications from the *Western School of Feng Shui* and *Mastery Academy of Chinese Metaphysics*, it's my passion to teach what I call the "real deal" of Feng Shui.



*Anita is a Feng Shui goddess. Working with her was magical and transforming. If you want to jump start your career, do what Anita says because why would you question a goddess?*

**-JULIE BROWN**  
Actor, Writer & Comedian

*Anita's energy and happiness flow from her and it's inspiring. As soon as I moved a mirror and photos of my son from my bedside table, I found a new lover!*

**-VIRGINIA MADSEN**  
Golden Globe Winner &  
Academy Award Nominated Actor