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# THE INTERIOR RULER

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Consciously Designing Impacts from Your Near Environment



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I pursue every day the establishment of beauty and raised energy, of aesthetics in our near surroundings building the aesthetics of our interior design on a structure raising energy to each space-user. That is also why my vision is to include the preconditioned knowledge into altered standards for the built environment.

The present booklet might inspire the professional aesthetic, or the aspiring aesthete to raise applied energy in the built environment, by offering in-depth thoughts about how to incorporate a higher degree of human capacity. The booklet content focuses on extracurricular knowledge of the below-mentioned analysis.

- Reading of the front and back of the house.
- Qi flow design inclusive areas for comfort zones, power areas, transformative areas etc.
- Room distribution. Drafting fixed parts of the interior.
- Harmonizing life situations
- Preparations for resetting the built structure.

To each point above, a set of defined analysis steps do exist. However, I have not repeated these practical steps in this booklet, as many courses and books explain this. Hence, for actual course participation, please do search on-line for personal tutoring.

Extending much of the well-known analysis material to be carried forward by our advancing human capacities, is best initiated by personal training and education. For such purposes professional or aspiring architects and interior professionals are welcome to contact me on [CONTACT@BLISSBODE.LIVE](mailto:CONTACT@BLISSBODE.LIVE).

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Welcome to the extracurricular material enlightening the use of the transcended version of the interior ruler. It has become available in a potent time. Our current time invites us to include new levels of our human capacities acting from the point of vibrational interdependency between live and animated environments.

The present ruler supports our possibilities in the field of interior. Barbara Wren, author, and founder of the College of Natural Nutrition is but one who experiences that we are not isolated individuals but connected beings living in a coherent universe: at the most basic level we are made up of combinations of energy and consciousness, usable for the purposes of expanded existence in our indoor environments.

Penney Pierce, author, and pioneer in the intuition development movement is another voice emphasizing that our challenge at this point of evolution is to increase sensitivity, reduce resistance to the repeated rhythms impacting us from cosmos and Earth, and learn how to use 'the frequency principles' to create a supportive environment.

It is my desire to translate this 'expanded scope of science', a term coined by the Galileo Commission, to contribute to the movement of unification. As the present material is a new combination of knowledge, merging research in consciousness, interior theories and kinesiology, a practical tool as the interior ruler requires some background knowledge. Inputs from professional Chinese Grand Masters in feng shui is sorted and merged with the above-mentioned frequency principles, however, kept on a tactical level to improve the underlying understanding and use of the ruler.

The present material represents the early start of an enriching expansion of standardizations to the built environment to include human capacities and improve space-users existence. The early start requires a tool to direct our conscious awareness.

Direction of consciousness is performed with an understanding of applying the vitality of qi, as elaborated in the below text. The understanding of qi as a pre-physical energy that animates the psyche, and the body is essential for interior professionals and architects alike.

Architecture and interior design have begun the process of aligning their professional subjects with a new moral code; one that is inclusive of our biological reality, interacting with the systemic evolution, and ecological necessities of residing indoor.

On the market, the interested novice will find many enriching courses in feng shui, interior design and in extending her/his human capacities. The present material is not intended to explain basics, as the material will just repeat plentiful sources on each their subjects. My focus in the present material is a directed unification of the three subject areas contributing to a useable practice in architecture and interior design in our Western cultural hemisphere.

The present material is NOT steps on 'how to'. In fact, I pledge a development of deeper understanding by professional users and hence a more fluent application of experienced consciousness allowing to prioritize in each case even if it means breaking the traditional 'rules' of 'how to'. The below indicates how the ruler contributes to the various analysis.

The below material includes notes on:

- Qi, expanding our consciousness in the process of making practical use of invisible energy types.

- The ruler rings.
- A guide to understanding analysis use of the ruler.

The content is useful within our conventional space-time causality. Including knowledge from both Eastern and Western cultural spheres, it stretches our consciousness. It also stretches the reader's awareness by constantly including our empathy and humanity. Such an inclusion is a well-grounded platform for making decisions and actions consistent with architecture and interior design as integrated contributors to our energy in the near environment.

Names on Chinese concepts e.g., directions, are avoided to 'translate' the knowledge and introduce it into Western practice. Often, the word 'space-user' is used. The space-user might be a person in a private residence, working in a commercial organization, association etc. Space-users are persons in any form of buildings. The crucial point being the length of the space-user's stay for impact from the near environment.

These are personal notes. Though backed by literature as displayed in the literature list, the material is based on personal experiences for the useful application by other interior professionals.

## ABOUT THE RULER

The ruler is inspired by the Chinese feng shui compass, a lo p'an. The Chinese feng shui compass has up to 40 rings and is developed over three thousand years. During the Han Dynasty (approximately 202 BC – 220 AD) the compass reached its first peak, as it was used by the Imperial Court's feng shui masters, geophysicists, and astronomers with the purpose of prosperous production and trade, and consequent tax collections.

The compass developed to function as a conversion table between time and place for any given event inside our known time-space continuum. This included individual's' relation to seasons, elements, and events, based on astronomy, astrology, and geography combining our practical productions of daily life with the metaphysical realm.

However, over the course of three thousand years the positions of stars, amount, and types of cosmic radiations, have changed as has the Earth, as we witness intensively during this period. Only a very few Grand masters have corrected the lo p'an rings accordingly, and only a very few Grand Masters avail the compass readings in Latin letters, opening Eastern knowledge to Western consciousness.

The ruler cannot make it up for the Chinese compass, obviously, as it does not contain moveable rings. The ruler is meant for the interior of a built shell and may be used for:

- Reading of the front and back of the house.
- Qi flow design inclusive areas for comfort zones, power areas, transformative areas.
- Room distribution. Drafting fixed parts of the interior in cases of building a new structure.
- Harmonizing life situations.
- Preparations for resetting the built structure before activation of consciousness points.

It is possible for the ruler user to remove and re-insert the compass into the ruler in case the inner/center circle is desired to be drawn onto the house plan. The compass supplied is a compass balanced for the northern hemisphere.

Obtaining the full effect of a built structure contributing to the vitality of space-users, the surrounding geography of the structure is imperative. For that purpose, a former heaven base must be used which is not supplied on the ruler.

## PRECONDITIONED UNDERSTANDING

*"The New Age movement has also expanded (or corrupted) the definition of feng shui even further, to include décor, clutter clearing, dowsing, surveying, geopathic stress and even aroma and crystal therapy! Whilst these practices may improve the quality of life, they are not, and never have been, a part of traditional feng shui"*, Dr. Skinner, Australian researcher, and author.

The understanding and use of qi may be perceived as non-sense, if evaluated by the former Western paradigm, often referred to as Newtonian or Cartesian. However, since early 1900's our current paradigm started to expand (when quantum mechanics was introduced by Bohr, Bohm and others), spacious enough to include the lived experience of qi by Westerners, as recent research shows.

The use of qi is traditionally intertwined with application of trigrams in various analysis. However, mentally it is difficult to understand that the applied qi should be based on the defined Chinese New Year defining which trigrams to be used. I will elaborate below, not why the traditional Eastern cultural sphere has interpreted their surroundings using trigrams as defined, but rather a perspectivation on how an expanded, modern view may be applied.

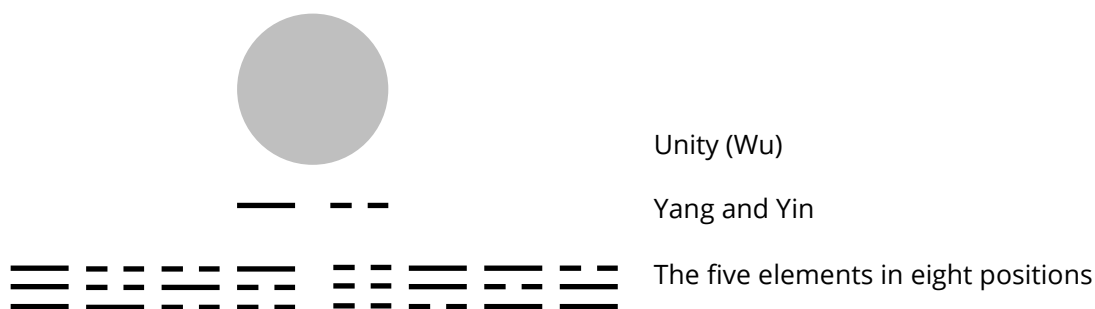


FIGURE 1; THE BINARY WORLD VIEW OF THE NEAR ENVIRONMENT IN EASTERN TRADITION.

The trigrams are a means of binary communication codes compiled of straight or broken lines. They also represent seasonal rhythms, family roles, and what is categorized as 'the ten thousand things' unfolding from the dynamic relation between the yin and yang forces. Therefore, Chinese interior practices use trigram codes for both macrocosmic and the individual space user influences in space and time.

There are two types of trigrams: the personal and the birth trigram. The personal trigram talks about how the person is affected by the consequences of sun, wind, and weather indoors. Solar flares, solar storms, magnetic fields, etc. influence the space-user to respond individually to macrocosmic impact in accordance with her/his physical constellation, genetics in the broadest sense. Hence forward, in this document I may refer to personal trigrams when referring to space-user's genetic response to macrocosmic influences as a mean of translation between world views.

The birth trigram represents the energy types we have fondness for - the energy types that we have inert preferences for. They may be karmic to some extent, in some cases hereditary and the space-user impacts her/his near environment manifesting expressions by means of color choice, material choice

and shapes of objects in the surrounding. We all know people e.g., who are born with a remarkable fire energy, directing their preferences for colors, materials, and shapes, accordingly. Therefore, in this document forward, I refer to birth trigrams when mentioning space-users hereditary five-elements preferences.

Both trigram types are two sides of the same coin; they talk about the energies that are at play in this life for each individual, how one will typically react as a human being, and how the individual human being can be supported to act in the most advantageous way in order to take her/his place in life and in space in relation to her/his soul energy.

Reactions occur within our space-time continuum. When we start to act, we start a space of possibility beyond the space-time continuum. It is my desire to be the agent for the space user's most beneficial use of her/his human capacity in experience and expression.

The dogmatic use of feng shui inclusive trigrams has now entered a waning period: if we use it dogmatically, it holds us back. The path to expanding our human capacity includes sensing our aesthetic interior and allowing it to call for intuitive flow to challenge our established mental mechanisms.

## GAINS OF MACROCOSMIC ENERGY DESIGNED INTO THE BUILT ENVIRONMENT

The effort and investment in building, reconstructing or simply in purposeful living, pays off when the building is designed and activated to 'work for' us: to enhance the flow and the type of desired energy in the abode.

Dr. Stephen Skinner, writer in the fields of geography and feng shui, experiences concrete results of geographic positioning and conscious architectural and interior design enhancement of the desired energy type, consistently over time. The process of living in harmony with the macrocosmic energy changes is then perceived as a commodity that can be hoarded, increased, or lost.

'Macrocosm' is a notion that must be understood relatively. Macrocosmic influences are at their greatest scale impacting our weather when solar flares and other extraterrestrial events penetrate our atmosphere, in such a scenario the weather is a relative microcosmos. Bodily functions and reactions can again constitute a relative microcosm relative to the weather penetrating the shell of our built environment.

The name of the energy, that can be hoarded, increased, or lost is 'qi'. Qi-energy can be compared to an electromagnetic current that vibrates through our bodies and connects our body cells at a given frequency, just as electrical wires in our houses connect electrical appliances to the current in the sockets.

The qi quality can be measured in different ways e.g., with kinesiology. Normally, the saturation level of qi in open nature is 100%. However, it can reach up to 300%, e.g., around healthy plants with visible roots and many colors. Polluted areas typically keep the qi level down to 60% and if the qi level is below 40%, the residents suffer from exhaustion.

Kinesiology, also known as bio feedback, is a muscle-tested response to evaluate the differential impact of positive and negative stimuli upon the body including bodily reactions to emotions and thoughts.



This science is based on the physiology of the nervous system and the holistic functioning of the human organism.

Lack of good quality qi puts the body's energy centers, meridians, organs, emotions, and thoughts in a stressed stage, as the person's energy fails to activate intuition. It explains why people who live and work in buildings with poor quality qi are less balanced, less intuitive, and less successful in their lives, work, and their goal achievement.

The following points exemplify what can be achieved using the compass for optimizing qi:

- Know where we can benefit from strengthening, blocking, and stimulating qi
- The house and its desired features are matched specifically to the owner(s).
- At an advanced level, we can raise the energy level and thereby achieve faster changes by using expanded awareness

A wealth of good quality qi in the built environment has the following benefits e.g.:

- Harmonizes the psyche
- Promotes well-being and the ability to sleep well
- Promotes endurance and regeneration
  - Guides desired conditions conducive for achieving desired outcomes.

Understanding and correctly structuring our designed qi-energies with its natural fluctuations in our built environment, the abode provides energy, vitality, ideas, off-spring, wealth, and regeneration to persons spending the most time on the designed site.

*"We are born to dream and through our expanding consciousness, realize those dreams. Everything is possible when we live in harmony with the macrocosm: that is the true meaning of human potential."*  
Barbara Wren.

The coveted effects of adjusting to the qi-energy, might be experienced as an improvement of abundance and increase love, health, wealth, fame, and other human happiness which tides changes with the fluctuation of natural qi in our natural surroundings as researched by Dr. Skinner, for one - and that includes the advantages the built envelope can be standardized to.

## NATURAL QI-FLUCTUATIONS: THE RHYTHMS OF TIME AND PLACE

The natural qi-fluctuations in our macrocosm include movements in the magnetic-, water-, and ray activity in the earth, the sun activity, and other cosmic influences.

Igor Micunovic, a medicine doctor with a devotion to body-soul-mind life-changing transformation, addresses microcosmic qi as the rhythm of the body's breath pervaded by macrocosmic qi and the macrocosmic qi as in all kinds of water courses and in the weather as it influences the abode with rain, wind, sunshine, heat and cold from each their typical compass direction related to the global positioning of the abode.

Natural qi-fluctuations repeats itself in rhythms of the seasons, the waxing and waning of the moon (monthly), the moon's movement through the zodiac (every 2-3 days), night and day (circadian), in hours of two (the organ clock) all relating to defined areas in the buildings pervading our organs and emotions, which is why a personal match with built structures and interiors, where the space-users stay for prolonged periods of time, is imperative.

Natural qi movements impact areas of a building. Barbara Wren, author, researcher, and teacher with a focus on space-users ability to, at a cellular level, use the resonance of light and the Earth's rhythm to heal body and soul, encourages to apply a simple lifestyle by including awareness of the moon's phases.

The waxing phase avails qi-resources in the building as the moon's waning phase eases letting go of poorer qi-quality air. The natural qi movements pervade the conscious space-user's emotions, thoughts, and physical organs and invites to timely tidying-up, cleaning, ventilation, re-design and reconstruction, in the built environment.

Bringing the abode, we are matched to, into a state of heightened receptivity, we have the option to plan an advantageous use of the natural qi-fluctuations for growth and rest, for nourishment and for passing on when positioned appropriately. Aligning our microcosm with our surrounding macrocosm, we can take advantage of opportunities. If not, we are in the danger of stagnation, an expression of disease: A closed mind cuts itself off from the influences of the universe.

The universe is in a state of dynamic equilibrium since the energies of the universe is constantly flowing and expanding. The balance is given with its structure. The nature of this dynamic equilibrium is constituted by qi, the vital life force, as Wren states:

*"We are vibrating beings in a universe of vibrations that, at the most basic level, consists of a combination of energy and consciousness."* Barbara Wren

A part of that structure can e.g., be revealed with the tool we focus on to guide us: the ruler.

For example, each season affects different organs, which in turn affect corresponding types of emotions that span several weeks. How the space-user responds depends on her/his elemental preferences and genetic coding. This implies that there is a natural cycle where the individual organs, and the emotions they express, are in focus for a certain period, so that the body's process constantly keep going.

*"Humans may think they affect the environment, but not nearly as much as the environment affects humans",* Dr. Skinner.

## ENCAPSULATING LOCAL QI

Qi is a word from the Japanese cultural sphere describing our vital bio energy but linguistically named a host of other names depending on the cultural area referred to, either Western or Eastern.

Other professions practice their coherent worldview based on the same vital bioenergy: Acupuncture, reflexology, kinesiology, qigong, tai chi, and feng shui, to name some. All the here mentioned practices use meridians, or the like energy- 'lanes', in which qi-energy moves.

Establishing the foundation of a house, raising the walls, and encapsulating macrocosmic qi indoor defining a specific time and place, qi-energy characteristics per areas are established in a building.

Qi is an original energy that animates all existing things. For humans, some qi is innate, some we receive through our food. Here we focus on the qi we receive from the oxygen in the air we breathe when we move around indoors, arriving from the seasons, the day and night rhythms etc.

Qi energy is a result of subatomic packets that are formed by the interaction between the sun's rays and the cosmic radiation from other planets. The qi energy packets move through the earth's atmosphere and many meters into the underground.

The qi packets arrive on earth from the cosmos. The yin packets attract the yang atom: oxygen. Qi and di-oxygen (O<sub>2</sub>) result in a cosmic life force, a special energetic state of oxygen in our bodies and in our indoor environment.

The yin (qi) and yang (oxygen) particles swirl around each other. When they achieve great speed, the compound is lifegiving to us.

Although qi is invisible, it is in fact as concrete as radio waves, that we are not able to see or touch; the waves wait for a suitable instrument to detect them. Here, we focus on expanding our conscious living conditions using the ruler as an instrument to read the fundamentals with the magnetic compass for analyzing qi-qualities.

## QI LAWS

Dr. Skinner elegantly points out the main events that control, and enable trained professionals to measure the flow of qi, as:

- Magnetism
- Alignment
- Direction
- Time cycles
- The five elements and the interplay of yin and yang

*Magnetism* is the event of most interest to us, when using a compass in the ruler. The flow of qi is dependent on magnetism. Over the last decades of the 20<sup>th</sup> century, experiments have shown that humans are more susceptible to Earth's magnetic field than was previously thought. Currently, the globe undergoes important changes.

One of these being the magnetic field becomes weaker. Earth's magnetic field affect aware persons. Such can be found in cases of persons sensitive to electricity and metals.

Our blood consists of a high concentration of iron as also we have a center in the brain susceptible to magnetism. Iron can be affected magnetically, so the current weakening of the earth's magnetic field must also mean a change in us. Wren experiences that this weakening of the magnetic field allows us to think more expansively and freely: we are no longer held to old thought patterns but can think in new and exciting ways.

With the awareness of the above conditions, it makes sense to let interior professionals be inspired by Eastern interior sciences which has created practical precedence in this field. Dr. Skinner points out that the *alignment* of our interior home or office environments is affected by the *direction* of the building relative to the magnetic fields because magnetism is a force that also exerts sensuous experiences on humans. It is therefore auspicious to align the orientation of sleeping and working positions in relation to magnetic field.

Derived from the above, time cycles relate to the time when encapsulated qi was established. The cycles are traditionally applied based on a defined 'current' period, meaning the time of raising the

walls and constructing the roof. Please note authorities disagree on the current period, why a professional kinesiology measure might be more precise to work from.

## QI MOVEMENTS

Scientists conducting experiments in a test tube know that the conditions greatly affect the outcome of the experiment. Similarly, architects and interior design professionals know that the conditions outside a building impact e.g., the level of available light, the humidity, and temperature inside and has a dramatic effect on the body and the mind. Abundant supply of good qi vitalizes space-users with joy and opportunities which is why determining the most advantageous building envelope and position for the individual person/family/organization is imperative.

To design the built environment for the benefit of space-users, we must know the natural movement patterns of qi in rural and urban settings, as listed by various feng shui Grand Masters:

- Qi arrives from ridges moving qi to the back – or the left side of the house (when standing behind the house looking forward).
- Qi stays on the site where water is pooled or wrapped around the site, and qi leaves the site where water leaves the site.
- Qi nests in a lair on the site. This is the opportune location for the building envelope. This can be resembled to an acupuncture point on the body: it is a place of energy congregation which, with the right stimulus, greatly benefits the building site/body, respectively.
- Qi flows through the earth like an underground stream that varies its course according to the seasons and to changes made by nature or man to the surface of the earth.

Professionals to the built environment manipulate the surface of the earth and the positioning of buildings, ponds and so on, to influence the flow of qi along its geographic and/or urban structure. Consequently, the art of beneficial landscaping consists in trapping and pooling beneficial qi and deflecting malefic qi from the site chosen.

Effects of aligning/adjusting to qi, might be experienced as an improvement of ideas, utilization of opportunities, abundance and increased luck, love, health, wealth, fame, and other human happiness which tides changes with the fluctuation of natural qi.

These sought-after-effects can be prolonged using the interior. The life-energy force moves through our built environment through the applied five elements and the *interplay between yin and yang*, depending on the colors, objects and materials applied e.g.:

- Qi is directed where attention is directed for example by color or glances in wall photos or objects.
- Qi delivers energy to space-users when turning clock-wards, supported by natural materials as e.g., wood.
- Qi is strengthened by spacious interior design. However, space must be balanced to the amount of activity.
- Qi is stagnated by darkness, dust, untidiness, and uncleanliness.
- Qi is plentiful where fresh and relatively humid air is circulated.

## GUIDED UNDERSTANDING OF THE RULER

The ruler contributes to collecting data for the analysis you prepare at home after your site visit and before a recurring meeting on site, for:

- Reading of the front and back of the house.
- Qi flow design inclusive areas for comfort zones, power areas, transformative areas etc.
- Room distribution. Drafting fixed parts of the interior in cases of building a new structure.
- Harmonizing life situations.
- Preparations for resetting the built structure before activation of consciousness points.

It is possible to initiate the analysis of time applied to the built environment and its benefits to the space-users. However, it is recommended to use kinesiology measurement to find the number for starting the analysis amongst those printed in ring 7.

## THE RULER AND UNDERSTANDING OF THE RINGS

### THE COMPASS

Magnetism is a natural force that penetrates and surrounds the entire globe. There are large amounts of iron under the Earth's surface, just as the needle of the compass is also made of iron material, usually steel. Both iron and steel can become magnetic

Surveys carried out by the National Centers for Environmental Information NOAA, shows that the actual locations of the surveyed magnetic poles are some distance from the exact 90 degrees N/S position: North magnetic pole position from 2020 determined that the pole is moving approximately North-Northwest at 55 km per year.

The point is to measure and evaluate an abode in relation to the magnetic force of nature and not in relation to geography, as space-users are cosmic existences. Therefore, we do relate to the North and South pole's representations to the magnetic forces.

*"The Force That's Always with You"*, National Centers for Environmental Information

The Earth's magnetic zones are not equally strong everywhere. Therefore, you must use a compass that fits the place where the house project is located. The compass supplied with the ruler, is a MN (Magnetic North) compass, balanced for the northern hemisphere with a high-grade steel needle for a stable and fast positioning of the needle.



FIGURE 2; THE COMPASS IS ALIGNED TO THE AREA NORTH OF THE BLUE LINE<sup>1</sup>.

## THE MAGNETIC FIELD

Earth's magnetic field intensity is roughly around 22,000-67,000 nano-Tesla's strong enough to orientate a compass needle and to affect our environment, our bodies, and our abodes.

As a geographer, Dr. Skinner deciphers the Earth's magnetic field as a composite of several magnetic fields generated by a variety of sources, the most interesting being:

- The fluid outer core
- Local magnetized rocks in the Earth's crust
- Fields generated outside the Earth by electric currents flowing in the ionosphere and magnetosphere.
- Local electrical currents flowing in the earth's crust.
- Ocean current effects
- Effects caused by the flow of nearby rivers and maybe underground systems.

There may be local magnetic field anomalies causing an exceeding 10 degrees deviation. Local anomalies are caused by mineral deposits of iron oxide or other magnetic rocks in the vicinity. In such cases the resultant magnetic compass readings of the ruler are still the correct ones to use for architectural and interior purposes.

At any point the Earth's magnetic field is characterized by direction and intensity, labeled as: Magnetic declination. The magnetic field is irregular in different places. To standardizing the built environment, declination may be confusing:

Some compasses allow you to compensate for the difference between magnetic South and geographic North. You can identify that, if they have a scale with E.decl. (East declination) and W.decl. (West declination) on both sides of the North arrow. Aligning the built environment with the magnetic fields,

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<sup>1</sup> IMAGE ALLOWED TO USE, WHEN COPYRIGHT TO SUUNTO MENTIONED.



interior professionals are not interested in reading declination, because harmonizing the orientation of the space-user in relation to the magnetic fields is our guarantee that we base professional analyzes on actual physical conditions. There is no need to correct the magnetic compass reading, as it measures something real: The Earth's magnetic field. Geomagnetism is moving dynamically, also locally and the professional standard is concerned with the space-user benefitting from local conditions and not a world-wide average.

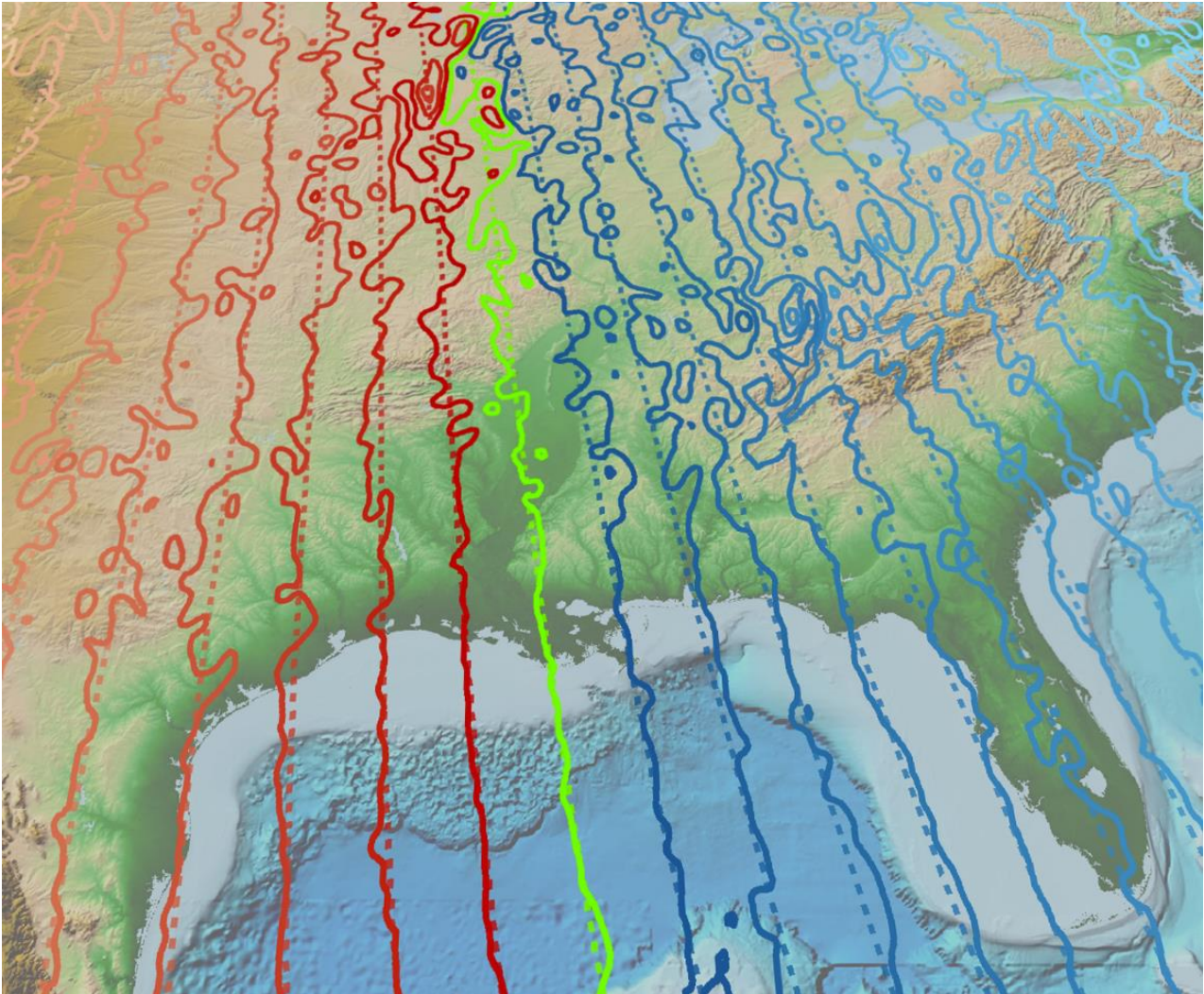


FIGURE 3; NCEI ENHANCED MAGNETIC MODE (EMM) THE SOLID LINE OVER THE WORLD MAGNETIC MODEL (WMM) IN DASHED LINES WITH ONE DEGREE INTERVALS (RED=EASTWARD, GREEN=ZERO, BLUE=WESTWARD DECLINATION). NOTE HOW THE LOCAL MAGNETIC FIELDS DIFFERS FROM THE WORLDWIDE AVERAGE.<sup>2</sup>

Professionally, you follow the regular procedure for measuring geomagnetism taking precautions not to measure artificial magnetic interference created by computers, electrical cables, or iron reinforced walls etc.

We cannot use a compass on a mobile phone or an app. They will not give you persistent readings that are accurate enough, consequently, the professional analysis turns out to be baseless, risking misreporting on areas that should position the space-user in fortunate conditions.

<sup>2</sup> [https://www.ngdc.noaa.gov/geomag/EMM/img/dec\\_WMM\\_EMM.jpg](https://www.ngdc.noaa.gov/geomag/EMM/img/dec_WMM_EMM.jpg) The WMM source code is in the public domain and not licensed or under copyright. The information and software may be used freely by the public.

It is recommended that you use a compass together with the ruler. By frequent use and general checks, you will build up a useful work tool and an intuitive understanding of energies and dynamics related to the space-user's stay in various abodes.

### RING 1

The innermost ring of the ruler establishes a corresponding direction with the compass positioned in the open middle section of the ruler. The compass may be removed and re-positioned, or you might change the compass to one of your likings. The eight divisions of ring 1 also act as anchor point of the keywords in each of the octagonal directions.

### RING 2

East or West group house is a characteristic that is determined by the back of the house. Performing such a static analysis, you use one of eight different energy maps, determined by the magnetic site readings and corresponding to the measured direction of the backside of the built construction. Figure 4 is an example of such an energy map.

Ring 2 conveys the relative understanding of your energy level in the defined place when having established the direction of the back side of the abode. The analysis is completed with the personal genetic relations of the space-user to macrocosmic rhythms.

Pre-determining a land plot, house orientation, and floor plan, leaves space for encapsulating the qi-types providing protection and opportunities for the space-users.

The direction of the front and the back of a building are key indicators of the type of qi that the building is likely to receive from its surroundings. The main factors and parameters, that enable professionals to measure the flow of qi, Dr. Skinner highlights, is its relationship with water, its flow through the land and its effect on buildings, and on the space-users.

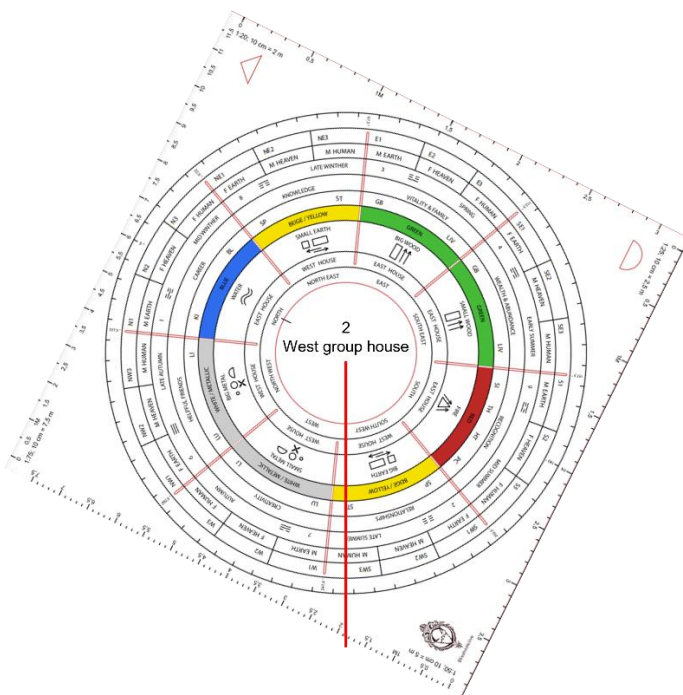


FIGURE 4; ONE OF EIGHT BASIC ENERGY MAPS. A PROFESSIONAL WORKING WITH THE BUILT ENVIRONMENT IS CONSCIOUSLY AWARE OF ENERGY FREQUENCIES THE MAP DISPLAYS.



## RINGS 3 AND 4

The cyclic quality of qi changes over time, altering elemental intensity in both time and direction as a function of one element turning into another.

Ring 3 contain keywords of the shapes and movements of the five elements in a given octagon of the built environment, used for harmonizing a desired life situation to a defined client.

The five elements overlap with the notion of the four elements of fire, water, earth, and air, where air represents a variety of the five element's water category, understood as water in its vaporous form. The 'five elements' notion have added the energy-type representations of 'wood' and 'metal' categories, understanding the four elements out of the five, respectively fire, water, wood, and metal as changing agents of the dynamic interplay of yin and yang.

The cyclical movement between the four of the five elements revolves around the fifth category; the earth category of vibration: the 'earth'-type energy divides the yang energies of East and South (growing-type of energies), from the yin in North and West (relatively more passive type of energies). Earth functions as a geographic direction in the center. The space-user's presence is enhanced by grounding at the solstices (late summer and late winter in areas 2 and 8, both representing the earth-type energy).

In this structure, the five elements can be allocated to the compass directions and to the seasons, as researched by Dr. Skinner and conveyed in his 'Guide to the Feng Shui Compass'. The change of the five elements in relation to seasons may be perceived as processing a productive (yang) cycle and exerting a controlling (yin) influence the waning seasons.

The energy-type of each element represents a range of vibrations that are to be harmonized with the interior place encapsulated by the built structure and with the genetic frequencies emitted by the space-user for support.

Inside the built environment, elements may harmonize the external direction with function zones and the space-user's element representations. The vibrations of elements are applied in the near environment as colors, shapes of objects and materials and as keyed in on ring 3 and 4.

The five elements are directly experienced in the built environment, and hence can be used as working remedies for supporting power positions and achievements and for restorative and regenerative comfort positions based on measurable findings in each unique and specific case, using kinesiology.

The earth category of vibration is the center of all directional changes in the flow for each changing agent looping between the compass directions and the middle of the built structure, expanding into Southwest (earth-type energy) and Northeast (earth-type energy) stabilizing the built environment by grounding and de-electrifying our bodies in the built environment designed for the purpose.

The conversion between time and space, visualized by the ruler indicates how, adjusting our microcosm to our common macrocosm, we may plan to position ourselves in our interior design for comforting, respectively empowering purposes. For example, the element of water is most mature in December, indicating time to talk, dream and plan what actions to exercise to pursue our individual 15% growth by June, the time of joy, celebrating our achievement.

Pursuing growth needs decisions. As understood by professionals applying the mechanisms of the five elements, as for example both Wren and Dr. Skinner, the wood-type of vibrations, when harmonized to

each specific case, inclines us to apply satisfactory amount of flexibility not to break when finding ourselves in changes and enough structure to lead the direction.

The vibration of the wood-represented energy is understood as organic matter signifying the whole cover of the Earth. Metal represents objects fabricated, extracted, or purified from earth. Co-living with the natural vibrations includes our continuous experience growth. Extracting and transforming the darkness of the metals hidden in the earth requires the ability to convert darkness to light, to transform knowledge. When change is easily experienced, depression is avoided supported by the architecture and design of the built structure to benefit all space-users.

Ring 4 indicates a typical range of colors matching the built octagon, in accordance with the five elements. On application, the keywords found in ring 3 and 4 must of course be matched to fit the common environment and space-user's genetic characteristics.

## RING 5

Key abbreviations in ring 5 refer to meridians. The abbreviations on the ruler indicate abode areas penetrated by elemental qi-type to the respective zones. Letting the qi unite the first and the second 'skin', the space user prepares the respective zones to work for her/him by tidying and cleaning of conscious points.

Uniting the 'skins', the interaction between an environment and a person is characterized by open systems. Nearly everything that goes on in the body is due to the interaction between genetic coding, the human rhythm's synchronized by the sun, and environmental signals. Nicolas Gentry, a Ph.D. Candidate in Biomedical Sciences at UCSF, suggests that our human relations to the seasonal rhythm is established through cues read by the immune system and changes throughout life with an individual's current environment.

Just as acupuncture measures and corrects the life force in humans, so can the built environment cultivate the vital life force supplied for our benefit when the fixed parts of the built environment include open spaces, where the qi-energy can move.

The qi supply, e.g., in the form of light and humidity that enters the encapsulated built environment from the macrocosm via doors and windows, moves around the built structure via the designed qi flow (see page 26) through individually assessed compass directions penetrating the space-users' organs and emotions through her/his own meridians connecting both the space-user's extrovert and introvert universes.

It completely changes the way we perceive the function of the piece of macrocosm we have encapsulated to become the built environment and its direct relation to the space-user's bodily functions and the mind.

## RING 6

The ring represents keywords for the driving energy type represented by the compass directions on the ruler. Focusing on one, or several, of the built octagons in conjunction, constitute the space-users three- or six months goal.

Rings 2, 5, 7, and 8 bring opportunities to harmonize the built environment in accordance with the genetically personal characteristics.

Rings 3, 4 and 6 relates the interior to the personal elemental inclination. Imagine the relation between the genetic characteristics and the elemental inclinations as follows: Macrocosmic influences enter the built construction, which invites us to distribute the preferred rooms and functionality zones per space user's personal genetic characteristics. Positioning her- or himself in rooms/functionality zones, the near environment interior supports the space-user's natural inclinations of elements.

## RING 7

Ring 7 offers the earth base numbers of the dynamic time analysis (named 'Flying Star, in feng shui). Please be aware of discussions regarding what cycle we currently visit. Consequently, you cannot be sure of the earth base star to place in the middle from a diagram or by divination (see page 23). It is recommended to calibrate your awareness of our current cycle using applied kinesiology. To let the mountain and facing stars fly, you will need either to use a lo p'an or equivalent diagrams.

Ring 7 also offers the understanding of family relations, reading the trigrams. The relations are to be understood archetypically and used for evaluating or conditioning the immediate external environment and for creating the internal arrangement of fixed and moveable parts for the wellbeing of persons carrying the related archetypical role.

When windows and doors are inserted, the weather outside, the change of seasons, and other cosmically related influences impact the space-users up to two meters inside characterized by typical influences from the eight compass directions. As such, the eight directions can be seen as dynamic mixtures of relative yin and yang. The built environment derives its qualities from an interplay of the dynamic breath of nature's influence.

Standing on a hilltop in a raised construction with still no windows or doors mounted, you easily experience the difference between the gentle wind from the south, the vital wind from the west, the cold from the north, and if you stay a little longer, you might be lucky enough to recognize the mischievous winds from the east.

Noting the characteristics of seasons and the month per direction in the built environment and reflecting on correspondences and inconsistencies between consciousness and experience trains the awareness of the professional. The qualities of energy from the eight corners of the compass affect the space-users in accordance with her or his personal characteristics and the conditions designed guiding the macrocosmic influences e.g., the weather, to enter and pervade the house.

Personal characteristics are recognized as the space-user's response to rhythms in seasons and fluctuations in weather, such as cosmic influences (e.g., by solar flares), but also hourly, circadian, monthly, quarterly solstices, and yearly rhythms, inside the built environment.

The benefits of the personal pleasure response harvested from directional and rhythmic macrocosmic influence is applied when positioning the restorative /regenerative areas, the power positions, and the expanded comfort zones relative to the front and backside of the built environment.

Therefore, we can use kinesiology to measure correct real time preferences of directions, room allocations and placement of functional zones that strengthen the body and thus the mind, emotions and soul, with the aim of defining each of us in both restorative and power situations.

## RINGS 8 AND 9

Ring 8 allows you to fine tune preferred areas where space-users will benefit from staying the longest.

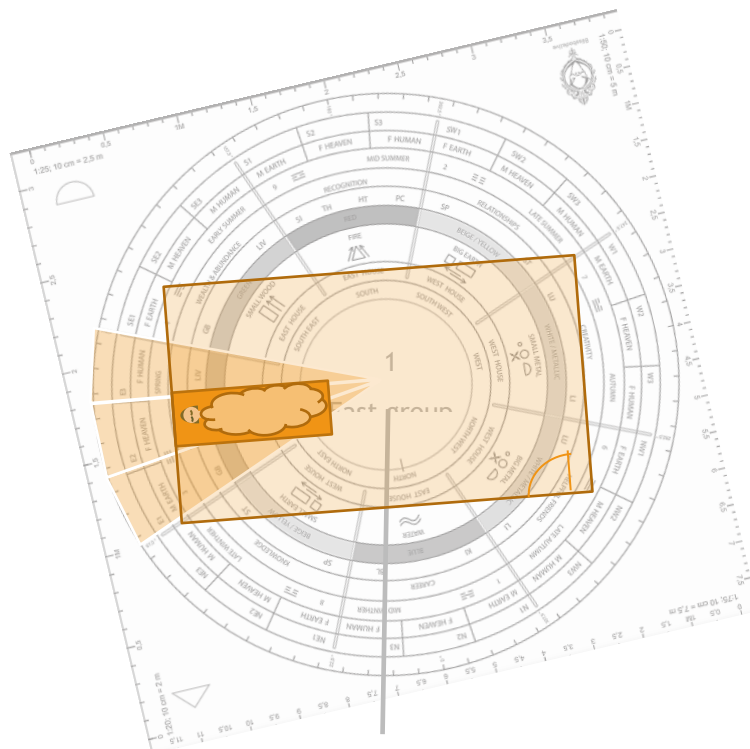
When using the 8<sup>th</sup> ring on the ruler, you do not need to adjust for declination, as the energies measured to the ring are related solely to magnetic North.

Following the ring's divisions, as defined in ring 9, from N1, to N2 etc. in clockwise direction, you will note that each octagon on ring 8, e.g., parallel to N1, begins with an 'earth' subsection, followed by 'heaven' and then 'human' subsections. This set of three repeat themselves throughout the circle. 'Earth', 'heaven', and 'human' respectively, are not understood as elements but as the vertical direction from where the beneficial or less beneficial energy arrives to the space-user: the earth, the atmosphere, or by social interaction.

Each of the three sub-directions in each octagon is characterized as either carrying a feminine (F) or masculine (M) subtype of energy distributing three masculine respectively feminine areas from the four 'corner'-points Northeast 2, Southeast 2, Southwest 2, Northwest 2.

Finding the most vitally balanced areas for sleeping, comfort zones, regenerative sitting areas, or productive power positions, may be read from the lo p'an, from equivalent diagrams, or measured to the specific case using kinesiology for useful contribution to standardization of the built environment on a meaningful personal level.

Optimization is most important where you stay most often, e.g., when placing a bed or an armchair or sofa that is located in the comfort zone. In real time cases, there will always be exceptions e.g., due to structural reason, consequences to exceptions, and priorities. However, to explain the ideal principle, see the example below related to the energy map of a built environment.



**FIGURE 5;** EACH OCTAGONAL IS FURTHER OPTIMIZED IN 15 DEGREE INTERVAL USED AS PRACTICAL GUIDES FOR SITTING OR SLEEPING ARRANGEMENTS, INDICATING DIRECTION OF GAZE RESPECTIVELY OF CROWN.

To achieve a perfect alignment, it is, in this example, most favorable to sleep in the middle sector with the crown in the direction E2, or, if you are sitting, then with the direction of the gaze in the same direction as the crown of the 'sleeping' person if it fits with the fixed parts.

Water octagon 1	First tertiary	Second tertiary	Third tertiary
North	337,5-352,5 (+70)	352,5-7,5 (+60)	7,5-22,5 (+60)
Northeast	22,5-37,5 (-60)	37,5-52,5 (-70)	52,5-67,5 (+70)
East	67,5-82,5 (-80)	82,5-97,5 (+80)	97,5-112,5 (-90)
Southeast	112,5-127,5 (+60)	127,5-142,5 (+90)	142,5-157,5 (-60)
South	157,5-172,5 (-70)	172,5-187,5 (+70)	187,5-202,5 (-60)
Southwest	202,5-217,5 (+80)	217,5-232,5 (-90)	232,5-247,5 (+60)
West	247,5-262,5 (+80)	262,5-277,5 (-60)	277,5-292,5 (+90)
Northwest	292,5-307,5 (+70)	307,5-322,5 (-80)	322,5-337,5 (+80)

FIGURE 6; ENERGIES FOR OPTIMIZATION OF THE NORTH OCTAGON BY DIAGRAM

Feminin, positive

Feminin, negative

Masculin, positive

Masculin, negative

FIGURE 7; KEY TO OPTIMIZATION DIAGRAM IN FIGURE 6

Taking into consideration that ring 7 denotes time and ring 8 vertical position, you might visualize ring 8 raises up the binary representation of ring 7 and together, exposing equal principles to places respectively horizontally and vertically, creating a grid in the time-space continuum as the start of a conversion table pointing towards auspiciousness for the characterized individual, traditionally furthered by the lo p'an compass and today specifically measured by using kinesiology living in the built environment.

Ring 8 still uses the magnetic needle overlaying the North arrow on the North direction and determining the orientation of the building on site.

## RING 10

On the ruler, ring 10 shows the 360° of the circle, equaling 45° to each octagon, and subdividing 15° to each sub direction e.g., N1, N2, and N3. The purpose of this ring is to support the definition of the back side of the specific building.

Western compasses measure points to the exact degrees. For the purpose of finding the back side of the built shell, sectors (octagons or pie wedges) are measured. For example, the wedge of the South direction, S1, S2, and S3, is located at a range between 157,5 to 202,5 degrees (each in a 45°-degree span).

## POSSIBLE ANALYSIS-TYPES GUIDED BY THE RULER

### USE THE RULER TO READ THE BACKSIDE OF THE HOUSE

Many courses define the knowledge and practical processes used for optimizing the contribution of the built environment to each space-user's advantage. Presenting the uses of the ruler below, I would rather dwell on the related gains for space-users' and interior professionals' consciousness.

Briefly, the procedure is to define the front of the house, to measure the direction of the back of the building and hence to define the back. Use normal precautions taking a geomagnetic reading.

Inserting a compass of your preference into the ruler, ensuring 0° is aligned respectively on the ruler and on the compass and using the usual procedure to obtain a valid average reading, let the needle fall into place with the red arrow pointing North.

Prepare the compass by aligning the white marker on the rotating dial to be aligned with North, 0° on the ruler.

Prepare your reading by rotating the dial so that all markings 'capture' the red North arrow. Now the printed North arrow at the bottom of the compass must lie below the red North pointing arrow, and the marked 'N' on the rotating capsule must be at the tip of the arrow. The white marker line on the rotating capsule must be under the 'N'.

Now, however, you see that most often the red north arrow does not point towards the back of the building. It points towards the North. The two directions, North and the back of the building, will only be aligned when the back of the building is in the North direction.

Reading the ruler in three steps:

1: Position the side of the ruler, carrying the 0° North octagon blue wedge parallel to the back side of the built structure.

2: Turn the ring with the N-marking so that the printed red arrow on the bottom on the dial 'catches' the North pointing magnetic needle.

3: Read the grades° marked by the white line on the rotating dial. Find the section on the outmost ring 10 of the ruler including the same degree number. The octant including the degree number holds the characteristics for the building measured.

If the grading for example is read 25° by the white marker on the black rotating dial, 25° is found on ring 10, and the house back indicates a west-house with a back in Northeast.

If your average of 3 compass readings is e.g., 25°, you can determine which type of house it is:

Compass Direction	Degrees	Group
North	337,5-22,5	East house
Northeast	22,5-67,5	West house
East	67,5-112,5	East house
Southeast	112,5-157,5	East house
South	157,5-202,5	East house
Southwest	202,5-247,5	West house
West	247,5-292,5	West house
Northwest	292,5-337,5	West house

FIGURE 8; THE BUILDING CHARACTERISTICS ARE DETERMINED BY THE DEGREE NUMBER OF THE SUPPORTED BACK SIDE.

You might hence apply the forward and backward directions you have found onto the house plan drawings you are working on.

Sunlight is the strongest source of qi. Ideally, the built construction faces the sunlight. Humans further strengthen qi: Where we settle, we add qi to the place, and where we enter our abodes, we draw the local qi type into the built environment.

When qi and oxygen are connected, they become cosmic life. Cosmic life is attracted by the electromagnetism of living organisms. Since humans have a natural electromagnetic field around them, this means that wherever we go, cosmic qi follows in our footsteps. Therefore, the direction of the front door is imperative.

It is our possibilities we draw into our built environment when entering the built structure. On a micro level, the masculine oxygen particles set in motion to achieve unity with the feminine yin qi-energy. Thus, qi vibrates at a frequency attracted by animated focus, our possibilities.

The built structure is a system that processes energy. Optimally, the abode takes in qi energy in the form of joy and opportunity from the front when the built structure and its surrounding near environment is healthy and harmonized and supported by qi energy type from the back of the house.

In 'The Origins of Architecture Pleasure' by Professor of Architecture and Art History at the University of Washington, Seattle, Grant Hildebrand, concludes; to survive as a species we must inhabit places that pique our curiosity and need for exploration, and that give us pleasure and comfort, prospect, and refuge.

In an article of 'Embodied Architecture', Frances Downing, Professor of Architecture at Texas A&M University et al. elaborates on the theory of prospect and refuge: If thought of as a continuous experience, the "edge" or overlap "between" two "systems" is the most complex location that can be held. Opportunities from the front side of the built environment and the in-built support form the back side are about perceived actions aware experiences.

Including the 1927 magnum opus of the German philosopher Martin Heidegger 'Being and Time' to the enlightened discussion, a key document of existentialism, Heidegger's 'equipment totality' refers to the space-users experience of the two systems: the house front and the mind that actively perceives prospects and pleasures and respectively the back of the house with its refuge and comfort. Long-term space-users are totally pervaded by the way they occupy the built environment.

The resulting physical sensations are the core expression of emotional experience. Research result supports models assuming somatosensation<sup>3</sup>. Lauri Nummenmaa et al. published a research paper from Department of Biomedical Engineering and Computational Science and Brain Research, Aalto University, supports the practices of embodiment playing critical roles in topographic changes. Topography may provide a biomarker for an awareness of direction as front and back.

The Architecture, Culture and Tectonics Research Group at the University of Nottingham, extends Heidegger's phenomenological point of view and Merleau-Ponty receives extensive support by contemporary biological and neuroscientific research: The bodily conditions experienced in our near

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<sup>3</sup> The somatosensory system is also known as the somatic senses, touch or tactile perception. Anatomically speaking, the somatosensory system is a network of neurons that help humans recognize objects, discriminate textures, generate sensory-motor feedback and exchange social cues.



environment has far-reaching consequences for how we think and react in relation to the front and the back of the built environment.

It is our somatosensory sense that allows us to experience environmental impact. Combined with cognitive abilities the somatosensory awareness can widen our environmental consciousness to include directional benefits.

We might let us inspire from professional Eastern interior practices which traditionally applies such body enactment and cognitively passes on this knowledge of prospects, opportunities, nourishment, and wealth to arrive at our doorstep, also in a figurative sense. That enriches the qi that flows through our raised structure, and then passed on. Similarly, refuge, safety and support are provided both from the inner and outer back side of the building. To this end, a row of analysis and applications are practiced.

Cultural epochs and class distinction used the benefits of the facade architecture and representative interior design in a drawing room, or a majlis, depending on culture, to empower first impressions: what visitors see first has a disproportionate impact on the formation of visitors' thoughts and feelings and suggestions they possibly will bring into the building. Material culture carry the options of manipulating first impressions and thereby mold the desired incoming qi-type of energy, concretely impacting the sociocultural context forming opinions and judgements entering with visitors.

#### DETERMINE QI-QUALITIES

Professionals are capable to distinguish between many types of qi-qualities and qi-movements that the built structure is exposed to. For applying the analysis evaluating the qi-energy quality of the built environment in conjunction with the qi-energy of the space-users, we are guided by the characterized four positive respectively negative main qi-energies. This refers to the basic East-West analysis in feng shui terms.

Including the actions of enhancing, redirecting, neutralizing, and blocking energies, professionals may perform activations to create higher vitality and positive environment than first evaluated by the analysis supporting clients, families, and workspaces when the environment is transformed consciously.

Obtaining an evaluated analysis of negative character, it is imperative to know how to raise the energy level of the area to improve the space users' daily life whether in form of resting or work efficiency. Equally, it is imperative not to raise the energy level higher than what is comfortable to the space-users which might cause insomnia or dizziness.

The precise type of qi sets the environmental conditions for the space-user's habits, attitudes, emotions, and thoughts and consequently the space-user's behavior and health spending prolonged time in each area. The more unaware and unconscious space-users are, the more they typically will be impacted by the abode areas, designed or not. The more consciously aware the space-users are, the better they can counteract negative energies.

The following areas are traditionally found by divination analysis.



## ON DEVINATION

Since before 2670 B.C., a year generated by Dr. Skinners historical research, we strove to adapt the microcosm we lived in, to the macrocosm that constituted individual and regional conditions of existence, by divination.

Divination is a set of actions performed to seek divine harmony between the external world order and the complexity and unpredictability of human behavior based on experiences of human emotions and thoughts. A multitude of systems have been constructed in the hope of making that which is incomprehensible, comprehensible.

To 'make sense', has ordinarily meant to be definable in terms that are linear: logical and rational. However, the experience of life itself is organic. It is nonlinear by definition. Divination becomes articulated.

Consequently, the designed harmony has the opportunity to express itself through the life that pulsates in different rhythms defined by night and day, the change of months and seasons, etc., and the echo of these rhythms in people.

The divine harmony also expresses itself through chance. The lack of immediate meaning of an event allows a deeper meaning to emerge. The expression is interpreted by mediumistically inclined people.

Many perceive a danger in divination interpreting the act as depriving one's freedom. However, every person is free to assess the degree of utilization of their place of stay. If a space-user is not satisfied, he/she can decide whether to expand their capabilities to include the defined place of stay or whether the space-user want to settle for the general norm of society.

Divination is paths of cognition, developed in different cultures. They share a language that opens the common human experience and wisdom when used honestly and openly. Thus, progressive application of this type of recognition methods has the potential to bring the professional into contact with the empathy a site requires.

Perspectivating, C.G. Jung recognizes a coincidental connection between the psychological and the physical course of events arising out of divination: He named it acausal parallelism, later: synchronicity. The advantages positioning yourself in such states include applying more of your human capacity as opposed to linear planning based on history and evidence. The latter type of methodologies evade soul and non-linear time.

## AWARENESS OF THE MAIN EIGHT QI-TYPES IN A BUILDING

Mediumistically inclined people have shown the way to our common expanded capacity for empathy. In our time, many sensitive people find that they already are aware of a situation created by an ambient architecture or interior design and thereby might reap a greater benefit from the potential of the built environment.

As an interim mean finding and categorizing each of the main eight indoor qi-types, the interior ruler advances the consciousness of matching space-user with space, aiding an awareness towards calibration to recognize the main qi-types indoor. Also, the use of kinesiology can be used for experiencing the below categorizations.

The basic eight qi-characteristics are described by the following parameters. The professional user must be aware that both the built environment as well as the space-user carries these main qi-characteristics when indoor. The analysis reveals the common energy level defined by main qi-types in the exact built environment during a given time-period.

## THE EIGHT MAIN QI-TYPES IN THE BUILT ENVIRONMENT

Grand Master Dr. Lim teaches the following eight qi-types:

The most beneficial position is an area supplying lovely freshness. It complements high vitality and comforting qi. The area promotes good sleep, vitality, intuition, and good communication. Positioning yourself here makes it easy to obtain your desires; tailwind brings happiness. Empirically, people who dwell a lot in this position experience excellent business successes, political careers and/or a high degree of academic excellence, as well as a respected position in society if they so desire. Consequently, the bed can advantageously be placed here. Equivalently, making important decisions, e.g., in a study or an office, is advantageous from this position.

The next best indoor environment area has strong healing gifts and a very strong and universal force of love and acceptance. Entrances, bedrooms, and bed positions in this position offer good health, healing, and safety to those who reside here. The place is good for people with health problems or with low vitality as well as for elderly. Empirically, the upper middle class also receives prosperity and wealth by staying here.

Still a sought-after direction the third best area prolongs life and offers good descendants. This area strengthens family tolerance, harmony, and goodwill. The area is excellent for the living room or for bedrooms. Those who have relationship issues or challenges with the harmony between children and parents should place their living room, hallway, or bedroom in this area for a positive match. The area also invites early marriage and supports the development of wealth and success throughout life.

Still a good position this area strengthens the client's own personal skills and abilities and develops the ability to make good career progress. This position empowers professionals and managers. Staying in the area strengthens the client's mental strength and business can be run with less stress and more peace, giving the resident a good, but not a luxurious, life. It is advantageous to place personal rooms, home offices and hobby areas here.

The mildest of the undesired directions may attract accidents or mishaps into your life. The location may cause minor accidents, minor lawsuits, loss of some money, minor car accidents, losing a job or failing an exam of minor importance. The area can be worked on by supplying plenty of good qi, by introducing remedies that keep qi up, by letting qi flow through the place and be replaced by a constantly better qi, and by residents doing daily spiritual practices.

Stepping down, the next unfortunate area-level invites to disharmony and arguments both at work and at home if the space-user stays in this zone for a prolonged time. A fire may occur, or a burglary may be committed. If the space-user often position her/himself here and the person furthermore lives in an apartment or house with very little qi, he/she may suffer from a long depression or a long illness. Toilets or storage rooms are usually placed in these areas.

The third malign indoor zone should not have a function so that the area is not used. If the entrance hall or bedroom are located in this direction, it is likely that the space-users experience many arguments. There may be divorces and death in the family. Serious disharmony may be experienced

both at home and at work. The family may experience problems that come before the court and independent business operators that the business is not run with profit.

The last type of indoor zone is life-threatening. This place is associated with robbery, loss of property, incurable diseases, insolvency, loss of children, continuous misfortunes, and ill health in the family. Avoid placing the front door, the bed and important work positions in this area. It is best not to stay in this area.

## ENVIRONMENTAL INFLUENCES

It is not the principle of the eight divined main qi types in the built environment that is interesting to us in the time we live in and for the time to come. What is interesting is the consciousness of the above-mentioned divination scale of environmental influences exercised in the built environment of the space-users as a function of the amount of available energy in the built environment.

Working with the ruler, the interior professional calibrates her/his awareness to experience where these types of areas are to be found in the built environment and how the same parameters express themselves through the space-inhabitants.

Perspectivating environmental calibrations, enactivism is a cognitive science where cognition operates through the dynamic interaction between the human being and her/his built environment. The thesis is that living is expanding aware consciousness and that architecture is understood as a framework that has the ability to co-build consciousness.

The enactive approach bases the theory notions on pre-noetic<sup>4</sup> processes. When trained on advanced level, applying our pre-noetic human capabilities, professionals may amplify the intended qi quality to the built environment. This is a practice finding place by trained individuals operating out of the time-space continuum. The usefulness of applying intendedly more intense and better qi-quality energy into the built environment is measurable by applied kinesiology.

Creating energy maps and training human extended capacity, the professional is able to transcend the energy of the least desired energy areas in the built environment equivalent to the highest ranking/rating benevolent areas or higher.

## QI FLOW DESIGN

The qi is dependent on oxygen and on the magnetism entering through the doors, windows, and when the space-users enters the built structure. Therefore, the qi flow through the function zones of the abode, must be designed in relation to where the vital fresh air enters the encapsulated structure.

It is the amount and the quality of qi in an environment that determines whether a room or an area of a room is experienced as vitalized or lifeless for a defined function. We experience also how qi is strengthened when many people are gathered, e.g., in the pulsating activities of a city. The recognition is strengthened by comparing with e.g., small museums in remote smaller towns that can seem 'deadly' quiet.

Qi flow inside the built structure is designed to be hoarded, increased, directed and to avoid lost when we apply the methodology of letting the built structure benefit the space-users.

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<sup>4</sup> A knowledge experienced before reason, before a meaningful act of consciousness.

The reason why we match the house's energy characteristics with the person's energy characteristics is to reach a harmonious status and a life of well-being and to avoid misfortunes under the dynamically shifting macrocosmic changes.

Since we all have our own characteristics both as individual people and in interaction with the house we live in, it is not the same positions that are equally advantageous for various users.

If it cannot be avoided to have functions in a low energy characterized area, then it is extremely important to raise the qi energy in that area. On a physical-psychological level, this is done by keeping the area tidy, keeping it clean and ventilated, adding pleasant light, maintaining a comfortable temperature, and using plants in visible soil and running, clean water. On an advanced level, conscious intentions are used.

In such areas, it is also imperative to ensure elemental conformity. Consider the colors, materials, or shapes of elements, including those elements that can act as the media between the person's natural element affinity and the compass direction element.

Colors, objects, and materials are remedies optimising our conscious design of vitalization inside the built structure, under certain pre-conditions e.g., that the yin and yang elements of the built construction is harmonized, and that fresh air is ventilated.

The design methodology is to use colors, objects, and materials to manipulate the qi energy through the abode in such a way, that the areas are vitalized by the qi-energy before it moves on. Passing out of the built environment, the qi-energy is exhausted to be re-vitalized in the outdoor environment.

The ruler implies the use of natural elements to the built structure in the rings 3,4, and 6. They cannot be used directly but must be aligned with the natural elements of the space-user and the intended function zone of the area. For example, a space-user inclined towards the natural element of earth-type energy, might have productive work done in a fire-type room, because of the supporting type of energy established.

Comfort zones are typically very supportive in rooms representing the same or the supporting energy-type as the space user. Further, staying in an area for a prolonged time, when for example watching television or sleeping, applying the space-user's natural and supporting elements within two meters, lets a comforting zone unfold.

Extending comfort zones to transformative areas must be diligently balanced between expanding elements, preconditions and remedies as mentioned above relative to the space-user's function in that particular room.

Power areas needs supportive and own natural elements. Besides, power positioning of the user in an area enhances the space-users responsibility, reliability, and activity.

In each designated function area, all five natural elemental energies must be present in a harmonically balanced to measure volume and proximity to the space-users time spend in the area.

## USE THE RULER TO GUIDE ROOM USAGE

East or west group house is a characteristic that is determined by the building's backside direction. There are eight different energy maps, each of which corresponds to which backside direction the interior professional measured for the built construction.

Each scheme represents an energy map of the building and tells where its advantageous positions/functionality zones are located and where the actively experienced energy in the built structure can drag the resident down into more problematic thoughts, actions, and habits if not corrected by a professional.

The space-users are also characterized as East or West group people based on their genetically inclined responses to macrocosmic influences e.g., how the planetary constellations and change of seasons affect the space-user and thus, each has directions that are more favorable to a space-user than other directions. This is valuable knowledge to apply before drafting fixed parts of the interior in cases of building a new structure or some extends of renovating.

By matching the buildings trigram characteristics with the space-users trigram preferences, a guide unfolds indicating where it is advantageous for the individual space-user to stay for a longer period and where a special effort must be made to raise the buildings and the space-user's energy level and thus avoid the users' unfortunate thoughts, feelings, and reactions; consequently, to avoid unfortunate 'coincidences' happen.

The analysis is repeated for each space-user in the built structure. The interior professional support the family by letting the general arrangement be based on the user with the highest income. Thus, the person in question is also strengthened at work to make the most favorable decisions, have the most advantageous attitude and habits, which in turn strengthens income and prosperity for the household.

If two dependents belong to different groups, there may be compromises. The design in the specific zone must then be prioritized in relation to the individual element. These elements are strengthened in advantageous places in the structure in relation to where the individual space-user stays for a longer period of time. E.g., if the person belongs to a metal element type, please strengthen the person with an arrangement that includes large stone surfaces or flowing water, cf. arrangement with harmonizing natural elements.

At the same time, each of the other members of the household often has an area or a room to themselves. Each individual private room can be advantageously remedied (decorated) based on the space users preferred natural elements, so that the individual occupant is strengthened in the best habits and attitudes that are built up in the appropriate area for the individual space-user, so that elements and directions strengthen the specific room occupant.

## USE THE RULER FOR HARMONISING DESIRED LIFE SITUATIONS

Having defined front and back of the built environment and harmonized yin and yang proportions in the fixed interior elements, the space-user, and the interior professional, design the invitations of qi in the encapsulated environment to enable the enhanced presence of the space-user. When the client is present, opportunities become tangible.

Co-designing in alignment with rings 3,4, and 6 on the ruler, creates unique invitations for each present space-user, that determines the type of qi that arrives at the space-user's preferred place of staying. To be sure of the correct placement of the ruler grid on the building plan in individual cases, use kinesiology to determine either a North-to-North placement or a positioning of the ruler grid in accordance with the entry point of each floor when the qi-type's advantages are related to the 3-6 months goal of the individual resident.

By traditional divination, each of the eight-sector goal focus relates to a compass direction in the ruler lay-out. Key words indicate where which goals can be activated. This can be confirmed by kinesiology in each case between the space-user and the built environment.

Setting the interior to a desired life focus within a set time aligns the space-user's presence with a current focus of choice, and directs, enhances, or neutralizes qi by colors, objects, and materials in the space-user's aware consciousness as per applied design of the moveable parts in the interior design.

The space-user's elemental preferences are used for placing function zones respectively comfort areas, or power zones, in the fixed parts of the built environment as defined by a broad sense of genetic relations to qi movements and as tested by kinesiology. When arranging the moveable parts in the built environment the elements of the compass directions are set to match the space-user in the preferred indoor areas defined by the elemental preferences.

The relationship between objects that are placed in the rooms, and the location of the objects in relation to where the space-user typically stays, is more important than their location in relation to the objects' compass direction. What is closer to the space-user for a longer time affects the client more than what is further away. However, do not fill in more remedies and objects to the built area, than what the space-user appreciates, tidies and cleans regularly, to keep a fresh impression and to avoid dust and enhance the flow of qi in the built environment.

The applied art to the specific space-user case consists in balancing the elemental energies; too little of an elemental qi-type of energy may supply a vibration that is too light; e.g., too little of the earth type energy results in fragmented and unsustainable experiences whereas too much of an elemental qi-type energy supplied in the space-user's surroundings might result in extreme cases as e.g., (for the earth type of qi-energy) stagnation. Consequently, an unaware space-user may react in unfortunate ways.

The qi-type energy can be neutralized or enhanced by a trained professional. Furthermore, it may be anchored at a physical point in the interior.

Practicing a comprehensive understanding of harmonizing the built environment and the space-user to macrocosm, an advanced professional would typically include activations in more than one area to obtain a 3–6-month goal. The trained interior professional may also cross-activate areas in a sequence over time to obtain a balanced support of the space-user.

Analyzing each case, blockages and challenges between the encapsulated compass directions and the elemental preferences of the space-user may reveal themselves. Space-user's challenges respective to harmonizing the desired life situation may be experienced as unable to define or acknowledge a goal, stuck emotions, not expecting a desired daily life for oneself.

## RESETTING THE BUILT STRUCTURE BEFORE ACTIVATION OF CONSCIOUSNESS POINTS

Consciousness points are built into the encapsulated structure. Examples of consciousness points are the 'Wealth spot', 'Heart spot' or 'Desire spot', as defined by Grand Master Dr. Lim, in his teachings on Earth Tao.

Earth Tao occupies professionally trained practitioners with healing matters. Matters are movements of free energies in dynamic change. Matter is influenced by the field of dominance exhibited by high-energy patterns of human thoughts and emotions.

Establishing healed matters is dependent on the frequency of the Earth's vibration (The Schumann Resonance) for grounding. Normally the Earth's frequency had been stable around 7.83 Hz, however, recent measures determine frequencies up to 30 Hz locally. This change of frequency causes dormant energies to emerge. These might cause turbulence, stress, confusion, and depression.

All energy signatures remain. That might be signatures from earlier human events and natural earth formations, such as earth dislocation or fluid streams, always leaving an energetic vibration to impact space-users positively or negatively.

Clearing and reactivating the relevant spots avails harmony and easy existence.

Reading the ruler, the interior professional acknowledges that it implies where to reset:

- Up and down, which is the movement between the Earth core and the sun, reset from the center of the house measured by volume (the carpenter's method).
- Front and back, balancing the house when exposed to e.g., heavy continuous wind, positioned on an escarpment etc., reset e.g., from respectively the front or the back.
- Right and left, ensuring right turning energy by qi-flow design and by used materials, colors, and shapes of objects for vitalization purposes. Reset in the middle of the encapsulated structure and in the middle of each room.

To summarize; Interior professionals might use the ruler for defining the backside of a building. Dependent of the space-user's inherited preferences and the buildings age and position, beneficial or malevolent areas in the building affect the long-term user to react in accordance with the degree of benignness he/she is influenced by. However, applying 'Earth Tao' measures raise frequencies of the malevolent areas to become areas of advantageous impact of the long-terms space-user.

## POSTSCRIPT

The ruler fits our time well: A time of transition. The ruler is an object whose function holds our dawning consciousness until we experience the compass directions and the space-user's preferences ourselves, until we until we exercise a greater degree of empathy.

The big differences between the worldview we are leaving and the one we are entering concerns separation and time. The separation between that which is outside of us, and our own egos opening to higher impact patterns as we are understanding, including, and accepting our possibilities for expressing our extended interior consciousness, our 'mirrors'.

The pace difference refers to professionals not needing to live at a place for a whole year to get to know the abode, the surroundings, and the space-users. We are in a process where we expand our awareness on the scale of our human capacity. It must be practiced in our daily activities for it to gain strength and impact.

The ruler's compass is a measuring tool. It is used to measure the direction we move in on our globe in relation to the North direction. We cannot calibrate the ruler's compass, like e.g., a printer. A compass calibrates itself as the Earth's magnetic North moves slightly each year.

We calibrate ourselves according to magnetic North. This means that we get a feel for how North, South and the other directions of the world are experienced, and furthermore that you can determine the direction.

We are typically ready for calibration when you have used the ruler's compass a certain number of times. The number is not important. It is more important that you have a feel for where you are when you turn around. Then you have prepared your mental intelligence and aware consciousness.

When we calibrate our bodies to be aware of how the direction of the world are experienced, we move towards a future where we no longer need a compass for interior design purposes. That is an example of us using our extended human capacity.

Starting to calibrate our bodies to adjust to the global directions, we do it with kinesiology, system meditations and consciously aware states in interaction with our mental, critical intelligence. Kinesiology will gain traction to standardizing the built environment because it is a reliable and quick way of measurement.

In this process, human capital is developed. This capital is consciousness sitting in the body as the visible expression of human interactions between the brain, heart, and mirror neurons. In the work of an interior design professional, the human capital is also used for being aware of the user's mirror neurons and space. Creating a standard for the built environment including the built environment to enrich the space-users involves bodily intelligence, pre-noetic, and cognitive awareness as well as emotional and sensorimotor intelligences to professionally create local environment, which promotes conditions for generating fortunate high-energy attraction patterns for the chosen group of users.

Interior Professionals enable a move from an abode to living in a 'blissbode'. 'Blissbode' is a contraction of 'abode' and 'bliss', referring to the aim of raising energy vibrations the places where we stay. Hence, interior professionals create conditions for vitalizing interiors in cooperation with nature, applying professional knowledge of whom the built system should match, as each individual represents unique sets of systems coworking in body, mind, and emotions.

## PERSPECTIVATION

We make decisions for the future influenced by concepts and ideas we carry with us from the long-term living-conditions. Our former industrial society has been the framework for established interior design theories and methods. Many of the challenges in the architect-, interior design industry and customer demand have arisen because of the human view that we practiced in the former industrial society. We cannot responsibly improve the industry's challenges by contributing the same mindset.

If we continue to make decisions based on the industrial society, we overlook what humans have created and developed, and therefore what we can improve. By including other professional groups and deepening our own, we create the framework for utilizing the resources of our society and avoid existing structures from hardening.

*"Anything that opposes this change will create stress", Barbara Wren*

If architecture and interior design professional decisions continue to be made within the framework of the industrial society, the same type of architecture and interior design, characterized by separation, is continued, and a downward spiral of energy is implicitly in-built. Expanded to a societal level, an immediate example is built ghetto formations.

On the other hand, if we can utilize our abilities in the future that leans towards us, we will create well-being and inclusion of human capacity in our society.



The concept of sustainability must be developed and concretized into a science of architecture and interior design. In this lies an invitation to and a demand for extended professionalism, interdisciplinarity, and expanded human capacity.

Today's professional state must be assumed to be introductions to the integrated architecture and design sciences of the future. Professor Emeritus Hildebrandt encourages larger wholes: A field of science that contributes to the illumination of human consciousness, the diversity of decisions and thus inclusion of empathy and potentials.

The fields of architecture and interior design have begun the process of aligning their subjects with a new moral code. Professor Hildebrandt quotes the Dalai Lama for the following principle and value: *"When we neglect the well-being of others and ignore the universal dimension of our actions, we will inevitably end up considering our own interests as separate from those of others."*

MSc, Author, and Head of SYNERGIA, Stubberup reminds us about the mechanics of our inner contact resulting in an inner orientation, a 'sustainable' and empathetic behavior. This is what the University of Southern Denmark calls 'be-sustainability<sup>5</sup>'.

Being, on an individual level, in a built environment, we express ourselves: "Our emotions are the language we use to communicate with the universe. Whatever we express, the universe reflects it back to us", Barbara Wren writes, indicating the depths of be-sustainability.

Combining an existential user-knowledge with optimum conditions for the built environment for commercial purposes, I desire to perspectivate the following commercial uses of our emerging society from a professional interior design point of view:

- Trained interior coaches professionally guides space-users' awareness in the built environment, users being private, commercial, or any organization pursuing or desire to pursue a goal.
- Building companies differentiate by consciously designed buildings that benefit space users when the qi, that is supplied by the unbuilt part of the cadastral, is included in the design.
- Standardization of the built environment impacts a societal competitiveness positively based on the individual contributors' well-being and advances of human capacity.

Revealing income streams to businesses from a sustainable, interdisciplinary, long-term, and holistic perspective, the architect- and interior industry could develop skills and advantages for societal upward spirals when individual's emotions gain from professionally coached expressions of themselves.

Thriving architecture and interior design businesses in sustainable societies express the responsibilities of interdisciplinary architects and interior design professionals applying extended human capacities. Income streams based on the new codes for suitability and quality of life in the architecture and interior design industry, indicate which criteria and limitations we will base professional decisions on. The associated productivity of the quality of life for the space-users is an expression of how we utilize and prioritize our resources in our built environment.

The purpose of the industry's inclusive sustainable productivity is to achieve quality of life and use of the individual's expanded human capacity. On that basis, we have the opportunity to define and measure the industry's productive societal contribution.

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<sup>5</sup> 'Væredygtighed' in Danish.

Productivity at company and industry level is affected by education, skills, culture, and structure. Architecture and design companies, educational institutions, as well as space-users are the key to inclusion of sustainability in the built environment and to structure useful contribution to standardization of the built environment on a meaningful personal level, expanding standards for the built environment while living.

The perspectives are meant to inspire a more detailed development of the structure of income streams, productivity, education, skills, culture, and extended industry certification including and developing the potentials of each human's capacity.

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