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Letting Go of Ambition

Wellness
Neo Feng Shui

Relating to Your Emotions:
Fear and Anger

Neo Feng Shui

The ancient Chinese art of Feng Shui was initially created to achieve harmony, comfort and balance in a person's environment and in their life. Through the ages, rules, religion and beliefs have been added which have nothing to do with the original insights.

Neo Feng Shui, developed for the 21st century by Sagar, has brought the original wisdom back to its essence and made it accessible to everyone. A simple and effective tool for expanding your consciousness, Neo Feng Shui can reinforce self-awareness by using outer changes to support your inner development. This will give you a new dimension of understanding.

Many places in the Meditation Resort illustrate the qualities of Neo Feng Shui.

← The black color of the Auditorium supports the feeling of going deep inside. Crossing the water brings in silence. Both the black color and the water have the quality of the water element which helps us connect with ourselves.

↗ In the Osho Guesthouse rooms the earth element is emphasized. This gives guests a natural support and grounding. The white walls support clarity.

Water is a big support for growth, and the big marble ball can sustain your inner balance. If you feel drawn to it, give yourself some time to stand there and notice how the outside structure strengthens your inner connection.

We reflect ourselves in our surroundings. Whatever issue is arising inside us – as well as the resources needed to resolve it – will also be evident on the outside. You might have an irresistible urge to move things around or paint a new color in the living room. In a very concrete way, every change you make on the outside influences you.

Neo Feng Shui teaches you how to read your environment and use it as a daily reinforcement. Very often people go into self-development courses and experience great things, but when they come home they fall back in their old way of living. Since the setting has not been adjusted to their new understanding, it has a tendency hold them in the old patterns, making it an uphill task to sustain the change inside.

Knowing the energy fields in your house can also give you the possibility to intiate a process. You can make changes in your space which will work on issues like relating, accepting, creativity or letting go of the past. This can be done with a specific color, or deep cleaning if there is stagnation in the energy. The arrangement of furniture, colors, shapes and materials, as well as natural energy paths in your house have an effect on everything you do.

With Neo Feng Shui, you can begin to shape your life the way you would like it to be. This approach helps you to work with your physical surroundings instead of going against them, and you gain an understanding of how they can be of help. The more we can get our environment to support us in whatever we need, the easier it will be for our inner growth and the smoother will be our road in life.

The Zorba restaurant is a good example of a place in balance. All the five elements – metal, water, wood, fire and earth – are represented, giving a feeling of harmony. The big pots bring grounding and support relaxation. The pool adds the feeling of a natural flow, and the red color supports intimacy.

A Neo Feng Shui course with Sagar is being offered by the Multiversity on 24 – 26 August. You will learn how to create an outside space that fully supports your inner growth and at the same time, gain a greater understanding of some of the challenges you meet in daily life. A toolbox containing ways of working with the energy, furnishing, colors and energy fields of your home will be included.

Neo Feng Shui coaching sessions with Sagar will be available in the week before the course. Sagar will work with different issues, always using the mirror of your environment to see how you manifest the challenge. From there you are guided to find out what can be changed on the outside so the inside will follow.

Sagar developed Neo Feng Shui in 2000 with her colleague Sukul. She has trained over 200 consultants and written two books, published in several languages. She runs the Neo Feng Shui Academy in Denmark and has also developed Neo Feng Shui e-learning. Sagar is connected to RISK Osho Meditation Center in Denmark.

What attracted you to Neo Feng Shui?
When I first heard of Feng Shui, I felt that it had a huge potential but needed transformation. My colleague and I spent a year developing Neo Feng Shui. To me the great thing is that it is so easy to relate to and contains a key to awareness and inner growth.

Why do people take your course?
Because they are longing to get to know themselves and understand their life better. Many are attracted by the fact that Neo Feng Shui is so accessible and simple to work with; they can start their inner process without much effort.

What do you enjoy the most in this work?
That I can open a door that people can walk through to understand more about themselves. I love the look in people's eyes when they open up and feel their life is beautiful.

What is the meditative part?
We do Osho meditations to connect with the place of our own inner master – where we hold the answers to our questions. Watching and becoming aware of all the curious things you do every day is also a great meditation!

What kind of feedback do people give you?
They are relieved to find that there is no right or wrong, or any certain way that their home should be. Neo Feng Shui is not about that; it is about becoming conscious of who you are in a logical and very down-to-earth way. People are amazed at how deep this work goes. They say that starting to watch their surroundings in this manner makes a great difference to how they live their lives.

Anuprada