

# Feng Shui Level I

## *Sample Seven-Chapter Study Plan*

### **Using your Seven-Chapter Study Plan:**

This downloadable study plan is based on your Wix curriculum and includes all steps of the Course so that you can add your own notes as you progress. For all details and related materials to complete each step, and for filling out the surveys and marking the steps as completed, please use your Course curriculum on Wix.

### **Work commitment:**

4-5 hours per week that includes

- Study time with videos & workbook
- Feng Shui explorations with journaling
- Time to de-clutter, make a Feng Shui diagnosis and implement “remedies” (cures, modifications or interventions) on 2 projects.

### **About your projects:**

Choose two projects - your own house or working space as well as someone else’s space.

- Complete the Feng Shui diagnosis and treatment plan for both spaces.
- Implement a few Feng Shui modifications or remedies in your own space in order for you to gain experience of the effects of Feng Shui.

You are not asked to fully implement all Feng Shui “remedies” in your projects during this Level I Course. You simply need to have applied a few Feng Shui modifications in your own space to gain practical Feng Shui experience.

Your study plan - personal notes

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# Your Sequential Seven-Chapter Study Plan

- Check when accomplished
- All steps and Course materials are available for viewing or as downloadable pdfs on our Wix platform.

## Welcome - 3 steps

- W 1 - Welcome video
- W 2 - Live Stream sessions schedule and links
  - Study guides:
    - Seven-Month Study Plan (Sequential and Modular themes Topics)
    - Index of Topics (video topics of Dr Mao's lectures)
- W 3 - Welcome survey

## Comments:

Please use this personal Feng Shui Level I Study Plan that includes space for your own notes for organizing your studies.

## Advancing in your studies

Mark each step as completed using our Survey quizzes. This will allow you and your instructors to gauge your progress.

Although a logical succession is recommended, you can complete steps at your own pace and following your chosen order.

## Course completion requirements

You will need to have taken live at least 4 Q&A sessions and have completed all steps of the Course (Chapters I - VII steps & all Five Healths Themes steps) to present your projects for certification. This should take you at least five months or a maximum of twelve months.

## Chapter I - Basics - 9 steps

- I - 1  Discover your Elemental Personality (InfiniChi quiz at [taostar.com](http://taostar.com) & Five Healths Workbooks p 3)
- I - 2  View What is Chi? (59 min video) Dr Mao discusses the Feng Shui and Taoist arts' concept of energy (2022 retreat, Switzerland)
- I - 3  View The Ba Gua Map (33 min video) Dr Mao introduces the Ba Gua (2022 retreat, Switzerland)
- I - 4  View the Feng Shui Level I Basics whiteboard presentation (27 min video). Use the pdf whiteboards 1-6 provided to follow the video. Basic steps for finding the House Direction, working with floor plans and using the Ba Gua map.

Actions:

- I - 5  Print your Ba Gua Map on transparency film
- I - 6  De-clutter your space
- I - 7  Practice Experiential Feng Shui I
- I - 8  Choose your project I (your house or workspace) and initiate basic Feng Shui diagnosis & treatment / modifications for project I
- I - 9  Complete study survey

**Comments:**

**Your Reference Chapter for Five Healths Feng Shui**

Consult the material of this chapter all along the Course and discover the topics presented here through different viewpoints as you progress in your studies.

**Follow the Steps**

Simply follow the steps, take notes in your study journal as needed, and mark steps as completed in our survey quizzes once you are done.

Your notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Our monthly Q&A - live stream session**

(see your Live Stream Q&A sessions schedule & links)

We will meet live monthly to

- discuss important points of the material
- respond to your questions
- welcome new participants to the forum and
- help you move forward in your study

You will need to take live at least 4 Q&A to qualify for the Level I exam. We encourage you to participate in all Q&A's as this live connection with your guide and peers will be an important support for your studies. If however you miss a session or if your time zone makes it inconvenient to participate more than 4 times live, you will be able to send in your questions beforehand. Our livestream sessions are recorded and available on Wix for a limited additional time.

## Modular themes material list - on Wix

- Videos - available for your viewing - Dr Mao's Feng Shui lectures
  - Presentations (downloadable pdfs) - the lecture structures used by Dr Mao while giving his FS lectures. The presentations are very useful to quickly review material.
  - Workbooks - your 5 Themes study tools - The first sections of the workbooks are identical and review the basic concepts; subsequent parts of each workbook deal with one of the Five modular themes of the Course.
  - Quizzes - One 10-question quiz per theme to help you assess your learning. We discuss each quiz during our live Q&A.
  - Monthly Qigong practice
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### Chapter II - Five Healths Theme Study & Actions - 5 steps

Refer to the Feng Shui Basics and to the current theme indicated in the Course forum on Wix.

II - 1  **Current Five-Healths Theme - see Modular Study Plan below**

Actions:

II - 2  De-clutter phase II

II - 3  Experiential Feng Shui II

II - 4  Project I - basic FS diagnosis & treatment plan

II - 5  Study survey

### Comment - your Five Healths study

You are now starting your first Five Healths Theme (Health & Longevity, Peace & Wisdom, Love & Happiness, Abundance & Prosperity or Career & Success).

**Go to our Feng Shui Level I forum to find out which is the current Five Healths Theme: you will start with this current Theme.**

We review each Theme in the same looping succession during our Q&A sessions, so it is important that your study coordinates with our Q&A sessions Themes. In our forum, consult our Q&A schedule and the current month Theme to start your Five Healths succession accordingly. No worry if you start in the middle or the end of the succession listed above as you will get to the first Themes later, when we complete the loop.

Your notes: \_\_\_\_\_

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## Chapter III - Five Healths Theme Study & Actions - 6 steps

Refer to the Feng Shui Basics and to the current theme indicated in the Course forum on Wix.

III - 1  **Current Five-Healths theme - see the Modular Study Plan below**

Actions:

III - 2  Practice Experiential Feng Shui

III - 3  Dominant Element in a space, (yours, and other spaces)

III - 4  Project I - Feng Shui diagnosis & treatment details

III - 5  Implement 1 or 2 Feng Shui modifications and note the effects.

III - 6  Study survey

Your notes: \_\_\_\_\_

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ETC. . . .

## Chapter VII - certification or review - 4 steps

**Comment:**

Review and refer to the Basics Chapter, Five-Healths Theme Workbooks, pdf Presentations, videos and Q&A recordings as needed.

Choose to:

- **Review** material and audit the College of Tao certification process of your fellow Feng Shui Level I comrades **or**
- **Register** for certification; in this case, you must have completed Chapters I through VI and all Five Healths Themes, plus have taken live at least four Q&A sessions. Simply notify Claire at [fengshuischool.office@gmail.com](mailto:fengshuischool.office@gmail.com) of your wish to take the next certification exam.

Actions:

VII - 1  Review materials, complete unfinished actions

VII - 2  Preparing for certification: using provided templates, prepare your two certification presentations

VII - 3  Plan your practice as a Feng Shui consultant

VII - 4  Study survey

**Congratulations on completing the Feng Shui School Level I course!**

# Five Healths Feng Shui

## Modular Five Themes Study Plan

### Health & Longevity Theme - 8 steps

General comment:

You will study Health & Longevity Feng Shui with Dr Mao's videos and pdf presentation and with the accompanying Health & Longevity Workbook.

Approach this Theme by considering your own physical health (step H&L - 3): Take the Physical Wellness Survey, reflect on your nutrition and lifestyle and refer to the Feng Shui Nutrition & Lifestyle for your Elemental Personality pdf.

This personal experience will help you guide your future Feng Shui clients toward a more harmonious lifestyle. The surveys included in the presentations and workbooks can also be appropriately proposed to Feng Shui clients that might benefit.

H&L - 1  View the H&L videos I to V

H&L - 2  Review and relevant H&L Workbook assignments

H&L - 3  Physical Health

Survey

H&L - 4  Study the Center

Gua

H&L - 5  Study survey

Actions:

H&L - 6  Practice the fundamental Qigong warm-up

H&L - 7  Practice survey

H&L - 8  Health & Longevity Quiz

Your notes: \_\_\_\_\_

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## Peace & Wisdom Theme - 10 steps

General comment:

You will study Peace & Wisdom Feng Shui with Dr Mao's videos and pdf presentation and with the accompanying Peace & Wisdom Workbook.

Approach this Theme by considering your own mental / emotional health (step P&W - 3): Take the Stress Survey; reflect on the level of stress in your life and refer to your Elemental Personality characteristics to broaden your understanding.

This personal experience will help you guide your future Feng Shui clients toward a more peaceful & harmonious lifestyle. The surveys included in the presentations and workbooks can also be appropriately proposed to Feng Shui clients that might benefit.

- P&W - 1  View the P&W videos I to VII
- P&W - 2  Review & relevant P&W Workbook assignments
- P&W - 3  Stress Survey (Workbk, p 21-22)
- P&W - 4  Study of Study NE & West Gua
- P&W - 5  Sensory Feng Shui
- P&W - 6  Study survey

Actions:

- P&W - 7  Space clearing in your home - notice the before and after
- P&W - 8  Stress Release Qigong meditation practice (video IV)
- P&W - 9  Practice survey
- P&W-10  Feng Shui for Peace & Wisdom Quiz

**ETC...**