

Lifestyles

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Feng Shui

An ancient art receives a new life

by RENÉE M. LISS
Reporter

The Chinese tradition of feng shui dates back about 3,000 years, but in the United States it has become popular mainly in the last 10.

The words translate into "wind and water," meaning that energy floats like the wind and settles like the water. The five elements—earth, fire, wood, water and metal—are incorporated into a home, office or any other space where a person spends a particularly large amount of time.

Each of eight directions, or pa qua, represents a particular area of a person's life. For example the north represents career, the east health and the southeast represents wealth and prosperity.

Snyder resident Linda Ellson is the owner and president of Feng Shui Your World. She consults on private homes and businesses, creating the optimal design for the space that is available.

"The main point of feng shui is to enhance what is good and stop what is bad," Ellson said.

Building on that idea, Ellson is running a class, *Cleaning Clutter with Feng Shui*, from 1-3 p.m. Saturday, April 24 at the Northeast Holistic Health and Education Center, 1961 Wehrle Drive, Williamsville.

"People are always looking for ways to make life easier and better," she said.

Ellson feels that feng shui is a way to help people become empowered. She said that although she can consult and give people advice on where to put things in their spaces, she can't make them do it.

Feng Shui Your World is a concept that began as a hobby for Ellson about eight years ago.

"Someone gave me a book," she said.

She had just started a new job and she used what she learned from the book to decorate her office.



Feng shui practitioner Linda Ellson of Snyder demonstrates some of the elements that are used in the practice to make the energy of a space flow more productively. She will be teaching a class, *Cleaning Clutter with Feng Shui*, on April 24.

Angels play a very important role in feng shui, as demonstrated in the main entrance of the Northeast Holistic Center. Linda Ellson is a certified feng shui practitioner.

Photos by Albert T. McCracken Jr.



"People who had no reason to have dealings with me would just walk into my office," she said. "They would tell me that it felt really good in there."

As she became more and more familiar with the craft Ellson began using her knowledge to help friends and family members and eventually she attended the American School of Classical Feng Shui to become a certified practitioner.

Ellson then spun her knowledge into her own business, which she started about two years ago. She meets with people who are buying or building a house as well as people who want to improve on the house they already have and businesses, including many up and down Main Street in Williamsville.

"Some business people are very open about having it done," she said. "Others like to keep quiet about it."

She mentioned that she was once introduced to an outsider as the niece of a client.

"I started the business out of frustration because I couldn't find a practitioner in the area," she said.

Ellson also works with a person's four personal power directions, or which directions are the most bene-

Basket gala to support disaster relief fund

The 2nd Annual Basket Gala will be held at 6 p.m. Saturday, April 24 at St. Paul's Lutheran Church, 4007 Main St., Eggertsville. Tickets are \$5 and can be purchased at the church from 8:30 a.m.-4:30 p.m. Monday-Friday. Most proceeds will go to a military/disaster relief fund. For more information call 835-0407.

ficial to face when sitting. These are known as the kua (pronounced gwa) number and they are based on gender as well as the day, month and year of a person's birth.

Ellson's best direction for advancement of luck and growth is northwest, so she sits facing that direction as much as possible when in a situation where it is warranted.

Ellson's purpose in the April 24 class is to get people to ask themselves why they have something and how that object is impacting his or her life. Then she will guide the participants in figuring out why they need to get rid of certain pieces of clutter around their homes.

"It's a rare person who doesn't have clutter," Ellson said. "It's stuck energy and can impact certain areas of life in negative ways."

Ellson added that she is very excited that people in Western New York are catching on to the tradition and it's becoming very popular. She wants to encourage the exploration of it in the area.

"A little feng shui is better than no feng shui," she concluded.

Ellson will also be hosting a class, *Feng Shui Basics*, at 8 a.m. Saturday, June 5 at Daemen College as part of their health and wellness retreat.

In addition to her services and classes, Ellson sells symbolic objects through her Web site, <http://www.fengshuiyourworld.biz>.

For more information on the business, call Ellson at 863-8561, e-mail linda@fengshuiyourworld.biz or visit the Web site.

Cleaning Clutter with Feng Shui costs \$25 per person. To register call the Northeast Holistic Center at 626-1585 or e-mail twofeathers@northeastholistic.com.

e-mail: rliiss@beeneews.com