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## **IN SEARCH OF A HARMONIOUS LIFE WITH THE HELP OF ANCIENT FENG SHUI PHILOSOPHY**

**Annotation.** *The article deals with problems and open questions concerning the organization of living space. Today, the problem of organizing personal spaces comes to the fore. The color strategy of feng shui, which has proven its content over time, can help turn it into an attractive, harmonious, comfortable place to stay in self-isolation.*

*The article considers examples of color solutions for residential interiors according to the five elements of Feng Shui.*

**Keywords:** *ancient philosophy, harmonious space, color therapy, color energy.*

There has never been such a spring as in 2020 in Kazakhstan, and in the whole world. Self-isolation and restricted movement were accompanied by disturbing news about the growing number of cases and difficult-to-treat symptoms of coronavirus infection. All this is expected to affect both the physical and mental health of mankind. For many, isolation has been a profound psychological shock. The permissible desire of people to survive the next inter-pandemic phase dictates the need to prepare in advance for self-isolation and make efforts to harmonize the living space, which will have to serve as an office, school, fitness club and even a restaurant, and subject it to a serious re-evaluation.

The easiest way to make life move and bring the energy of certain colors to it to achieve the desired results is to turn to feng shui. The philosophy of feng shui perfectly interacts with the style of minimalism – a style that is financially as accessible as possible to many people for organizing and transforming their personal space.

The philosophy of Feng Shui is based on Taoist principles set out at the turn of VI–V centuries the greatest Chinese thinker Laozi, who spoke about common beginning of all things, about the concept of Yin and Yang, the Qi, the place of man in this world and the principle of Tao, allowing to connect the human with the Universe and feel the whole Universe in itself. The practice of Feng Shui promotes the feeling of pure Qi energy in the world. When a person stops being attached to the external manifestations of his personality, he is able to realize the great connection of all phenomena on earth with the flow of Qi energy [1].

The goal of feng shui science is to improve well-being by analyzing personal space through Chi-the invisible flow of energy that carries life.

The principles of modern Feng Shui are:

1. Energy always should flow freely through the space as obstacles may have a negative impact on the environment.

2. Natural elements (water, metal, fire, wood and earth) must be present, but they must be balanced to form positive energy.

3. Objects inside the space should be arranged in a certain way in order to improve well-being [4].

The most minimal labor, time and, of course, economic costs will be the change of space through such a tool as color.

The very idea of the influence of color on the human psyche is not new, and many psychologists argue that colors affect the human psyche not only through vision, but also through the skin. If, for example, to be in the room with a blood-red hue even with the blindfold on, he feels that much faster will the heart beat, the feeling of excitement, and if you go into the room in blue tones – the pulse will slow down, immediately feel easy relaxation.

And in the ancient Chinese science of Feng Shui, an integral element is color therapy – an effective method of exposure to color in order to restore the activity of the body. All colors are divided into Yin and Yang.

Yin colors are colors that can give relaxation and peace: black, white, blue, purple, pink, green.

Yang colors are colors that energize and give positive emotions: beige, yellow, golden, orange, red, burgundy, brown and lilac.

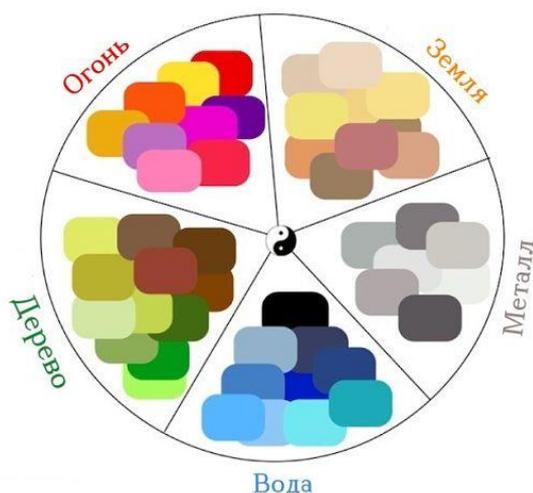


Figure 1 – Elements and their colors

Each feng shui element is represented by a specific color, and color is the easiest way to use the five elements principle to bring more harmony to your personal space with feng shui. Each color reflects one of the five elements of Feng Shui: fire, earth, metal, water or wood. If you use colors correctly in the interior, you can achieve harmony and be charged with vital energy (Figure 1).

Knowing how to use color to strengthen and balance the energy of the home is a difficult feng shui subject, but it always has the basics. The correct arrangement of feng shui colors is determined by the Bagua, or feng shui energy map of your space (figure 2).

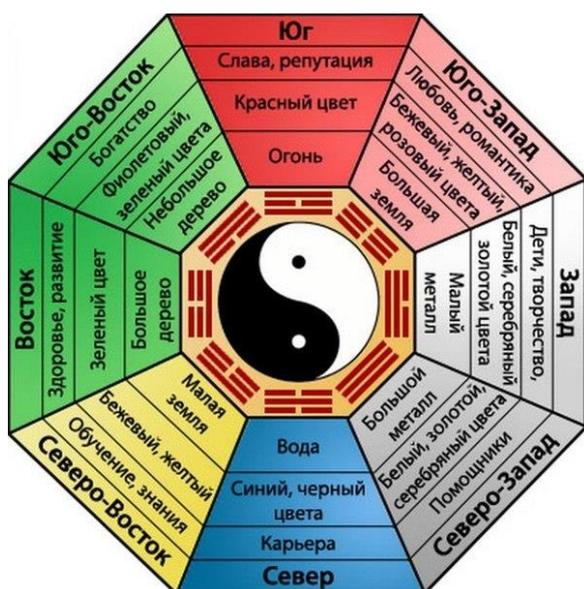


Figure 2 – Map of Bagua

To understand how best to express the five elements of feng shui in the home or office, let's consider, for example, the southern feng shui area of Bagua.

The energy of Southern Feng Shui Bagua is associated with the energy of fame and reputation. The best translation is light, or fire inside a person. The energy of the Southern Feng Shui Bagua is also related to the image that it projects on other people, or to its identity in the eyes of others, as well as how well its own personal light - its identity and values-is maintained [2].

The feng shui element of the South is fire, and the feng shui colors that express it are red, purple, pink, bright yellow, and orange. For example, if there is a need to keep personal fire energy strong, it is best to avoid many blue or black decorative items in the Southern Feng Shui Bagua area of personal space.

Why is it necessary to avoid the blue-black color scheme in the South Bagua area? The answer is very simple, because blue and black colors have the energy of the water element of feng shui, and water suppresses the fire element of the South, that is, a destructive cycle of five elements of feng shui is triggered here.



Figure 3 – Color scheme of the interior space according to the element of Feng Shui-Fire.

**Fire** is associated with energy and passion. It is also an element of love and sexuality. The correct use of fire colors in the interior, red, orange, yellow, purple and pink, will charge the inhabitants of the house with energy and direct it in the right direction. A good accent can be orange chairs or oriental bright screens, perhaps a picture in bright red tones with a picture of a flame (Figure 3).



Figure 4 – Color scheme of the interior space according to the Feng Shui-Earth element

**Earth.** This element is responsible for stability and fertility. It is also closely related to health, inner harmony and mental activity. The colors of the earth are shades of beige, sand tones and light yellow. You can decorate kitchens, recreation areas and living rooms with flowers of the earth (Figure 4).

In the bedroom, earth colors will create a light, relaxing atmosphere for a great end to the day.



Figure 5 – Color scheme of the interior space according to the element feng Shui-Metal

**Metal.** If you are looking for purity and precision, then the element you need is metal. It helps to maintain focus and helps to ignore unnecessary stimuli. To achieve this effect, you need to use metallic, gray and white colors.

Sometimes simple interior items such as a vase or lamp do a great job of attracting positive energy (Figure 5).



Figure 6 – Color scheme of the interior space according to the element feng Shui-Water

**Water** represents lightness, helping to tune in to peace, cleanliness and freshness. It is also an element of wealth. Its colors are blue and black. Do not paint all the walls of the room in shades of blue to attract the element of water. Thoughtful interior details will cope with this task better. For example, a blue rug, although made of wool, will still belong to the element Water (Figure 6).



Figure 7 – Color scheme of the interior space according to the element of Feng Shui-Wood

**Tree.** Traditionally, a tree represents life and growth. Its colors are green and brown. The best way to label this element is, of course, the use of live plants, as well as wooden floors.

Biophilia has already entered the top interior trends of 2020. The use of natural materials or their imitation with the help of color, texture and shape positively affect our psychological comfort (Figure 7) [3, 6].

### Conclusions:

According to all of the above, the statement is relevant that after any crisis there is growth and prosperity, since everything is surmountable.

The need to take advantage of a period of self-isolation and remote work to change your living space is the best active action. For example, you can form one key intention – for example, to improve the health sector, and accordingly focus your attention on the corresponding sector of the interior, according to the Bagua map - this is the eastern part. And to strengthen the «health zone» - add Earth elements to this part of the space.

The main idea, very simple and accessible in its implementation, is to use the usual furnishings and make a permutation according to all the canons of feng shui. Knowing the ancient science of how to change the environment of your personal space – what exactly you need to put and in what specific zones, what color and what materials, and how to do it with the right intention-will make your space work for your luck and prosperity.

Of course, feng shui is an ancient deep and extremely difficult practice that requires a thorough immersion. Feng Shui has many schools and directions. However, the most important thing is that Feng shui works primarily with the energy flows of the universe, and not with tools, attributes and talismans. The form without content is dead. The way of feng shui is the way of feeling yourself in this world, feeling the essence and connection of all the phenomena of this world, the way of realizing Qi. First of all, it is necessary to work within yourself, to harmonize your personal inner space, to feel yourself a part of the Great One and Indivisible.

Following the principles of Feng Shui, you can create a beautiful and harmonious space that creates a sense of peace, renewal and happiness [5].

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## **ФЭН-ШУЙ ЕЖЕЛГІ ФИЛОСОФИЯСЫНЫҢ КӨМЕГІМЕН ҮЙЛЕСІМДІ ӨМІР ІЗДЕНІСІНДЕ**

*Аңдатпа.* Мақалада тұрғын үй кеңістігін ұйымдастыруға қатысты мәселелер мен ашық сұрақтар қарастырылады. Бүгінгі таңда жеке кеңістікті ұйымдастыру мәселесі бірінші орынға шығады. Уақыт өте келе өзінің құндылығын дәлелдеген фэн-шуйдің түс стратегиясы оны оқшаулауда тартымды, үйлесімді, жайлы орынға айналдыруға көмектеседі.

Мақалада фэн-шуйдің бес элементіне сәйкес тұрғын үй интерьерінің түс схемасының мысалдары келтірілген.

**Түйін сөздер:** ежелгі философия, үйлесімді кеңістік, түс терапиясы, түс энергиясы.

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## **В ПОИСКАХ ГАРМОНИЧНОЙ ЖИЗНИ С ПОМОЩЬЮ ДРЕВНЕЙ ФИЛОСОФИИ ФЭН-ШУЙ**

*Аннотация.* В статье рассматриваются проблемы и открытые вопросы, касающиеся организации жилого пространства. Сегодня проблема организации личных пространств выходит на первый план. Цветовая стратегия фэн-шуй, доказавшая свою содержательность временем, может способствовать превращению его в привлекательное, гармоничное, комфортное место пребывания в самоизоляции.

В статье рассматриваются примеры цветового решения интерьеров жилого пространства согласно пяти элементов фэн-шуй.

**Ключевые слова:** древняя философия, гармоничное пространство, цветотерапия, энергия цвета.