

WELLNESS Ancient Remedies

Bagua Beauty™

A Vibrational, Constitutional Feng Shui Facial

Utilizing Colour, Healing Sound and Essence

by Mary Elizabeth Wakefield and MichelAngelo

One of the interesting phenomena associated with what is traditionally referred to as the *fin-de-siècle*, i.e., the end of a century, is a metaphorical “turning back” to the past to reclaim ancient wisdom, incorporating it into a newly emergent paradigm. The modality *Bagua Beauty* is a vibratory tuning fork facial, first formulated after the dawning, not only of a new century, but indeed a new millennium. It is characterized by a creative synergy of the venerable philosophies of Oriental medicine, in particular that of Feng Shui, and traditional Western lore relating to precious gems and essential oils, coupled with an innovative vibrational healing system, Acutonics®. Acutonics®, in turn, utilizes the poetico-energetic anatomical landscape of acupuncture points and meridians, in tandem with a repertoire of 21st century precision-tuned planetary tuning forks that can be seen to distil the nature of cosmic essence, in a virtual embodiment of what ancient Western philosophers referred to as the *Music of the Spheres*.

FENG SHUI

The concept of Feng Shui has existed, according to certain sources, since prehistoric times; early humans lived in a respectful balance with nature, and observed and honored the cycles of the five elements as reflected in the perennial change of the seasons.

The Chinese term “Feng Shui” translates into English as “wind and water.” All living things need the flow of air and water to survive. Together, the qualities of wind and water illustrate the movement and constant change inherent in the processes of nature; combined they can be seen as analogous to breath. The metabolic action of breathing brings heavenly Qi into the human body, and likewise grounds us in the realm of earth.

THE 5 ELEMENTS

Feng Shui is a system of relationships, in particular that of humanity to its environment. It is a practical and, perhaps more importantly, a *flowing* art. The *Book of Changes*, which was written some 5,000 years ago and is the basis of the Bagua, emphasizes the importance of constant adaptation to both our internal and external climates. The entire cosmos is composed of a combination of the 5 elements, physical manifestations of the cycles of Qi and change. It is our interaction with these elements and their associated cycles that helps us to determine the status of our internal environment. In embracing the precepts of this ancient system, we can attempt to live our lives in greater harmony by transcending our elemental patterns and, in so doing, embracing more of our cosmic universality.

Each of us can be seen to embody a basic constitutional elemental archetype, arrived at from a consideration of our birthday (9 Star Ki), physiognomy, the Bagua, and other components, determined by such diagnostic methods as 5 element hara palpation, tongue and pulse, etc. Identification of these elemental archetypes can provide us with greater personal understanding, and clarify for us how our temperaments/personalities are individual

BAGUA BEAUTY™ FENG SHUI FACIAL 5 ELEMENTS: AN OVERVIEW

WATER

Colour dark blue black Shape wave-like
Direction north Season winter
Organ Kidney/ Bladder Virtue wisdom
Qualities downward - moving, cool, gentle
Qi still water (yin): intellect, clear judgment;
moving water (yang): career, business and social
life, money, flow success



WOOD

Colour green Shape rectangle
Direction east Season spring
Organ Liver/ Gall Bladder Virtue compassion
Qualities expansive, creative; moving both
upward and downward
Qi family, new beginnings (new projects); wood
is either stubborn or inflexible, like bamboo, or
easily influenced, like a floating weed; balanced: a
mature tree



FIRE

Colour red Shape pointed Direction south
Season Summer Organ Heart, Small Intestine,
Triple Heater, Pericardium
Virtue propriety, courtesy
Qualities explosive, consuming, outward and
upward moving, fast
Qi reputation and recognition, excess: easily
angered; deficient: internalized anger; balanced:
experiences anger and expresses it clearly;
balanced fire is respected and highly regarded



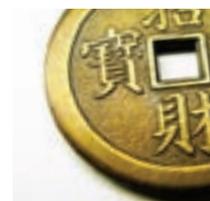
EARTH

Colour orange & yellow Shape square
Direction center Season indian summer
Organ Spleen / Stomach
Virtue trust, faithfulness, credibility
Qualities horizontal movement
Qi excess: sacrifice; deficient: selfishness;
balanced: cares for self and others



METAL

Colour white Shape round
Direction west Season autumn
Organ Lung/ Large Intestine
Virtue righteousness
Qualities contracting, cold, stagnant, heavy
Qi excess: demonstrates self-righteousness;
deficient: shy, withdrawn, “choked” quality (in
throat); balanced: speaks up for what is just,
ability to complete things, benefactors in life,
good at manifestation



THE BAGUA

The Bagua is a map or template placed over a room, corporate office, or a plot of land. The placement of the Bagua helps the Feng Shui practitioner to determine exactly where in physical space various aspects of life such as health, career, relationship and reputation are located. Once the abundance or wealth sector has been determined, adjustments can be made which will encourage healthy Qi to enter the space to provide nourishment to this area.

According to Chinese philosophy, every life situation can be assigned to one of 8 basic areas, called *guas*. In the ancient manuscript mentioned above, the face and certain parts of the body were aligned with each of the *guas*. Accordingly, this octagonal chart, the Bagua, can be used not only as a map for spatial placement, but can be superimposed upon the face.

Instead, then, of spatial Feng Shui, our focus will be on facial Feng Shui, and we will employ the Bagua to determine in what manner the balance or imbalance of an individual life has been mirrored in the landscape of the face in order to ascertain what is needed to bring greater harmony to the patient.

Example:

The southern position of the Bagua is situated over the mid-forehead. It is called “Li”, and is associated with the eyes, but also rules the qualities of recognition and reputation, and the element of fire.

GUA #9, LI

Element fire Colour red

Quality recognition Essential Oil clary sage

Gem amethyst Area eyes / 3rd eye

Treatment Points GB 1; intrinsic eye muscles;

TH 23; upper eyelid (sagging/puffy);

Qiuhou: lower eye area (pouches, puffiness, dark

circles, etc.); Yintang: 3rd eye

Sound C#; gold Ohm forks

Element: Fire

Fire, as delineated in our table above, is explosive and all-consuming; its movement is upward and outward, as in a flame. Balanced fire Qi manifests as respect and high regard for the individual.

Colour: Red

Red can easily be identified as the colour of fire, and likewise is associated both with the season of summer and the southern direction. According to Dinshah's book, *Let There Be Light*, the colour red gives energy, increases circulation and metabolism, treats pale complexion, warms the body (deficient Yang syndrome), helps anaemia, low blood pressure, and deficient Liver blood presentations, which manifest as pallor, dry eyes, blurring of vision and night blindness, as well as spiritual blindness. Contraindications include incidences of fever, infection, inflammations, high blood pressure, red complexion and nervous energy.

Essential Oil: Clary Sage

Quality: Recognition

The name of the essential oil, Clary sage, derives from the Latin adjective, “clarus”, which means “clear”, because this herb was used for clearing mucus from the eyes. In the medieval period it was referred to as “oculus Christi”, meaning “the eye of Christ”, hence its association with the metaphysical insight of the 3rd eye. So, the quality of recognition associated with this particular *gua* refers to aspects of both outer and inner visions.

Gem: Amethyst

Amethyst stimulates the nervous system, supports the endocrine glands, ameliorates headache pain, and stabilizes depression. It is called the “stone of meditation” and is excellent for promoting calm and serenity.

Sound: tuning forks; Ohm (gold fork, Earth tone, C#)

The theories of Western music regarding sound have their origins in the researches of the noted Greek philosopher/scientist, Pythagoras, involving mathematics and harmony. In the 17th century, astronomer Johannes Kepler's precise formulations and measurements of planetary motion laid the groundwork for 20th century Swiss mathematician/musicologist Hans Cousto to calculate specific pitches for each of the planets; omit these frequencies are utilized in the Acutonics® tunings.

The Ohm tuning forks are tuned to C#, and represent the time it takes the earth to orb around the sun, through the cycle of seasons, approximately 365 days. The archetypal energy of this Earth fork is balancing, calming and meditative. Using 2 Ohm forks simultaneously creates the interval of a unison and, according to Lao Tzu, this interval is “the sound of universal harmony between the forces of yin and yang”.

BAGUA BEAUTY™: A SUMMARY

The face is a highly emotive part of the body, and provides evidence of our habits, stresses, and unprocessed life situations. Our focus in Bagua Beauty™ is not so much to treat wrinkles, but to illuminate, more fully, the manner in which we live our lives. In striving for Feng Shui's goal of achieving greater harmony between ourselves and our inner and outer environments, we can create the possibility for enhanced beauty to manifest in our faces as a reflection of our *Shen*. It also stands to reason that, by balancing and harmonizing the face, which is both a mirror of personal experience and a reflection of *Shen*, we open a channel for positive Qi to flow into every aspect of life. **sa**

References:

- Portions of this article have previously appeared in *Acupuncture Today* magazine, Vol. 04, Issue 09, Wakefield/Judith Wendell, co-authors.
- Darius Dinshah, *Let There Be Light*. Dinshah Health Society, Malaga, NJ, 2001. • Articles from *Acupuncture Today* magazine (Wakefield/MichelAngelo, co-authors):
 - Planetary Soundscapes™: A Harmonic Facial, February, 2004 (Vol. 05, Issue 02) - Changing the Face of Aging: Music and Medicine, Part 1
 - December, 2004 (Vol. 05, Issue 12) - Changing the Face of Aging: Music and Medicine, Part 2, February, 2005 (Vol. 06, Issue 02)
 - Essential Oils, Part 1, April, 2005 (Vol. 06, Issue 04) - Essential Oils, Part 3: Blending Essential Oils According to Sound, Fragrance and Colour, October, 2005 (Vol. 06, Issue 10)