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# I FEEL BETTER WHEN I SLEEP TO STARBOARD

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AN ENGLISH FENG SHUI CONSULTANT IN MONACO, AN AMERICAN FENG SHUI MASTER PRACTITIONER IN NEW YORK CITY AND A HIGHLY SUCCESSFUL CHINESE VENTURE CAPITALIST CHAIRMAN SHARE SOME AUSPICIOUSNESS TIPS WITH NICK JEFFERY.

Conjuring up images of hippies bearing lucky stones and lighting joss sticks, with good fortune plants flanking the entrance doors, the world of Feng Shui has yet to catch on in superyachting. But with charter competition fierce and an eye on the potential of Far Eastern clients 'Feng Shui-ing' a superyacht could bring good fortune.

Feng Shui and wind and water are connected so, in theory, according to Monaco resident Feng Shui Consultant Nicky Fraser, yachting provides a fine case study: "A sailing boat is an example of how the invisible energy that the Chinese call *CHI* is harnessed". Anybody who has helmed a well-balanced sailing boat will agree that a powerful, beautiful energy runs right through mind and body when you get it just right.

There are so many aspects to Feng Shui, including dates of birth of people in the space concerned, for optimum furniture placement and sitting directions, that it can only be used in moderation on yachts – especially since they move to point in all directions of the compass.

Manhattan-based [Debra Duneier](#), creator of [EcoChi®](#), combines classical Feng Shui with green and sustainable living and environmental psychology, which appears to result in a successful blend – ashore at least. An accredited LEED® Green Associate, Certified Eco-Designer and Feng Shui Master Practitioner, [Duneier](#) was quick to respond when I mentioned Prince Albert II Foundation's 'Wood Forever Pact' and its promotion of the use of wood on superyachts from sustainable sources: "Green

Picture above: CQS rendering for 106-metre refit launching this year. The bedroom suite avoids the use of metal that can conduct away energy or mirrors that can cause sleep disturbance.

## FENG SHUI IN A FEW WORDS

Feng Shui is a Chinese philosophical system of harmonizing the human existence with the surrounding environment. The term “*Feng Shui*” literally translates as «wind-water» in English. It is one of the Five Arts of Chinese Metaphysics, classified as physiognomy (observation of appearances through formulas and calculations). The Feng Shui practice discusses architecture in metaphoric terms of «invisible forces» that bind the universe, earth, and man together, known as qi/chi/energy. Historically, Feng Shui was widely used to orient buildings—often spiritually significant structures such as tombs, but also dwellings and other structures—in an auspicious manner. Depending on the particular style of Feng Shui being used, an auspicious site could be determined by reference to local features such as bodies of water, stars, or a compass.

(Source: Wikipedia).

*and sustainable choices make for good Feng Shui and a better world. We use wood in our designs from well-managed forests wherever possible. Taking care of our natural environment nurtures us – it is the circle of life that the five Feng Shui elements\* are based on”.*

Peter Liu, Chairman of WI Harper Group, top Venture Capitalist and the first Chinese member of the Yacht Club de Monaco, was fortuitously in Monaco when I emailed him and suggested we meet in the lobby of the Hotel de Paris. He offered me the comfortable sofa and I noticed he took a seat facing the entrance door – one of the principles of Feng Shui is that you can see who is entering. Peter started by explaining that the “*energy – or chi – that surrounds us comes from the earth*”. He explained how the Hotel de Paris lobby, with its flowing spaciousness and round table with flowers, has good chi and always feels

vibrant. Positive chi – which Peter Liu oozes – can improve a person’s fortune or good luck. Having explained another principle of Feng Shui, that “*positive energy attracts positive energy*”, I noticed that a number of successful Monaco residents passing through the lobby, en route to various dos, came over to greet Peter enthusiastically. He went on to explain that Feng Shui (pronounced Fung Shwey) is translated as “*the way of the wind and the water*” or “*the natural forces of the universe – and these natural forces influence everything in the world*”, adding, “*Monte Carlo has very good Feng Shui and Prince Albert II good chi!*” Feng Shui studies the distribution of chi and determines the quality of chi through time, position and location.

A poll of superyacht designers showed little demand or interest in Feng Shui, with just a few exceptions:

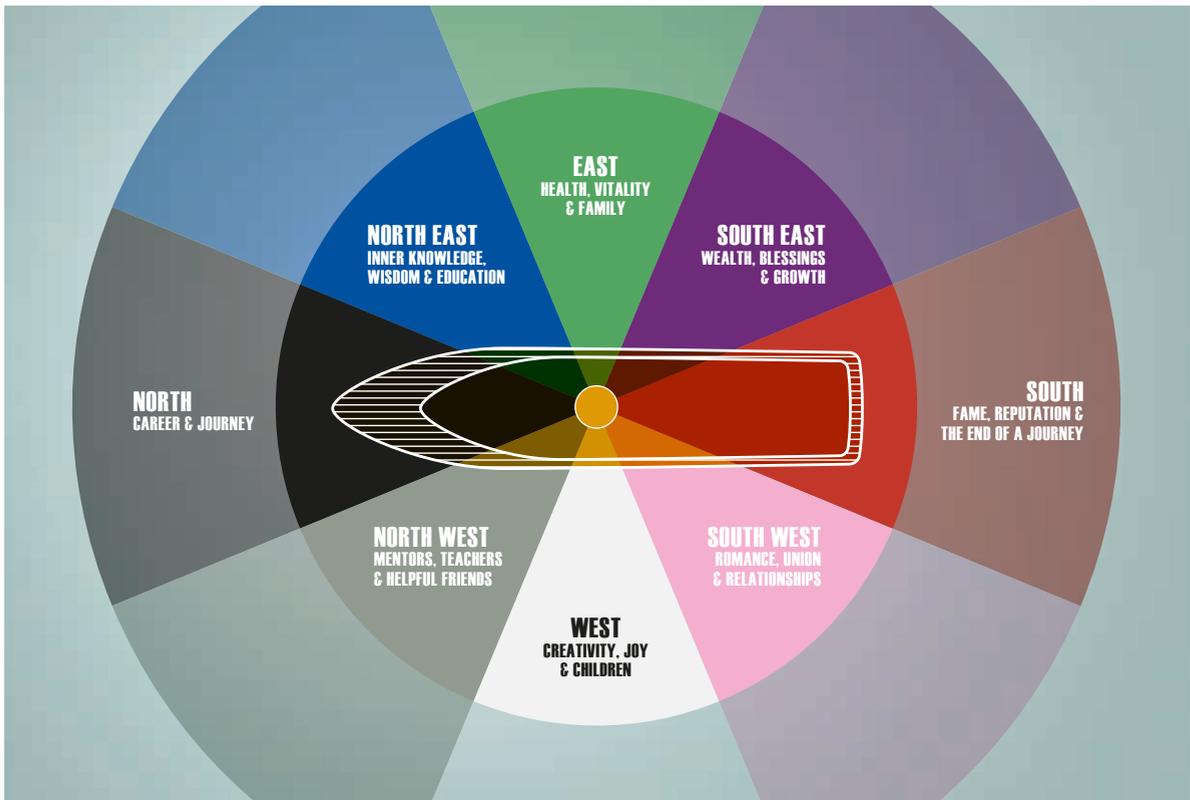
Bannenberg & Rowell – who were at the handover of a Feadship to her owner in China last year with dragons and drums galore – only recently had their first Feng Shui-influenced request: for the orientation of a desk.

Tony Dixon of Redman Whiteley Dixon says: “*Some of the Feng Shui theories are similar to those we employ as designers in the normal course of our work*”, adding that, “*a few clients like to discuss the elements of Feng Shui and make adjustments to create their own feel of harmony*”.

Miguel Queda of Ciarmoli Queda Studio (CQS), who has also designed a number of stores for top brands, such as Jimmy Choo in China, gives examples on yachts: “*the place where you sleep is very important so mattresses made with natural materials are specified*”, and: “*In all projects we pay attention to details such as the absence of mirrors in the bed area as this can affect restful sleep. Beds are never made in metal as this material conducts energy*”.

Ancient Chinese believed that the date when a roof goes on a building is when it is ‘born’ however, for yachts, it is not the date of superstructure being lowered into place but the official launch date, according to Nicky Fraser. “*This should be an auspicious day in the Chinese calendar with good celestial energy – incidentally the full moon (when the lunatics are out!) is inauspicious*”. Dickie Bannenberg notes that keel laying is also considered a key date: “*We don’t consult Feng Shui specialists but have clients who do consult for auspicious dates – including when to pay us..!*”

\*water, wood, fire, earth, metal.



Pa Kua chart for an owner of a sailing yacht - using Ming Gua number 3 (Pa Kua based on the real example of a yacht delivered in 1970). A Ming Gua consultation, by Nicky Fraser, uses calculations to determine a person's Ming Gua number, taking into account their sex and birth date to chart their 4 Luck Directions, reading portents for the 8 directions and advising on ideal orientations for the person and space.

Nicky Fraser, who is publishing a book about Monaco's own good Feng Shui, did a consultation for an owner of a sailing boat using the Ming Gua School, calculating North as the bow - the direction heading. As a boat moves in all directions the Ming Gua School is the only school of Feng Shui that can be utilized. Calculations are used to determine a person's Ming Gua number taking into account their birth date and sex. Reading the portents one comes up with four auspicious and four inauspicious directions - and the centre.

The basic idea is to enhance the auspicious ones and 'cure' the inauspicious. The diagram shows South, the most auspicious direction, as representing "fame, success, reputation and the end of the journey" - showing off, stern-to in St Tropez perhaps. Fire is the element here (a light in the cockpit) and it is fed by wood - the teak cockpit sole and wooden helm. North represents the beginning of the journey and one's career. Water is the element, seawater ever present here, being fed by metal (the anchor and

chain). The other two auspicious directions are South East, for wealth, blessings and growth - enhanced by a picture of two dolphins - and East, for health, vitality and family - enhanced by a family photo. The centre is where the energies meet and is called the Tai Chi - a potent energy directly in the middle of the table for this boat, energizing people playing games, working or eating together.

Inauspicious directions are cured with all sorts of items, including wind chimes, a conch shell filled with sand, metal games, a pair of binoculars (the union of two eyes) or crystals and the one that Nicky Fraser gives most importance to - a statue of Mazu, goddess of the sea.

## FENG SHUI SYMBOLS

Certain traditional schools of Feng Shui use many symbols for bringing prosperity. Mandarin Ducks stand for love and marriage, the Tortoise symbolizes protection and stability, while Koi Fish stands for abundance.

**Good Luck Coins:** Gift somebody with three coins tied with red ribbon (for wealth & luck for giver and receiver).

**Three-legged Moon Frog:** With a coin in its mouth, inside the entrance door (for luck & prosperity, wealth & fortune and a long life).

**Dragon Turtle:** A golden one in the South-East corner (to make business prosper and improve relationships).

**Golden Cat of Abundance and Protection:** a two-sided cat, one side smiling and holding out left paw, the other side frowning, holding a broom (representing good fortune, to attract money and to sweep away troubles, respectively).

**Golden Pigs:** a pair of these are a symbol of honesty, initiative and diligence, good when setting up a new business or home (bringing prosperity and happiness).

**The Three Star Gods:** the most sacred of all Feng Shui deities (Health, Wealth and Longevity).

**Bells:** hang small bells outside the door, facing north and west (prosperity).

**Wealth Bucket:** a container filled with coins, placed in the north-west corner, but not displayed. Keep it in a cabinet or drawer.

**Indoor plants:** place plants in the south-east (wealth).

**Fish:** three gold fish in a bowl (prosperity).



## ACROSS THE ATLANTIC, ECOCHI® SHARES SOME TIPS FROM THE FORM SCHOOL OF FENG SHUI FOR SUPERYACHT DESIGN:

Health for an individual is when chi flows freely through the body nourishing every cell. The same is true for a space. Ancient Chinese philosophy teaches us that we have a measure of control over our lives and that by using Feng Shui techniques we can balance Chi and maximize good luck.

**1.** Proper door alignment is critical for good Feng Shui. An oversized door opening into a small space like a bathroom (head) means guests will be in there very often with indigestion or sea-sickness. A remedy would be to hang a mirror or beautiful art on the outside of the door.

**2.** A yacht is already rich with Water energy so designers should stay away from dark colors like black or navy blue and uneven patterns or shapes. This creates too much water energy, which can result in very uncomfortable journeys. The Water element is deep, dark and still the energy of going within. One can get lost in oneself, overthink, be lethargic and sleep too much, become confused or even depressed.

**3.** Avoid spiral staircases without risers. This causes chi to escape, acting like a hole in the centre of the ship. A Feng Shui cure for this scenario? Glue 5 lucky Chinese coins under the first and last stair.

**4.** Position your bed against a solid wall so you can see the door to your room but be sure not to be in line with it. The wall symbolically protects you, your dreams and goals. The sightline to the door keeps you in control and in the power position.

**5.** Looking for passion onboard? Red fresh flowers are sure to spice things up! Pink, mauve and peach bring the energy (chi) of romance and love into your bedroom.

