

# Walking the BAGUA



***A Users guide for enjoying the  
 Limberlost Feng Shui Wellness Walking  
 Path***

# CAREER, SELF

**The energy of who we are, what we do (or want to do), and who we become in the process. If you look directly across the Park, you see Fame & Reputation and begin to understand the full path. Self is who you are when you enter the Bagua, and Fame / Reputation is who you are when you exit. Perfectly aligned: entering, passing through, and leaving the Bagua: all the energies of your life, and how you are remembered.**

# HELPFUL PEOPLE & TRAVEL

**This is the energy that represents those people, past and present who have helped support us along our 'path', providing insight and support. This is where our Angels are. The energy of travel and being in a strange new place, also invokes the need for Helpful People.**

# **CREATIVITY, CHILDREN, LEGACY**

**This is energy that helps us focus on those things to which we give birth, not only our children, but also those things which we create with our minds and our hands, including art, music and writing. This is the energy of the Future!**

# RELATIONSHIP

**This is the energy where we focus our attention on interactions with others. The goal is to attract and maintain a strong, balanced primary relationship. Also included are close relationships with friends, family and other significant people in our lives.**

# **FAME, REPUTATION**

**This is the energy that speaks to how we live our lives, what we accomplish and how we feel about ourselves, and how we want to be remembered. This is the Fire area of the Bagua. How brightly does our candle burn?**

# **WEALTH, PROSPERITY & POWER**

**This gua represents the energy of financial support and ‘fortunate blessings’. If we look diagonally across the Park to the Helpful People area, we realize how much of our prosperity is the result of support from others, and how our prosperity allows us to become a helpful person to others.**

# FAMILY & COMMUNITY

**This is the energy of Ancestry and the *past* and helps us to focus on our roots and those people in our lives, our non-traditional families, who help to shape us into the people we are. Glance directly across the Park and you will see the perfect complement, the *future*, represented by Creativity, Children.**

# **WISDOM, KNOWLEDGE & SELF-CULTIVATION**

**This is the energy of constant growth and advancement, the energy that makes it impossible for us to stand still as we work diligently to improve ourselves. Peer diagonally across the Park to the Relationship area, and think about how much we have grown and become wise through the process of relationship, with a hope that this wisdom will always lead us to a better relationship!**

# HEALTH & BALANCE

The result of all the energies in your life being in balance, is the center: **HEALTH** - the ultimate goal and sublime energy! Every trip around the walking path can be a different journey, discovering old thoughts and new connections, seeking perfect balance and health through reflection on all the complementary energies that make us who we are.



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