

Vision Board *Bagua*

“Bagua Board”

Inspired by the Western Feng Shui Approach

In the East Asian school of Feng Shui, the 8-sided (octagonal) symbol (below) is considered to be an *Energy Map representing the Cosmos*. Feng Shui, which translates to “wind water” is the art of placement (furniture, structural enhancements, home accessories, physical landmarks, energy bodies (i.e. bodies of water, man-made electric and phone wires and transformers or ley lines, which are considered to be geological alignments deep in the Earth) color accents to enhance harmony and clear unfavorable or blocked energy.



NATURAL WELLNESS
ACADEMY ∞ EST. 2013

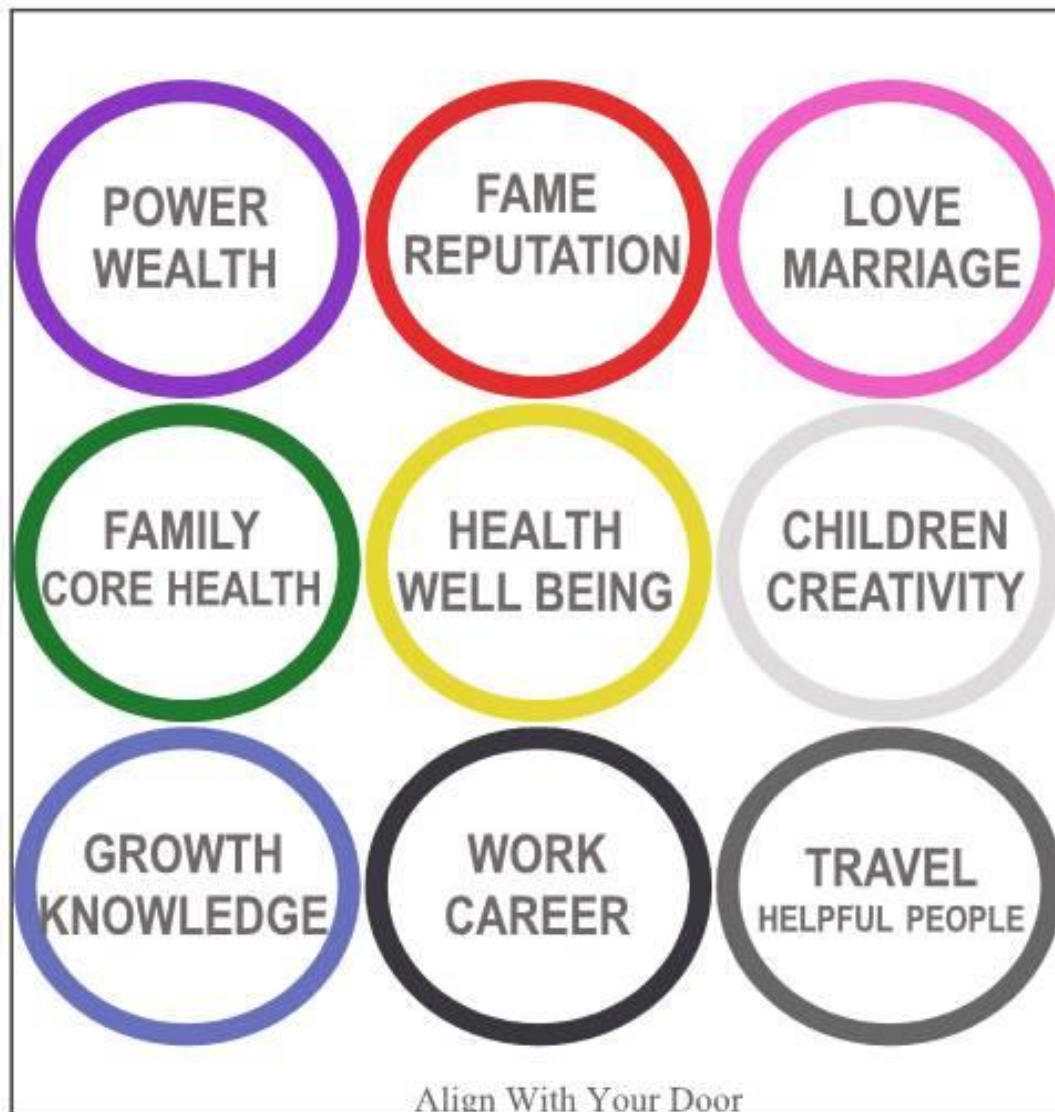
Western School of Feng Shui

The *bagua* configuration in the Western approach to *feng shui* is rather different; It is divided into nine areas of life, called “guas”. If you were to imagine yourself standing outside of your front door, (which would be below the bottom row in either left, middle or right) your house would be divided into these nine squares. The furthestmost upper left corner – Where is that in your home? – is the area associated with *Wealth & Abundance*; the area closest to the door but on the far right is associated with *Helpful People and Travel*, etc. So you may be entering your home in any of the lower three guas.

Some Western practitioners of the art of placement believe that you can also envision the bagua from the entrance to your home that you and your family use most frequently. You choose!



Here is another Western-Style bagua, rather similar but designed as circles instead of squares and might be easier for some to get a mental image.



The following is a bagua diagram I created years ago for a workshop I used to teach internationally on Western Feng Shui “Environmental Release Therapy” to energize primary and secondary space. Primary Space is YOU, your area, your energy field. Secondary Space is where you live, work or spend a lot of time. Note that it includes the elements, shapes and colors that correspond to each *gua*.

Each of the 9 sections of the Bagua represent a different arena of life. According to the Western School of Feng Shui disarray in any of those areas of inharmonious objects or colors or unfavorable orientations can block the flow of *chi* (aka *ki* or *prana* or *orgone*), creating inharmonious energies that can impact one's relationships, family dynamics or success.

Top Left: Wealth, prosperity, income, financial security, abundance

Top Middle: Fame, reputation, long-term goals, image, career expression, purpose

Top Right: Love, relationship, the “other”, romance, partnership (romantic) togetherness, bonding, Sexual Expression

Middle Left: Family, co-workers, cooperation, alliances, Your Tribe, support group, Community Expression

Middle Center: Health, Wellness, Balance (Body, Mind, Spirit) Holism, Mission, Life Force (3rd chakra) Will Power, Individual Expression

Middle Right: Children, progeny, one's inventions, Creative Expression, those we nurture, what impassions our Soul/Spirit

Bottom Left: Skills, talents, knowledge, self-realization, Spiritual Expression

Bottom Middle: Career, Life Path, Preparation for carrying out life purpose, What we do in the world, Self-Expression

Bottom Right: Helpful People, opening to assistance, Collaborative Expression, Travel, Exploring New Horizons, Moving beyond old boundaries

A bagua does not have to apply only to your *living space*! Work with the bagua in your workspace, cubicle, office – even for placing items on your desk!

<p>A</p> <p>Abundance</p> <p>Wood/Purple/ Columnar</p>	<p>B</p> <p>Expression/Fame</p> <p>Fire/Red/Flames or Pyramids</p>	<p>C</p> <p>Relationships/ Marriage</p> <p>Earth/Pink/Square</p>
<p>D</p> <p>Family/Friends</p> <p>Wood/Green/ Columnar</p>	<p>E</p> <p>Health/Balance</p> <p>Earth/Square</p>	<p>F</p> <p>Children/Projects</p> <p>Metal/White/ Ovals/Circles</p>
<p>G</p> <p>Inner Knowledge/ Self-Realization</p> <p>Earth/Dark Blue</p>	<p>H</p> <p>Career/Life Path</p> <p>Water/Black/ Irregular Shapes</p>	<p>I</p> <p>Helpful People/Travel</p> <p>Metal/Grey</p>



YOUR MAIN ENTRANCE WILL BE IN ONE OF THESE THREE AREAS.

Resources

I took a workshop with Karen Rauch Carter years ago based on her best-selling book: *Move Your Stuff, Change Your Life*

- <https://www.amazon.com/Move-Your-Stuff-Change-Life/dp/0684866048/r>

Another outstanding book on Feng Shui is from Jami Lin and combines essential oils fragrance and feng shui : *The Essence of Feng Shui* (this is one of my favorite books of all time!)

- <https://www.amazon.com/Essence-Feng-Shui-Jami-Lin/dp/1561705675/>

Websites where you can build a Virtual Vision Board – choose the option for 9 sections:

- Pinterest
- Pic Monkey (free trial!)
 - Use the collage option and 9 sections

If you find this difficult, you can just send the 9 photos, labeling each one as I did in my personal “Bagua Board” sample later on.

Your Board

Make a Bagua Board using the questions below as a guide to help you focus your thoughts and desires into powerful intentions. The image/s in any section can be a focal point for your visualization and manifestation. It does not have to be literal – for instance *the exact home you want*. Symbols are also effective as they speak to the unconscious.

USE PHOTOS, EMOTICONS, QUOTES, FRAMES WITH YOUR OWN WRITING, MEMES OR COMPOSITES IN ANY OF THE AREAS TO EXPRESS YOUR GOALS, INTENTIONS AND ASPIRATIONS FOR THAT PARTICULAR AREA OF LIFE. YOU

CAN EVEN TYPE OUR THINGS ON YOUR COMPUTER AND EMBELLISH THEM WITH DIFFERENT COLOR FONTS AND SYMBOLS.

Ponder the questions in the worksheet to help you hone-in on choosing an ideal image or design in that area? You can choose a single image to inspire you, for instance if you've always dreamed of owning a sailboat you can put that image to signify the entire "Wealth (Top Left) Gua"

Set up a folder on your computer to save your images, then narrow down to the one(s) that best fit the gua. You can hold onto the other images for future Bagua Boards. Some people make one every six months, or every season. It's a great project for the New Year or beginning of a fiscal or school year.

Once you've gone through the questions and jotted down a few notes, begin to look for images on Google. You can also make a fully physical one if you love the hand's on, scissoring through magazines, glue on your fingers approach. In that case, you may have lots of magazines laying around or ask friends and even your dentist for extras. I have also found images on the computer and printed them down to cut out and glue.

Check out these cool resources for royalty-free images. Google has loads of images, too. If you don't use the images commercially, there is no problem with using them in your vision board.

www.pexels.com www.pixabay.com www.compflight.com (Flickr tool)

You can print out the questions or cut and paste them into a "Bagua-Building" word doc. No need to share your responses but we would like a jpg of your finished product and a few questions (see below.) **HAVE FUN WITH THIS!**

Once you have a complete bagua board, consider ways that you can view it many times a day; It can be the wallpaper on your phone or computer screen, keep a printed copy on your fridge, in the area you meditate, on your desk, next to your bed etc.

Note from Dr. LJ So, when I had this idea I truly thought it was original and an inspiration from my Higher Self. :-) After I had written this entire piece and the workshop decided to google it "bagua board." Evidently it is "a thing," but I am still grateful for the intuitive hit and hope it takes you to a whole new level in creating powerful and meaningful Vision

Position 3: Top Right

Key Words: *Romance, Relationships, Sexuality*

Questions:

- What makes you feel sexy and desirable?
- What can bring you closer to your partner?
- What would your ideal partner be like? If searching, we'd recommend that you think in terms of how they would make you feel rather than a specific type.
- What feeling would you like to bring to the romantic space in your home?

Position 4: Middle Left

Key Words: *Family, New Beginnings, Your Tribe*

- What symbolizes a happy and harmonious family life to you?
- What is something that you would love to manifest?
- What do your children represent to you and/or what are your aspirations for them?
- How do the people that have become your "tribe" make you feel or what would you like to accomplish together?

Position 5: Middle Center

Key Words: *Well-Being, Balance, Health & Harmony*

Questions:

- What are your health and fitness goals?
- What would you like to add to your daily routine to give you more well-being and balance?
- What could/would you do if you were completely free of any anxiety or pain?
- What is something you would love to learn to do that can increase balance or health?

Position 6: Middle Right Key Words: *Children, Your Creations and Creativity*

Questions:

- What are the highest aspirations for your children?
- What would you like to birth into the world?
- What stimulates your creativity and passion?
- How would you most like to be known for creating?

Position 7: Lower Left Key Words: *Self-knowledge, Transformation, Spirituality, Higher Consciousness*

- What represents perfect peace to you?
- What path or activities would you like to experience or participate in to increase your self-awareness or spiritual growth?
- What activity or habit would you like to be part of your daily routine?
- How would you envision yourself as a more enlightened being?

Position 8: Lower Center Key Words: *Career, life path, How you serve or share your skills/gifts/talents with the world.*

Questions:

- What is the ultimate expression of your career goal/s?
- If money were no issue, what would you be doing?
- What gift/skill/talent do you dream of sharing with the world?
- Do you have any sayings that help you feel motivated to be more productive?

Position 9 – Lower Right Key Words: *Helpful People, Travel, New Philosophies and Ideas to support your Path*

Questions:

- Where do you dream of visiting?
- Who are those people who inspire you and support you the most – or who would you like them to be?
- What new ideas or philosophies are influencing your future endeavors?
- Who is an icon to you – someone who directly or indirectly represents a future path?

Sample of L J's New Bagua Board (October 2018)



1. **Affluence means having enough for all I need to do and all I desire, including helping others**
2. **Going back to professional speaking, internationally**
3. **Taking a romantic river cruise with my husband**
4. **Creating an amazing retreat experience with our growing NWA Tribe**
5. **Improving on my Pilates practice with increased strength and balance**
6. **Completing my new book and see it soar!**
7. **Deepening my relationships with my Higher Self and Spiritual Guides**
8. **Ultimately, that's my goal – being a Spiritual Healer**
9. **Travel, travel and more travel!**

Assignment

In the portal, download the Bagua Board Learning Experience 1B to complete this assignment. There is also an electronic Bagua Board template you can use to create your Bagua Board as a PDF by clicking the squares and adding your image.