

Invisible Architecture

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August/September 2008

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BEST SLEEPING DIRECTIONS



We are about to leave the seventh month (Aug.7-Sept.7) of the Chinese year know as the month of “Hungary Ghosts.” It is seen as the lowest point of the year, During this time, the gates of the lower realms are opened and hungry ghosts and spirits wander the Earth looking for food to eat. This seems to be an accurate portrayal of the current state of national and

world affairs!

With all of the uncertainty, fear, and anger swirling around us daily at this point in time, we need to be sure to keep ourselves as grounded and healthy as possible. Nothing is as important as a good night’s sleep for our physical, emotional, mental and spiritual well being. So this month, I am giving the necessary charts to determine your best Feng Shui sleeping directions.

In Traditional Feng Shui, every individual is imprinted with certain energies at their time of birth based on the earth’s magnetic fields and cosmic influences. There are certain directions you resonate with that help you sleep better and awake more refreshed. It is important to position your bed in the best possible direction in order to tap into these favorable energies. It is also important to know what is on the other side of the wall behind your pillow. Refrigerators, heaters, toilets, electric boxes, bathroom plumbing etc. can all have negative affects on your sleep and health. In

the next newsletter, we will look at these “invisible” menaces. We will also address the problem of sleeping with a mate who has very different magnetic directions!

Here is a quick reference chart to locate your “gua” energy number. Note the Chinese solar calendar starts in the first week of February (not January). The year runs from February to February. That is why August is the 7th month.

The first day of the new year is listed in the chart. If you were born in January or in February before the indicated beginning date, you will use the prior year. For example, if you were born January 31, 1960, you would look at the information for 1959. Once you have located your number, you then go to the next chart to find your best sleeping directions.

YEAR	BEGINS	MALE	FEMALE		YEAR	BEGINS	MALE	FEMALE
1924	Feb. 05	4	2		1946	Feb. 04	9	6
1925	Feb. 04	3	3		1947	Feb. 04	8	7
1926	Feb. 04	2	4		1948	Feb. 05	7	8
1927	Feb. 05	1	5		1949	Feb. 04	6	9
1928	Feb. 05	9	6		1950	Feb. 04	5	1
1929	Feb. 04	8	7		1951	Feb. 04	4	2
1930	Feb. 04	7	8		1952	Feb. 05	3	3
1931	Feb. 05	6	9		1953	Feb. 04	2	4
1932	Feb. 05	5	1		1954	Feb. 04	1	5
1933	Feb. 04	4	2		1955	Feb. 04	9	6
1934	Feb. 04	3	3		1956	Feb. 05	8	7
1935	Feb. 05	2	4		1957	Feb. 04	7	8
1936	Feb. 05	1	5		1958	Feb. 04	6	9
1937	Feb. 04	9	6		1959	Feb. 04	5	1
1938	Feb.04	8	7		1960	Feb.5	4	2
1939	Feb. 05	7	8		1961	Feb. 04	3	3
1940	Feb. 05	6	9		1962	Feb. 04	2	4
1941	Feb. 04	5	1		1963	Feb. 04	1	5
1942	Feb. 04	4	2		1964	Feb. 05	9	6
1943	Feb. 05	3	3		1965	Feb. 04	8	7

YEAR	BEGINS	MALE	FEMALE		YEAR	BEGINS	MALE	FEMALE
1944	Feb. 05	2	4		1966	Feb. 04	7	8
1945	Feb. 04	1	5		1967	Feb.4	6	9
1968	Feb. 05	5	1		1995	Feb. 04	5	1
1969	Feb. 04	4	2		1996	Feb. 04	4	2
1970	Feb. 04	3	3		1997	Feb. 04	3	3
1971	Feb. 04	2	4		1998	Feb. 04	2	4
1972	Feb. 05	1	5		1999	Feb. 04	1	5
1973	Feb. 04	9	6		2000	Feb. 04	9	6
1974	Feb. 04	8	7		2001	Feb. 04	8	7
1975	Feb. 04	7	8		2002	Feb. 04	7	8
1976	Feb. 05	6	9		2003	Feb. 04	6	9
1977	Feb. 04	5	1		2004	Feb. 04	5	1
1978	Feb. 04	4	2		2005	Feb. 04	4	2
1979	Feb. 04	3	3		2006	Feb. 04	3	3
1980	Feb. 05	2	4		2007	Feb. 04	2	4
1981	Feb. 04	1	5		2008	Feb. 04	1	5
1982	Feb. 04	9	6		2009	Feb. 03	9	6
1983	Feb. 04	8	7		2010	Feb. 04	8	7
1984	Feb. 04	7	8		2011	Feb. 04	7	8
1985	Feb. 04	6	9		2012	Feb. 04	6	9
1986	Feb. 04	5	1		2013	Feb. 03	5	1
1987	Feb. 04	4	2		2014	Feb. 04	4	2
1988	Feb. 04	3	3		2015	Feb. 04	3	3
1989	Feb. 04	2	4		2016	Feb. 04	2	4
1990	Feb. 04	1	5		2017	Feb. 03	1	5
1991	Feb. 04	9	6		2018	Feb. 04	9	6
1992	Feb. 04	8	7		2019	Feb. 04	8	7

YEAR	BEGINS	MALE	FEMALE		YEAR	BEGINS	MALE	FEMALE
1993	Feb. 04	7	8		2020	Feb. 04	7	8
1994	Feb. 04	6	9		2021	Feb. 03	6	9

Listed below are your three best sleeping directions, with the first one being the most peaceful and healthful. The second direction is a little more energetic and the third one is even more so.

The directions listed are **magnetic directions**, so you will need to use a **compass**. You are **magnetically** aligning your sleeping body and coming into resonance with the most beneficial energies of Earth and Heaven.

The crown of your head (the pillow) faces the indicated direction. Hold your compass against that wall. The numbers and sleeping directions are the same for both males and females except for number 5. Number 5 is split and has different directions for males and females.

NUMBERS	1	2	3	4	5-male	5-female	6	7	8	9
1. FU WEI	N	SW	E	SE	SW	NE	NW	W	NE	S
2. YAN NIAN	S	NW	SE	E	NW	W	SW	NE	W	N
3. TIAN YI	E	W	N	S	W	NW	NE	SW	NW	SE

Additional information on your good directions.

1. **Fu Wei** engenders peace, growth, stability, calming and relaxing energies.
2. **Yan Nian** fosters family harmony, public relationships and communication.
3. **Tian Yi** is good for health, friendships and rejuvenation.

These directions work! It is not always possible to sleep in the first direction, because of closets, doors, windows, electrical boxes and bathrooms - so try to use one of the other two. Be very aware of what is behind the headboard - either outside or in the next room. There may be harmful electro magnetic fields flowing through the walls. Do not put your head in this direction. It is there for the entire night being bathed by these detrimental energies.

A "Trifield Meter" is an excellent tool to accurately measure EMF pollution within your home or workplace, so you can take steps for prudent avoidance. Knowing where the "hot spots" are is invaluable in this day and age of "emf" and microwave proliferation.

I am now featuring the Trifield Meter in my online store. It is very simple and straightforward to use and comes with easy instructions.

If you have questions or would like a personal feng shui consultation, please call (323) 665-8410 or email carol@invisiblearchitect.com

Blessings, Carol