

# Choosing a Feng Shui School

By Deborah Redfern



If you think of feng shui as a tree, the roots represent the common purpose or goal of feng shui, which is to bring the balance and harmony of nature into human life.

The limbs of the tree represent the major branches of feng shui

- Form school
- Compass school
- Black Sect

The branches represent the nuances of each of the main limbs, for example:

- Interior Alignment™
- Western School
- Pyramid School
- Eight House Feng Shui
- Flying Stars
- 9 Star Ki

You can read 'discussions' that compare these different branches: that one type of feng shui (or the original or 'real' feng shui) is better than another. As a feng shui and space clearing teacher, my main concern is that a lot of the information being put out is fear-inducing and/or doubt producing.

What I learned from my teacher Denise Linn and Interior Alignment™ is that the depth, intensity or profoundness of the system depends on how focused the practitioner is and whether they understand "Intent": energy flows where intention goes. Having compassion and integrity are also important.

So which is the right school is really what resonates within the practitioner, what interests and excites you, what feels like a natural fit, or makes you feel like you are 'called'. On the other end, of the client, there is usually a vibrational match: the client will feel drawn to a particular modality, or a particular practitioner.

A point a yoga teacher made has stuck with me: she said half an hour of a lower vibration emotion such as anger or fear can do more harm than eating white bread and sugar for a week. So rather than engaging in the discussions about what is best, authentic or deeper – which almost inevitably will lead to experiencing lower vibrational emotions – I simply know that if one school resonates with a person, it is the right school for them.