

ARCHIPLAN'S FENG SHUI PLANNING GUIDE

INTRODUCTION

Feng Shui is the Chinese Art of placement, which started with the progress of Agriculture. After living a nomadic existence and with the need for secure shelter, the Chinese started looking for the most favourable setting for a home, one where the occupants would enjoy good health and live prosperous lives from generation to generation. The factors contributing to proper placement come from the geography of the landscape and the flow of chi, life force energy, through rivers, streams, and pathways. Feng Shui is also known as Chinese geomancy

This guide outlines the essential elements of Feng Shui Planning. Additional reading and research may have to be undertaken to gain an in-depth understanding of Feng Shui.

THE BASICS OF FENG SHUI

Feng Shui is basically the study, examination and understanding of the intrinsic energies of people and places. The universe is seen as the result of the interplay of Chi, the Chinese term for life force energy. There is a Chi of the earth, the atmosphere, and people. The important understanding of Feng Shui is an appreciation of the all-encompassing nature and power of Chi, which triggers all life and all realms of life. The capacity to perceive the quality, flow, and interplay of personal and environmental Chi is the basis of all Feng Shui principles and techniques. The source, quality and flow of Chi have an effect on us in the world of nature as well as in man-made structures.

YIN AND YANG

Feng Shui uses the distinctions Yin and Yang to refer to a twofold understanding of Chi conditions. Yang Chi can be characterized as active, expanding and creative, while Yin Chi is receptive, responsive and contracting. Everything contains a portion of Yang. Within Yang is the seed of Yin, and within Yin is the seed of Yang. Yin or Yang energy, when pushed or expressed to its extreme, will reverse itself.

THE QUALITY OF CHI

The quality of Chi can be expressed through form, shape colour or the feeling it generates. Chi can rise and fall, disperse, pool or settle. Its flow can be fast, slow or static. Crosscurrents of Chi can generate energetic patterns of conflict. Chi can be of the earth, the atmosphere, and from people. Enclosed spaces, basements and storage areas exhaust and stagnate chi. An important consideration when working with Chi energy is balance. Too much can be much of a problem as too little. Sensitivity to the energies of the people and the place is required to create the most harmonious flow of Chi to nurture and support a prosperous life.

THE FIVE ELEMENTS OF CHI

The five elements of the Chi form a simple and elegant system for understanding the phases of Chi, the basic energy underlying all life. They are based on the cosmology of Yin and Yang devised by Fu His, a legendary sage-ruler of ancient China. As there was no written language at the time, all knowledge came from intuition and observation of the signs of heaven and the ways and processes of the earth. His theory of the five elements encompasses the means by which chi energy interacts within and between people and the natural environment. The names given to the five elements, **wood, fire, earth, metal and water**, symbolize more than just physical substances.

- **Wood** denotes upward growth and movement.
- **Fire** stands for expansion, rising and heat.
- **Earth** is stable, firm, reliable, and dependable.
- **Metal** has the contracting, heavy quality of condensation.
- **Water** has characteristics of fluidity, gathering and dispersing movement.

Element	Wood	Fire	Earth	Metal	Water
Direction	East	South	Centre	West	North
Season	Spring	Summer		Autumn	Winter
Colour	Green	Red	Yellow	White	Black

THE FIVE PERFORMERS

Known as Wu-Hsing (the five performers), the literal translation of the Chinese word for element is to go, indicating dynamic movement. Different cycles and orders of the five elements refer to various ways in which the energy phases of the chi can flow, transform and interact. In addition to having specific form, colour, and shape, each element is associated with a compass direction, body parts and organs, season, climate, odour and a myriad of other characteristics. Feng Shui practitioners use the five elements to diagnose positive as well as destructive chi phase patterns, and to devise remedies for creating a desired result. While the five elements are an integral part of all schools of Feng Shui, each may use different methods and techniques.

STANDARD GUIDELINES

According to the Geomancer accurate and detailed predictions can be given only after careful study, analysis and observation of the site. The orientation of a building and the planning of a house can be computed by the use of a Luopan with reference to the birth date and time of birth of the owner. As it is rather expensive to engage the services of a geomancer perhaps knowing the standard rules-of-thumb of Feng Shui may be of use and interest.

Some practices of geomancy originated out of practical reasons, which can be listed as follows:

- (a) Geomancers always recommend that buildings should be constructed on high ground instead of in a valley. This is a practical suggestion as low-lying areas may be easily flooded.

- (b) It is written that the occupants of a house standing on the triangular lot at a “Y” junction will suffer from fire outbreaks and other calamities. This sounds rather severe and unreasonable but on closer examination it can be seen that vehicles are accident-prone at “Y” junctions. Moreover a triangular lot is difficult to handle in terms of landscaping and planning.
- (c) Many geomancers believe that trees on the northwest (Northern Hemisphere) side of the site protect the house and bring happiness to the family, but very few are able to explain the logic or the origin. When an analysis of the geographical features of China is made it can be seen that the north-westerly winds bring along yellow dust from the Mongolian border. Big trees planted on the northwest side thus protect the dwelling from the polluted wind.
- (d) Trees are not always “protective” towards the household. Sometimes they obstruct the “entry of wealth”. For example, a big tree planted in front of the main door deprives the tenants of fortune. This idea could have originated from the fact that a big tree being shady deprives the house and the occupants from much welcomed sunshine. Another practical reason could be that such big trees are usually tall and thus good conductors of lightning.
- (e) If a building is located at the end of a narrow street or “cul-de-sac” it will be an “unfortunate” dwelling. This sounds illogical or superstitious. Perhaps from past experience it was found that in times of danger or during an outbreak of fire, the fire brigade found it difficult to reach the building. Even the tenants might have difficulty getting out of the narrow lane to get help.
- (f) However, it does not mean that buildings situated on the main road are sure to bring good luck and health. A desirable position could only be obtained if the main road was to the west of the building. Architecturally, in tropical countries, it is practical to have a building located on the eastern side of the road because in so doing the western wall/walls can be built solid to give privacy and to act as a noise buffer as well as to avoid the sun when it is in the west. But in temperate countries the sun is always welcome.
- (g) In China the south-westerly winds during summer are most refreshing. The geomancer’s insistence on having a vacant lot to the south for good fortune can be looked upon as practical by the architects of the tropical region because the southern side is ideal for an open field or garden. Windows and doors facing the north and south sides do not get the full impact of the hot sun. To people living in the temperate zones vacant land in any direction is always an amenity.
- (h) The geomancer always recommends that the most important area of a building should be located centrally. For example, in a house the living room, which is indeed the “hub” and focal point should be at the centre. This is practical as it reduces circulation space and saves time when occupants walk from their rooms to the living area.
- (i) Harm will befall young people should their bedrooms be located next to the kitchen. This sounds superstitious but on closer examination it is a practical point to consider. Should the kitchen be the exit to the bedrooms the latter would be badly polluted. Moreover fires often start from the kitchen in domestic buildings.
- (j) A house or a building must have a back door and must not be in line with the front door. If the back and front doors are in line, fortune cannot be retained. A house without a back door spells death and misfortune. This appears irrational but without a back exit one cannot escape from fire or have access to the washing lines or back garden.

THE IDEAL SITE

The ideal site has the characteristics of a comfortable armchair, which is sheltered by landforms that are given animal names. These names come from the quality of natural energy the animals represent. To the rear is the Turtle, a rounded mountain that gives protection from harsh, cold winds. On either side are smaller hills, called the tiger and dragon, which also moderate the extremes of weather and give further shelter to the site. To the front is the energy of the bird, symbolic of the warmth of the sun. A pond, stream or river adds to prosperity, as clear fresh water (shui) is essential to life. A home placed half way up a slope will avoid the excessive winds (feng) at the top, the danger of excessive moisture or flooding in the lowest valleys, and give a commanding view of the surrounding area.

The same principles can be applied in a rural or urban setting. Choose a building or location that is elevated relative to the surrounding area, street, or neighbourhood, and use landscaping, walls, or fences to provide protection to the back and sides of the site. A fishpond in the front yard or a fountain just inside the foyer will bring the abundance and vitality of water, adding movement and opportunity.



SHAPE OF SUB-DIVISION

The form of the property exerts a powerful influence. In general, square or rectangular shapes work best. Deeper is better than wider, allowing for more development. A lot wider in the front than the back can make holding on to money and possessions much more difficult than one that is narrower in the front and wider in the back, which will support the owners in accumulating. When working with odd or irregular shapes, use the landscaping and building form in a creative way to balance and complement the site.

SITE PLANNING

In Feng Shui, respect for the natural landscape and sensitivity to the quality of air, water, vegetation, and animal life is paramount as the fundamental source of life supporting and enhancing chi is the earth. The second step is to place the structure so as to take advantage of the intrinsic energies of the site, so that the building will be in harmony with nature as well as the man-made components of the immediate environment. An understanding of the flow of chi around and within a structure is essential. How the exterior and interior spaces will feel to the occupants is of prime

importance, as a supportive, comfortable environment is essential to ensure the long-term liveability factor of the home or development. Lush, healthy vegetation and pleasant harmonious birdcalls are signs of copious and positive chi of the earth. Dead or dying plants and trees, dry rocky ground, or annoying animal sounds are indications of insufficient or negative earth energies. Ground which slopes down and away from the back sides of a site, a condition often found with homes built on the lower side of a street, can create a sensation of insecurity and lead to loss of prosperity and an inability to accumulate. The flow of traffic along streets and roadways can be a potent factor. Buildings located opposite a T or Y intersection, or on the inside portion of a sharp curve, can receive too much intense energy, resulting in unwanted problems, accidents and unfortunate events. Fences, walls or landscaping are a simple way to block or absorb the unpleasant energy. Cul-de-sacs, dead end, or one-way streets typically provide insufficient chi flow. Roads, driveways or alleys to the sides, in back of, or between properties are a potential source of excessive noise and undesired activity, undermining the pace and security of the site.

THE BUILDING EXTERIOR

Buildings should be designed with both environmental and Feng Shui principles in mind. When a building is designed without proper protection, rain will penetrate the interior and dampness will spoil the internal finishes. If the roof is not designed with the correct pitch, rainwater will seep in. Buildings should be orientated in such a way that they benefit from cross breezes, so the interior is cool and comfortable.

The massing of the building should be in harmony with the surrounding environment and in balance with the neighbouring buildings. It should be designed so that it does not stand out in terms of width and height.

THE BA-GUA

A deeper level of Feng Shui applies the eight (ba) trigrams (guas) of the I Ching to any distinct space. Called the Ba-Gua, it's an advanced way to locate specific areas that directly relate to one's life experience. To orient the ba-gua, first find the mouth of chi. For a building this will be the front door, even if another door is used more often. When using this dynamic ba-gua approach, the benefactors, career, and knowledge areas always align with the wall containing the entry, independent of the compass direction. The rest of the areas follow in turn- family, wealth, fame, marriage, and children – with the centre being a key area for health.

In this system, sectors of the ba-gua may be missing or enhanced, based on proportion and dimension. It can be applied to a site on multiple levels such as the lot, gardens, structures, individual floors and rooms.

Once missing areas are discovered or an area is determined to need adjusting or activating, BTB Feng Shui, uses the Xie Zi (Chinese for a little bit) method of minor additions. This consists of nine basic categories of solutions, which are used to adjust, control, or modifies chi flow problems. For example, what if the wealth area is missing, or contains a bathroom, which creates a drain on finances.

The three most important elements in any residence are the **entry, kitchen and bedrooms.**

THE ENTRANCE

An entry that is easy to find, well lit, provides a view of the street or main approach, and has an open spacious feel, makes an excellent connection to the world outside. A wide, smooth path or walkway gives a ready access for prosperous chi to flow to the house, and a sturdy, aesthetically pleasing door with locks and handles in good working order will lead to a more successful life. Anything that creates a block, obstacles or restriction, whether a tree, column, post or anything large in front of the door, a close interior wall, or a narrow hallway often results in difficulties and problems, particularly in the area of opportunities and career. Once inside, what's the first room that you see? If it's the kitchen, there can be an added emphasis on eating. A spacious foyer, living room or dining room can give the message of a change of pace, a sense of peace and relaxation. Bathrooms are places where water, symbolic of wealth, drains out of the house making it hard for those in the home to accumulate money and possessions. Also, people entering can have an immediate urge to use it, creating a habit that can follow them to other locations. If a game room, the residents may take a lot of chances, making or losing money in risky investments. A home office, study or studio can give an advantage. Children in the home may study more and the adults will put extra effort into their art, work or business activities, and in turn be more prosperous, while bedrooms being the first rooms can make the inhabitants lazy and prone to sleep more than is necessary. Stairways that directly face the door are associated with difficulty accumulating money or sustaining relationships, as things leave quickly. They don't stay in the house because the chi runs right out the door!

THE BEDROOMS

Most people spend about 1/3 of their life in the bedroom, our most personal sheltering space. When placing a bed, keep three principles in mind. Make sure that its position provides a wide view of the room, a view of the main door to the room, and that it is not directly opposite and in line with the entrance to the room. Beds that don't provide a view of the door can produce insecurity and lead to unforeseen problems in life. If the room shape, design, or the desire to capture a beautiful view makes this impossible, use a strategically placed mirror to reflect an image of the door. Avoid placing shelves or heavy objects above the head level of a person or large massive pieces of furniture near the bed. A solid wall behind the bed along with a sturdy headboard gives additional support and security, as does a stable, solid platform. If the bed is too big, partners may drift apart. Everything you see, sense or feel – the colours, the artwork, the furniture condition and style, the objects, and the plants within your environment - will affect you. Apply this principle rigorously in the bedroom. This space is closest to you and can have the most powerful effect on your entire life. The bedroom is a place to treat yourself to the very best in comfort, beauty and peace.

THE KITCHEN

As the source of food preparation and nourishment, the kitchen functions as the spiritual centre of the house, even if it just contains a hot plate or microwave. It's

important to have a sense of space and light, using storage and surfaces efficiently to avoid clutter and maximize functionality. Most desirable is an island stove, which gives a wide controlling view of the room. IF the stove faces a wall, a typical placement in most Western kitchens, people, noise or activities behind the cook can easily disturb him or her.

To restore a sense of security, place a mirror on the wall in back of the stove or countertops. This also makes the kitchen feel bigger and reflects the burners and food preparation areas, a Feng Shui technique for doubling prosperity. Make sure that all the heating elements and oven functions work properly. The stove functions as a road to wealth into the home and cooking (even just making tea) on a regular basis is one of the best ways to activate abundance and well-being.

LIVING ROOM

According to Chinese belief it is not good Feng Shui to arrange the lounge seats in a living room so that they resemble a bow or triangle and point at the bedroom. Symbolically the bow can shoot an arrow at the person sleeping in the bed. It is unfavourable to place the master's chair facing a large door or window, because when he reads, he will suffer from the glare.

DINING ROOM

To the Chinese the dining table should be round as the circular form expresses or symbolises heavenly blessings. A square or rectangular form symbolises earth, which is inferior to heaven. The table should be placed under balanced lighting in the centre of the room so that the diners can benefit from good ventilation. Dining chairs must be in even pairs such as four, six or eight as the Chinese believe that luck comes in even numbers and a single number indicates loneliness.

BATHROOMS

In most cases the bathrooms should be kept away from the kitchen and the main entrance as they can pollute or disturb the flow of Chi in the home. The toilet regarded as poor Feng Shui. In the case of double storeys the bathroom or toilet should not be placed above the kitchen area.

THE STUDY

The shape and placement of furniture in the Study area is important. The study tables or desk should be rectangular, and placed in the Chi area according to the Le Shu grid and horoscopes of the users. They should be placed against a solid wall for backing, with the window preferably at the left, to provide a view and adequate ventilation. The size of the writing desk should be in accordance with the measurements of the Geomancer's ruler.

COLOUR

From the moment of birth we're surrounded by colour, a key factor in shaping the sights, feelings and sensations in any environment. The starting place for appreciating the effect of colour is to notice if the colours in a room or place create a pleasant and comfortable ambience, independent of any formal relationship or system. Colours have general meanings in Feng Shui theory.

- Red stands for reasoning, etiquette, power, and strength.
- Yellow for tolerance, acceptance, honesty, truth, and trustworthiness.
- Black is the colour of seriousness and justice while white connotes purity and, from a Chinese cultural perspective, death.

The colours for the areas of the Ba-Gua and the Five Elements play an important role in making Feng Shui adjustments. In practical application, colours used will come from the family of shades, tones and tints within a broader classification derived from one of the five elements of the chi.

- Red (fire element) includes orange and pink,
- Yellow (earth element) includes cream and brown
- White (metal element) includes silvers.
- Black (water element) includes grey and dark blue
- Green (wood element) includes blue, teal, and aquamarine.

Use colours from the creative cycle sequence for an easy, harmonious effect, or the controlling order for even more powerful, dramatic results. The same methods may be applied to clothing and is very good for adjusting personal chi. It doesn't matter whether the colour sequence chosen goes from top to bottom or bottom to top, as the important principle is to activate the flow of chi. A combination of five decorative items, one from each of the element colours, is another simple and aesthetically pleasing technique for interior or exterior applications.

FENG SHUI SOLUTIONS

Feng Shui solutions can correct a location, design, or arrangement problem, and also adjust a weak or missing area of the Ba-Gua. The intrinsic properties of objects combined with the power and clarity of imagination, intention and intuition will determine effectiveness. There are nine basic categories of items used to influence, control and manage chi flow, restore balance or activate an area.

- 1. Light Producing or Refracting Objects: Mirrors, crystals, and light.** Mirrors can draw in beneficial natural energy, redirect or reflect away a problematic flow of chi. They are great for creating the sensation of more space in a restrictive entry when faced with a blocking wall, or to compensate for a missing area of the Ba-Gua. Larger is generally better. Clear ones of good quality, with a minimum of sections, will give the best effect. When using mirrors, make sure that the people in the house can look in the mirror and see the upper portion of their head. Use clear, round, faceted cut-glass crystals to adjust the direction or disperse a flow of chi through a window, hallway or area that's too fast or excessive. Match size to the situation. A crystal hung in a window will still bring results, even if behind blinds or curtains. Natural crystal groupings, such as quartz or amethyst, can concentrate energy and enhance an area of the Ba-Gua. The quality, brightness and direction of light all play an important role in Feng Shui adjustments. If an area is too dark or more activity is desired, switch to a higher wattage bulb or add additional fixtures. Spotlights are very effective for balancing lot or building shapes.
- 2. Sound: Wind chimes and music.** Metal wind chimes or bells, which have a pleasing clear sound, can alert, awaken or clear the mind, lift up low ceilings or oppressive overhanging eaves, and strengthen one's personal energy. They're

also used to improve one's fame or reputation, activate, or open up a closed area. Bells or chimes don't have to sound to be effective and are often used interchangeably with glass crystals to smooth, disperse or redirect conflicting patterns of chi.

3. **Living Things: fish, bonsai, plants, and landscaping.** Fish symbolize wealth and prosperity. Make sure to keep pool and tanks well maintained. The shape, colour, and vitality of lowers, bonsai, trees, and plants are important factors. Foliage that grows downward can lower chi and have depressing effect, while thorny or spiky plants can be harsh or overstimulating. Avoid using dead or dried flowers or arrangements with many sticks and twigs, unless they have a positive sentimental significance. If living plants can't be used, use high quality artificial or silk plants.
4. **Weigh and Heavy Objects: Statues and rocks.** Rocks and other heavy objects have a solid, stabilizing effect, creating a sense of strength and stability. Statues placed in specific areas, such as the entry, marriage or wealth area, add in the support of a deity or natural energy. Choose ones appropriate to a person's religious background and spiritual beliefs.
5. **Colour: Colours of the Ba-Gua, the spectrum, and the five elements.** The basic principle when using colours, either alone or in combination, is to assist proper chi flow and have a pleasing effect. Objects having the same colour as listed for a trigram, or painting walls the corresponding colour, will strengthen areas of the Ba-Gua. Other colour sequences used in feng shui are the colour sequences of the spectrum and the five elements. (Note: refer back to five element and colour months).
6. **Moving Object: Windmills, whirligigs, flags, and mobiles.** Kites, banners, wind socks, windmills, whirligigs, and mobiles activate, stimulate and circulate chi. Flag poles, often used to complete missing pints of a lot or house shape, have a powerful lifting and strengthening affect.
7. **Hydraulic Power: Fountains and water sculptures.** The flow of a fountain or water sculpture represents the movement of money and opportunity. Very good in the career area to stimulate networking and social interaction, or in the wealth area for increasing prosperity, a vigorous flow will give a stronger affect. For maximum prosperity, it's important to see the water collect in a generous reservoir.
8. **Energy or Fire Producing Objects: Appliances, computers and firecrackers.** Computers or appliances can be placed in areas of the Ba-Gua as a strengthening adjustment. For example, a computer could be placed in the wealth area of an office. Symbolic firecrackers, placed on a windowsill or above a door, give an activating and protective effect.
9. **Chinese bamboo flutes.** When used to strengthen a specific area of the Ba-Gua, hang a bamboo flute on the same angle as the corresponding area. The effectiveness of flutes, or even pieces of bamboo, comes from the section by section upward growth pattern of bamboo, which can lift, break up the energy of an oppressive beam, give strength, and support. For safety and protection, add red tassels so that the flute resembles an ancient Chinese sword.

On using solutions

Keep in mind that a Chinese flute, as well as crystals, firecrackers, or mirrors may not go with certain styles of decorating. If necessary, solutions may be hidden behind or inside of other objects, or combined for a greater effect. Be creative. The nine-category system includes many possibilities, and can serve as a springboard to use your imagination, sense of energy, and personal aesthetics to develop unique and even more powerful solutions. For maximum results, activate and reinforce Feng Shui adjustments with intention, prayer, and a detailed visualization of the desired outcome.

The most potent Feng Shui influence on work and success is the office desk. As with beds, keep three principles in mind. Make sure that the location provides a wide view of the room and the main door and that it's not directly opposite the entrance. Desks that don't provide a view of the door can produce insecurity, as things literally happen behind your back. Noises, conversations or even the sensation of open space behind can be very distracting. Turn the desk, change its position, or use a strategically placed mirror to give a view of the door.

The extreme case of the effects of this principle can be seen in the cubicle, so typical of modern office design. Even a small convex mirror attached to the upper corner of a computer monitor will give a sufficient wide-angle reflection, restoring a sense of security and peace of mind. Often people using a desk facing a wall will feel blocked. An enticing or distracting window view can interfere with concentration. Avoid placing shelves laden with books, manuals or stored materials above head level, which give an oppressive sensation and can lead to pressure, stress or problems with government authorities.

If directly opposite the door, too much chi can make for unwanted problems and crisis situations. Move the desk if at all possible or select a solution to absorb, deflect or disperse the excessive energy, which can be hung in between the desk and doorway, placed on the desktop or discretely hidden in a drawer.

The Ba-Gua is a major tool for improving career and business activities. Apply it to the room as a whole and also to your desktop. Place at least one solution in each of the key areas. Keep work surfaces and storage areas well or organized and use them efficiently.

Artwork has a subtle subliminal effect. In many offices, there's a surprising range of quality and content, which may not match up with the feeling or mood desired. Everything you see, hear or feel, colours, artwork, furniture condition and style, objects, sounds and plants within your environment will effect the quality of your office environment and in turn its suitability for your production, creativity and career advancement.

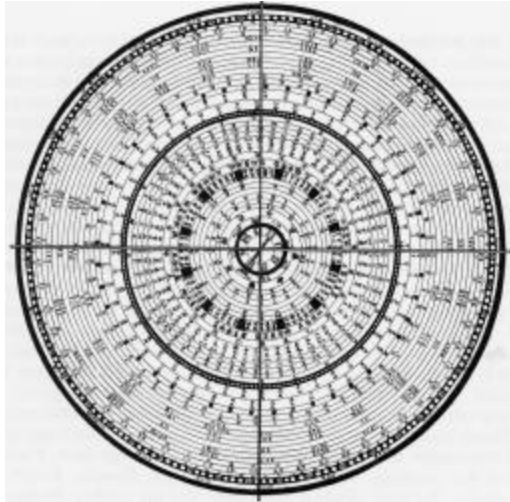
Coming to the garden we arrive full circle, to the place that gives us the most direct connection to the nurturing chi of the earth, atmosphere and the vitality of nature. Regardless of its size, its size, it's where we can work with and experience the cycles of growth, watch blossoms come and go, and strike a balance between the modern world and a simpler, more peaceful existence. More important than the style is the overall sense of balance, harmony, and life force. Begin with the form and determine the entry, boundaries and gateways. Develop these with the feeling you want to create. Themes can range from wild to highly controlled, but general principles will apply.

Once entering, chi will flow on the pathways you provide. While meandering walkways or stepping-stones can make for an easy natural circulation, straight paths and rectangular forms can give stability and a more formal structure.

Trees, shrubs or plants that keep their leaves through winter have stronger chi than deciduous plants, so it's important to view the rhythm of change through the seasons. Each living element will have its own unique energy, expressed by form, colour and actual composition. Bamboo has a presence of strength, support and upward growth. Fruit trees, well tended and bearing delicious fruit, connote abundance and accumulation. Artfully formed bonsai can convey a quality of skill, attention and natural perfection. Natural elements like rocks,

stones, pools, or fish ponds add another dimension, as do gazebos, shrines, tea houses, sitting areas, statues, meditation spots, wind chimes, bells, and strategic lighting.

Applying the Ba-Gua to the garden gives even more opportunity to coordinate the colours of flowers or a specific design element with the corresponding meaning of the area. A water feature in the wealth area, red flowers, fire pit, or altars in fame, or a serene statue in the benefactor's area will strengthen and support the whole site. What's in the centre often provides a focal point to unify and harmonize the different parts and ingredients, returning the power of place to your own centre in a profound and harmonious way.



The Loupan