

# AUSPICIOUS HOUSE

*Increasing your health and prosperity with Feng Shui*

## BAUBIOLOGIE : THE FENG SHUI OF THE WEST

There is always duality to everything in life, as we know it in the yin-yang principle. There are eastern and western approaches, traditional and modern, measurable and immeasurable. The study of the living space and its interaction with the occupants wellbeing, or Feng Shui as we know it in the east, does have its equivalent in the western world. Even before Feng Shui studies reached to the other side of the globe, the Europeans have developed their own study of earth and building science and applied it to their building techniques to improve quality of living. They called it Baubiologie, or a German word for “Building Biology”

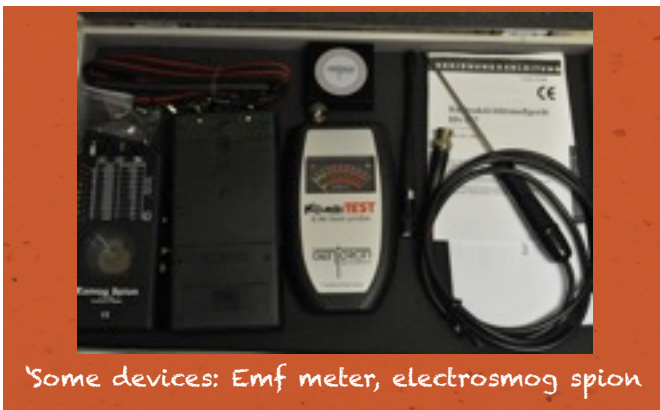
### DEFINITION OF ‘BAUBIOLOGIE’

By definition, *Baubiologie* is a study of interaction between the indoor living space and its occupants, to determine whether it is a restful or stressful environment for our bodies. In a sense this is very similar to Feng Shui, with more emphasis taken on the health aspect of the occupants.

This study originated from Germany after the World War 2, during the boom in building industry and housing to cope with exploding populations and workforce in the 1960s. Due to the mass market building developments and lack of building health standards, many sickness were reported because of the poor indoor environments, mainly referred to as Sick Building Syndrome (SBS). Building biology studies then emerge as a result of this condition to measure indoor environment pollutants and improve health quality of occupants.



*‘Sick Building Syndrome’ is getting more attention now*



*Some devices: Emf meter, electrosmog spion*

Similar to Feng Shui, *Baubiologie* study also has its criterias of what are deemed to be healthy buildings and what are the pollutants or ‘Sha Qi’ to be aware of. While in Feng Shui we have formulas to map energy such as flying star method, *Baubiologie* has their own set formulas too. Feng Shui has Luo Pan, while the other science has a series of devices to assist in measuring the energy in the room. This ranges from EMF meter, radiation meter, and electrosmog meter, as well as manual devices such as dowsing rods.

As we can see from the devices, *Baubiologie* checks the surrounding energy using measurable approaches, concentrating on the patterns of waves and physics principles. Taken from the extract of the book written by a German expert in this science, Dieter Schaefer, here are some of the main aspects of what constitute a good indoor environment:

### 1. MINIMAL TOXIC BUILDING MATERIALS AND INDOOR AIR POLLUTANTS

Gone the days when houses were built out of natural materials such as bricks, clays and timbers. Building materials and furnitures nowadays are made of many chemicals and synthetic substances that are often harmful to our health; many release toxic gas called VOC (volatile organic compounds). Included in these are for example heavy metals in some paints, and formaldehyde commonly contained in furniture laminates. Small children are

much more sensitive to these than adults, and often these toxic substances will take more than ten to fifteen years to really dissolve in the air. Studies about toxic building materials are taken seriously in many parts of Europe due to the rising numbers of allergic and asthmatic children, and in many cases samples of building materials were sent to laboratories for approval before used in constructions. These are important factors a Feng Shui consultant should also consider, since we are after all trying to make a house healthier for the occupants.



Children are more sensitive to radiation!

### 2. MINIMAL EMF (ELECTROMAGNETIC FIELD) RADIATION

When Feng Shui was first invented, there were no such things as electrical radiation (electrosmog). Nowadays, studies have shown how EMF or electromagnetic field radiation are one of the most harmful sha qi. *Baubiologie* studies really take this into account by measuring the amount of EMF radiation inside the house, especially around the sleeping area, using equipments such as EMF meters. Our brain cells function by using weak electric impulses, thus constant interference of magnetic field around our sleeping area will make our brain restless and prevent us from recuperating properly. Many diseases related to nerve system such as alzheimer can be traced to high EMF radiation around our sleeping area over many years. Again, these are the things a Feng Shui consultant should be aware of when conducting a house audit.



Good sleeping quality with minimal radiation determine our wellbeing

### 3. MINIMAL RADIATION (EARTH AND MANMADE)

We are constantly exposed by radiations around us, be it natural or manmade. *Baubiologie* has a branch of study called Geopathology (studies on 'earth sickness'), which locate the different magnetic grids that emanate certain radiations from earth. Similarly in Feng Shui, we have certain areas in the house that are 'blind spots' or inauspicious. These grids are not visible to eyes but can be measured by certain methods, similar to Feng Shui and flying star.

A building biologist often use radiation meter to measure the amount of radiation in any given room, and thus explain why some rooms are more 'sickly' than the others. With the recent awareness of radiation exposure around us, *Baubiologie* knowledge could provide further insight for Feng Shui practitioners about radiation and how to handle it.

There are many things in *Baubiologie* that are very similar to Feng Shui approaches. Although using different methods and tools, both branch of studies have the same objective and often work through different angles. It is interesting to see how *Baubiologie* could be integrated with Feng Shui practice in the future to compliment Feng Shui approach in a more scientific way, and to fill in the gap of modern day pollutants and radiations in our house that Feng Shui may have not addressed. After all, it may be a good example of a fusion between east and west approaches to bring the best result for the end user.

#### We have a 'Baubiologist' expert coming to town!

Dieter Schaefer is a German trained Building Biologist who has been working in the field for more than 25 years. He will be speaking in the upcoming **8th International Feng Shui Convention** on the 19-20 November 2011 at the Resort World Sentosa, Singapore.

For more information please go to [www.intfsa.org](http://www.intfsa.org)



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