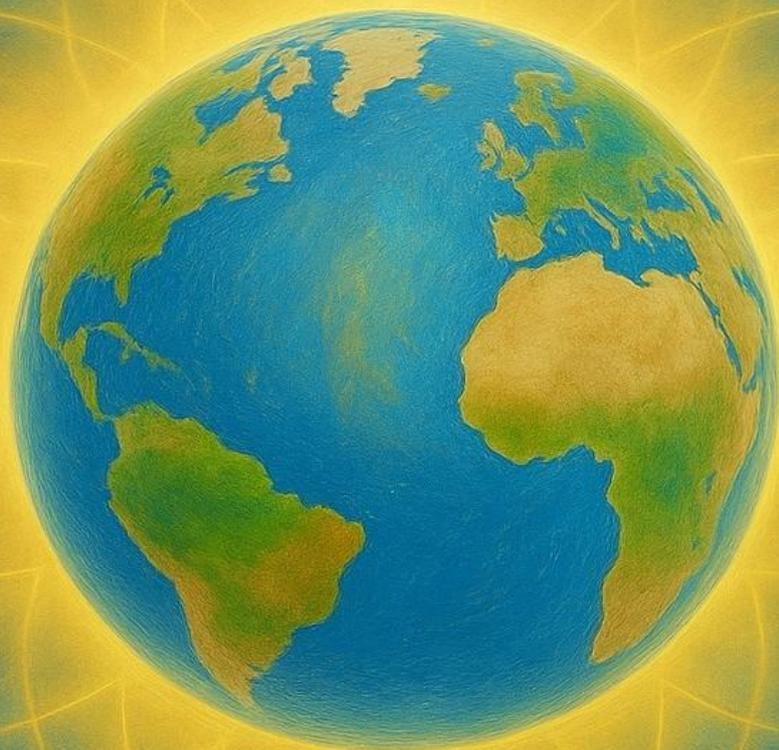


THE WORLD PLATFORM



SOULFUL
HORIZONS,
The Collection

Soulful Horizons, The Collection

Feng Shuí, The Psychology Behind It

What is Feng Shuí?

Feng Shuí is an ancient Chinese, traditional way to understand how place, direction and pattern influence events and decisions. The term Feng Shuí means, literally, 'wind-water'. From ancient times, landscapes and bodies of water were thought to direct the flow of the 'cosmic current' - or universal energy - through places and structures.

In the 1970's this energy system became popular in the United States and in Europe as the art of arranging our environment so it supports our energy, focus and life direction.

Life Energy, Yin and Yang and the Bagua

1. The Flow of Life Energy

Everything is influenced by the movement of the vital life force:

- ☉ Smooth, gentle flow → vitality, clarity, wellbeing
- ☉ Blocked or rushing flow → tension, instability, fatigue

The aim is finding the optimal energy flow through a place.

2. The Dynamic Balance of Yin and Yang

Everything has two sides that need each other:

- ☯ Yin = quiet, rest, cool, dark, inward (too much causes lethargy)
- ☯ Yang = active, movement, warm, bright, outward (too much causes stress)

A healthy space balances both.

3. The Bagua

A Bagua map is a tool used to map a room or location and see how the different sections correspond to different aspects in our life. In traditional interpretations, the areas are associated with themes such as Fame/Reputation, Love/Marriage, Creativity/Children, Helpful People/Travel, Career/Life Path, Skills/Knowledge, Family/Health and Prosperity/Abundance.

In this system, the map is intended to be used over our home using the correct wind directions, to find areas lacking good flow and to show where there are spaces that may need rectifying or enhancing in life or the environment.

For example, if the bagua grid is placed over an entire house plan and it shows the toilet, bathroom, laundry or kitchen in the Prosperity/Abundance area of the map, it would be said that the money coming into that particular environment would disappear very fast because of the water element.



| | | |
|--|---|--|
| Wealth Prosperity Fortunate Blessings Purple Wood Appreciation and Gratitude | Fame Reputation Illumination Red Fire Clarity and Integrity | Relationship Love Partnership Pink Earth Receptivity and Openness |
| Family Elders Community Green Wood Group Support and Strength | Health Heart of Chi Unifying Forces Yellow Earth Balance and Vitality | Creativity Children Future White Metal Joy and Inspiration |
| Wisdom Inner Knowledge Self-Improvement Blue Earth Stillness and Introspection | Career Mission Life Journey Black Water Purpose and Courage | Helpful People Unseen Assistance Travel Gray Metal Benevolence and Synchronicity |

The Main Entrance

The principle:

Change the space → influence emotions → influence choices → influence life outcomes.

Feng Shui aims at aligning our environment with our intentions so our space naturally supports our mindset, behavior and success.

The Psychology Behind It

In a modern psychological interpretation of traditional Feng Shui principles our environment does not actually change outcomes. Over time it quietly reprograms our nervous system and our nervous system quietly programs our behavior. Modified behavior then changes outcome.

Our brain continuously scans our surroundings for action signals and when we detect stimulus, it generates automatic response. Our space silently instructs our actions.

Examples:

- 👁️ phone visible → check messages
- 👁️ snacks visible → eat
- 👁️ messy desk → postpone work
- 👁️ bed visible → fatigue response

Facing an open space vs a wall changes our alertness, confidence and decision speed, because our brain evaluates safety vs threat vs engagement. Facing entrances or open views reduces vigilance and this affects clarity, communication and initiative.

Examples:

- 👁️ Desk facing a wall → we feel boxed in, think narrowly and tire faster
- 👁️ Desk facing the room or window → we generate more ideas, take easier decisions and display more engagement
- 👁️ Back to the door → we feel subtle tension, we frequently check and we have a hard time focusing
- 👁️ Facing the entrance → we can easily focus our attention and concentrate longer

Visual clutter is associated with cortisol (stress hormone) and fragments our focus. Our brain treats unfinished visual signals as unresolved tasks and activates stress in the background because of the low-level threat. A clear environment signals fewer micro-threats and produces a calmer baseline.

Examples:

- 👁️ Cluttered desk → we continuously scan for unfinished business → we have a hard time concentrating, we get irritated quicker and we feel mentally tired after simple tasks
- 👁️ Obstacles (boxes, furniture) in our path → our muscles contract → our body never fully switches to rest mode

If our environment repeatedly triggers avoidance, we turn to procrastination. When action is triggered, we will feel capable and when our surroundings exude calm, we remain stable. Our nervous system learns that this is normal and we regulate, up or down.

Examples:

- 👁️ Postponing difficult tasks → confidence shrinks → procrastination
- 👁️ Each time something goes wrong, we pause before reacting → anger lessens → we are composed

Certain places become emotional anchors: our desk chair puts us in work mode, our sofa in rest mode and our doorway in social mode. Our brain links certain feelings to certain places, so just being in that place makes the feeling appear faster. When we move things around, the feeling changes too.

Examples:

- 👁️ Putting on noise-canceling headphones → our mind switches into Task Mode

- 👁️ Running shoes placed by the door → our body moves almost automatically in Exercising Mode

Key Takeaway

Instead of forcing ourselves to feel different, we change what repeatedly surrounds us and our natural disposition will follow our environment.

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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.